

WELLNESS PATH:

Healthy choices you can live with—for life

LIVING IN REAL TIME

LIVING IN REAL TIME

LIVING IN REAL TIME

TIEMPO REAL

VIDA EN TIEMPO REAL

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2010

Nutrition Facts

Serving Size 1 cup (245 g)
Servings Per Container about 2

Amount Per Serving

Calories 180 Calories from Fat 45

% DV*

8%

IT'S EASY TO GIVE UP, BUT KEEP AT IT. Your work-life service can provide information and support for issues related to these and other topics:

- Healthy eating—at home or away
- Nutrition recommendations for all life stages
- Staying active when there's little time for exercise
- Establishing incentives to improve your health

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