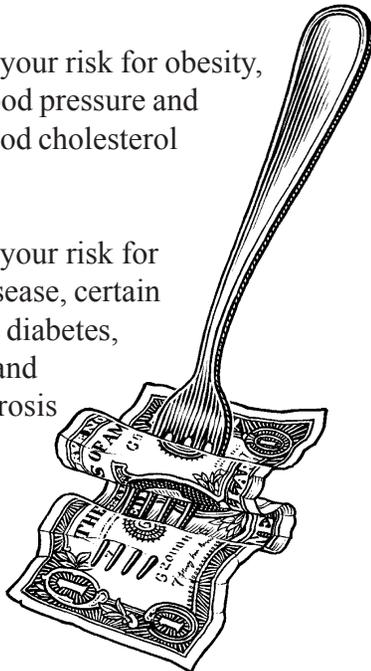


EATING
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LONG TERM SAVINGS
FROM GOOD NUTRITION

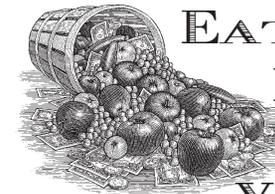
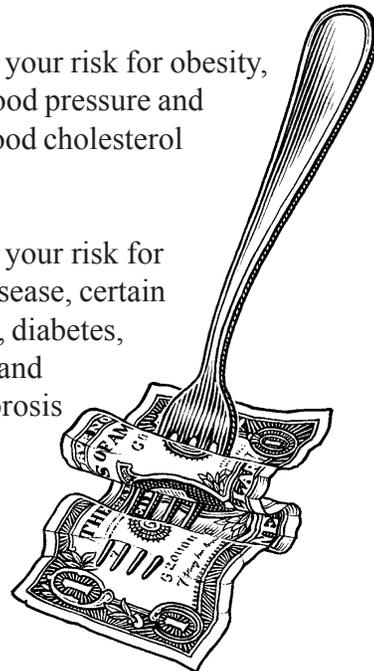
-  Decrease in dental costs, doctor's visits, and other medicines
-  Children do better in school
-  Increased energy and productivity
-  Lowers your risk for obesity, high blood pressure and high blood cholesterol
-  Lowers your risk for heart disease, certain cancers, diabetes, stroke, and osteoporosis



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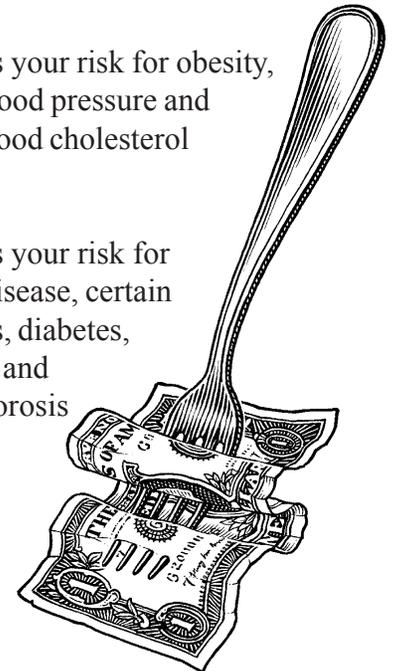
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TIPS FOR CENTSIBLE NUTRITION



Replace soda and other sugary beverages with water



Use less meat in your dishes -- try more grain-based or bean-based recipes



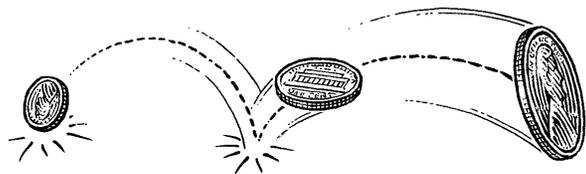
Snack on fresh, canned or frozen fruits and vegetables instead of chips, cookies or candy



Plan your weekly menus ahead and take a list with you when you shop



Limit "eating out" to only once a month, to save money and get more nutritious meals



This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services.

The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

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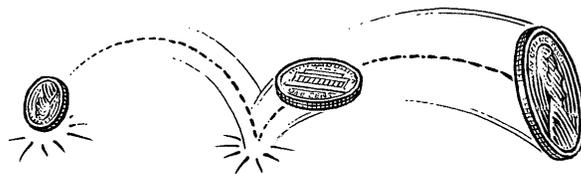
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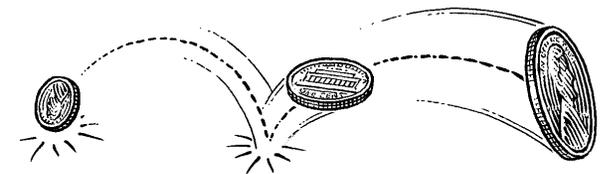
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