

### **Whole grains**

20. **Whole-grain pasta:** A burst of fiber and nutrients.

21. **Popcorn kernels:**

Air-popped popcorn has just 30 calories and a trace of fat. Spritz with olive oil and sprinkle on your favorite seasonings for a guilt-free treat.

22. **Brown rice:**

Brown rice is a great side dish, but you can also use it to help stretch your ground meat. Mix a cup of cooked rice with 8 ounces of lean ground beef next time you make meatloaf to save 45 calories and five grams of fat (and some money) per serving.

23. **Oats:** Oatmeal is a hearty breakfast and delicious in yogurt.

### **Dairy**

24. **Quarts of low- or fat-free yogurt:**

Buy large containers of yogurt, then add real fruit. You'll save money and calories!

25. **Gallon of skim milk:**

It really does a body good. Full of calcium and protein, milk can help stretch a meal.

### **Remember:**

What happens to your car if it doesn't get an oil change, not the right engine oil, not the right fuel!!

That's the same for **your own body which is working 24/7, no breaks, NEVER!!!!** A car gets a break when parked and the engine might get fixed. That's not always the case for your own body!

**To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)**

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