

Healthy Eating on a Budget

Last distribution we practiced comparing nutrition labels to find food choices that best meet our needs. For example, a variety of milks offer different levels of sugar per serving. We suggested trying skim or unsweetened almond milk, if you are trying to keep weight off. If you are reluctant to give up your sweet, creamy whole milk, we suggested trying skim or unsweetened almond milk in a smoothie, because then it is so blended with other sweet ingredients, you can't tell the difference! You got to sample a breakfast smoothie with fresh blueberries, bananas, cinnamon, oats, and unsweetened almond milk, and even took home the fruits and milk to try it yourself!

Today, we are promoting **WHOLE FOODS!** Whole foods are the real deal. Picked from the trees; out of the earth; skin, pulp, grain and seeds; naturally juicy; packed with nutrients, those vitamins and minerals your body seriously needs to keep kickin! NOT the "flavored and colored fruit pieces" and "artificial strawberry flavor" in Quaker's Strawberries N Cream instant Oatmeal. NOT the "invert sugar, corn syrup, caramel color, or apple puree concentrate" in Nutri Grain soft baked Apple Cinnamon bars. What's the difference? See Below!

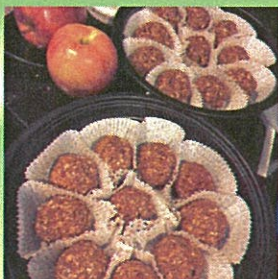
Nutri-Grain Apple Cinnamon Bar

INGREDIENTS: CRUST: WHOLE GRAIN OATS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B₁ [THIAMIN MONONITRATE], VITAMIN B₂ [RIBOFLAVIN], FOLIC ACID), WHOLE WHEAT FLOUR, VEGETABLE OIL (HIGH OLEIC SOYBEAN, SOYBEAN AND/OR CANOLA OIL), SOLUBLE CORN FIBER, SUGAR, DEXTROSE, FRUCTOSE, CALCIUM CARBONATE, WHEY, WHEAT BRAN, SALT, CELLULOSE, POTASSIUM BICARBONATE, NATURAL AND ARTIFICIAL FLAVOR, CINNAMON, MONO- AND DIGLYCERIDES, SOY LECITHIN, WHEAT GLUTEN, NIACINAMIDE, VITAMIN A PALMITATE, CARRAGEENAN, ZINC OXIDE, REDUCED IRON, GUAR GUM, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₁ (THIAMIN HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN). FILLING: INVERT SUGAR, CORN SYRUP, APPLE PUREE CONCENTRATE, GLYCERIN, SUGAR, MODIFIED CORN STARCH, SODIUM ALGINATE, SODIUM CITRATE, MALIC ACID, METHYLCELLULOSE, DICALCIUM PHOSPHATE, CINNAMON, CITRIC ACID, CARAMEL COLOR. **CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

JoJo's Apple Cinnamon Protein Balls

INGREDIENTS

- 1 ½ cup of any apple
- 1 cup rolled oats
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp vanilla extract (optional)
- 1 tsp honey
- Almonds or raisins (optional)



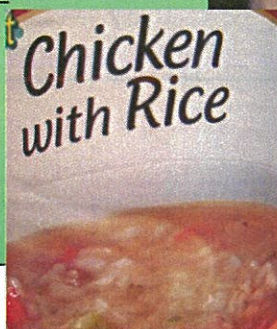
INSTRUCTIONS

- Blend all ingredients in a food processor and roll into balls or shape as rectangular bars.
- Refrigerate 2 hours or until you just can't wait any longer to eat them!

Homemade Soup vs. Condensed, Canned Soup

INGREDIENTS for HOMEMADE Chicken and Rice SOUP

- Unsalted or reduced sodium chicken stock
- Protein- chicken
- Vegetables- carrots, celery, green beans
- Grain- Brown Rice
- Seasonings- onions, garlic, rosemary, thyme, parsley



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INGREDIENTS: CHICKEN STOCK, RICE, CARROTS, CHICKEN MEAT, CONTAINS LESS THAN 2% OF: CHICKEN FAT, CELERY, SALT, POTASSIUM CHLORIDE, MODIFIED FOOD STARCH, WATER, FLAVORING (SOYBEAN OIL, SOY LECITHIN), SUGAR, MALTODEXTRIN, ONIONS, VEGETABLE OIL, MECHANICALLY SEPARATED CHICKEN**, YEAST EXTRACT, CHICKEN BROTH**, CORNSTARCH, ONIONS**, BETA CAROTENE FOR COLOR, SOY PROTEIN ISOLATE, SODIUM PHOSPHATE, LACTIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, CHICKEN** **DEHYDRATED

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WHAT'S in my SOUP