



# MIX IT UP

## Mix it up on your break

There are plenty of new healthy choices to choose from. So the next time you're at the vending machine pick out a **yellow** or **green** item. And make your snack break a healthy one.



# MIX IT UP

## You'll see **red** when you add on the pounds

Sometimes you just need chocolate. But if you eat it every day, the calories can really add up. That's why you should mix up your snacks by choosing a **yellow** or **green** item. Mix it up to live a healthier life.



# MIX IT UP

## It takes an hour of running to burn off one pop

That's a lot of work for just one can. Think about it. It has single-handedly ruined your morning workout. Don't waste your hard work. Pick a **yellow** or **green** item. These low-calorie options are healthier for you so mix it up.

