

PUMP UP

the CARBS...

Fuel your Body!

If you want...

- to feel great
- better weight control
- better concentration
- improved athletic performance
- energy for your busy lifestyle

... carbs are key!

Key Carb Choices

For the vitamins, minerals, fibre and energy your body needs, choose:

- veggies
- fruits
- whole grains
- oatmeal
- whole wheat breads, bagels, pasta
- beans

