

TIPS FOR TAILGATING: ADD A LITTLE HEALTHY BALANCE

TYPICALLY, TAILGATING MEANS ENJOYING LOTS OF FUN FOODS WITH BIG FLAVORS. THE GOOD NEWS IS YOU CAN STILL BRING A LITTLE HEALTHFUL BALANCE TO THE FESTIVITIES—WHEN YOU INCLUDE FOODS SUCH AS BLUEBERRIES. THEY'RE A GOOD SOURCE OF FIBER, HELPING YOU STAY FULL AND SATISFIED WITH JUST EIGHTY CALORIES A CUP. BLUEBERRIES ARE ALSO LOW IN SODIUM AND HAVE VIRTUALLY NO FAT. PLUS, THEY'RE RICH IN VITAMIN C, WHICH BOOSTS THE IMMUNE SYSTEM. FOR MORE FACTS AND FUN WAYS TO ENJOY BLUEBERRIES, VISIT POSITIVELY-BLUE-TIFUL--DOT--COM.