

## MAKING LIFE MORE FUN

EATING WELL IS PART OF A HEALTHY, HAPPY LIFE. BUT IT CAN BE HARD TO MAKE HEALTH-CONSCIOUS DECISIONS WHEN YOU'RE BUSY. BLUEBERRIES CAN HELP. THEY'RE DELICIOUS AND FULL OF HEALTHFUL GOODNESS. JUST RINSE AND ADD TO ANY MEAL OR SNACK. ANY TIME, ANY SEASON, AT HOME OR ON THE GO, BLUEBERRIES FIT IN YOUR ROUTINE. EVEN BETTER, THEY'RE ONLY EIGHTY CALORIES PER CUP AND A GOOD SOURCE OF FIBER. EAT A CARTON A WEEK—AND YOU CAN FEEL GOOD ABOUT YOUR SMART CHOICE. FIND RECIPES AND TIPS AT [BLUEBERRY-COUNCIL--DOT--ORG](http://BLUEBERRY-COUNCIL--DOT--ORG).