

DRIVERS, BELOW IS A HELPFUL SHOPPING LIST FOR YOUR HEALTHY CHOICES.

Trucker's Grocery List *(to be copied for use)*

<p>Fruits - Eat at least 2 cups every day.</p>	<p>Grains - Eat at least 6 ounces every day. Choose those that have a "whole" grain listed as the first ingredient, such as "whole wheat."</p>																																																
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From: *Truck Drivers: Stop Your Job from Killing You!*
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