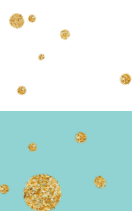

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



READING NUTRITION LABELS



Nutrition Facts	
Serving Size 4 Cookies (32g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber less than 1g	3%
Sugars 10g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher

WHAT DO YOU THINK ABOUT THE FOLLOWING:

- FAT content?
- SUGAR content?
- CARBOHYDRATES?
- ARTIFICIAL INGREDIENTS?
- CHEMICALS in your food, for example, PRESERVATIVES?

PORTION CONTROL



MEDITATION GUIDE



Find a place as secluded, simple, and quiet as possible.

Decide how long you plan to spend on your meditation, for example, 10 minutes to start. Begin by bringing your attention to your breathing. Breathing is a key element in meditation and concentration.

Begin with a few minutes of deep abdominal breathing. If it helps you to have a pattern, breathe in for three seconds, breathe out for three sections, and continue.

Become aware of any tension in any part of your body and consciously relax it. Release any tension or anxiety you are feeling.

Do not be surprised or discouraged when your thoughts wander. Come back to the breath as a source of focus. Come out of your meditation slowly when you feel like the time is right. Take 3 to 5 deep abdominal breaths. Open your eyes and slowly get up.

You can practice meditation at any time of the day by remembering the feeling of meditation and also by reminding yourself to notice what is happening right now in the present.