

SUNY Oswego is Getting Healthy!

**Our Deli Bar now features
Low-Fat Cheeses!**

NEW!

**Land O' Lakes Light
Low Fat Alpine Swiss**

**We are doing our part –
Now you do yours!**

**Ask for sandwiches, subs, or wraps
be made with Low-fat Cheese**

Why may you ask?

- ✓ Both are excellent sources of **Protein** and **Calcium**.
- ✓ Save calories, fat and saturated fat.
- ✓ Be one step closer to getting your 3 a day.
- ✓ Low fat dairy products may **SPEED UP THE RATE** in which you lose weight and help prevent weight gain.

Oh – and did we mention that by switching to a low fat cheese every day,
you can lose up to 8 pounds a year?

That's not all....

**Avoid unwanted Calories and Fat
without losing the flavor!**

Try our Tuna Salad – now made with Light Mayo!



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STEPS TO A HEALTHIER YOU