

EATWELL CARDS

Nutrition tips and tricks for eating smart! The EATWELL NUTRITION CARDS encourage healthy eating habits with simple, easy to follow nutrition tips and guidelines that can be kept in your bag, desk or in the car to help make smart choices on the go.



be healthy



ADDITIONAL FEATURES

- 1 Created by our team of Registered Dietitians
- 2 Glossed Card Stock
- 3 28, double sided Cards
- 4 Ring Closure
- 5 Shrink Wrapped
- 6 Comes in Spanish & French!

ADDITIONAL INFO

EatWell Cards: 3.5" x 2" x 0.25" | 3 Oz

Imprint Area: 3" x 1" | Set Up Charge: \$25 (E)

Minimum Order Quantity: 25

TIPS INCLUDED



Shopping Lists



Healthy Recipes



Sunday Prep Ideas



Substitution Lists



Dining Out Tips
And More!