

SNACK METHOD

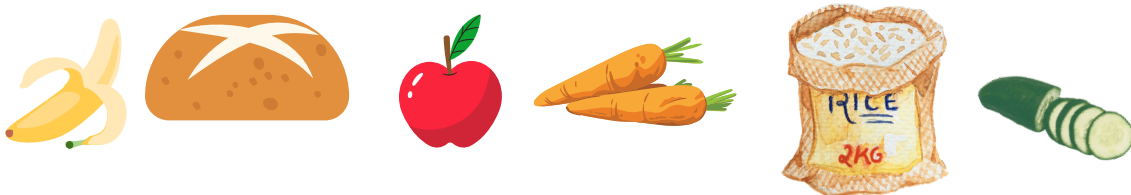
PROTEIN + FIBER + FAT

AIM FOR 1 FROM EACH CATEGORY

PROTEIN



FIBER (WHOLE GRAINS & FRUITS/VEGGIES)



FAT

