







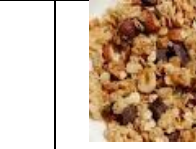
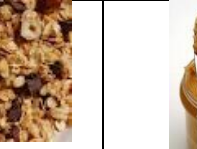












Balanced Meals









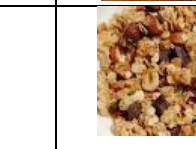
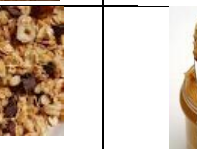






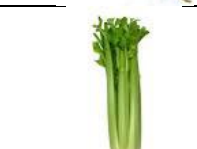



Using the list below circle the foods that you will use to create a balanced snack (Hint: a balanced snack should use 2 to 3 of the different food groups):

Fruit	Vegetables	Dairy	Grains	Protein
				
				
				
				

Healthier Alternatives: _____

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