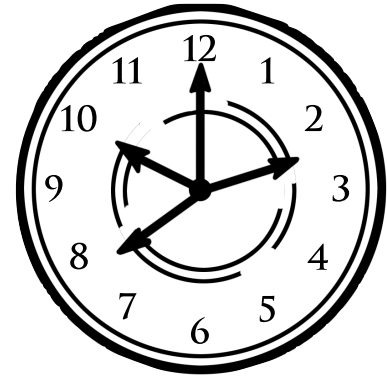




Snacking for Health

Directions: List snacks you might eat during one day.

- Include two snacks that contain two or three nutrients.
- Include one snack that contains calcium and vitamin D.



Morning Snack: _____

Serving Size: _____

Nutrients Contained in This Snack	Percentage in Each Serving

Afternoon Snack: _____

Serving Size: _____

Nutrients Contained in This Snack	Percentage in Each Serving

Evening Snack: _____

Serving Size: _____

Nutrients Contained in This Snack	Percentage in Each Serving