

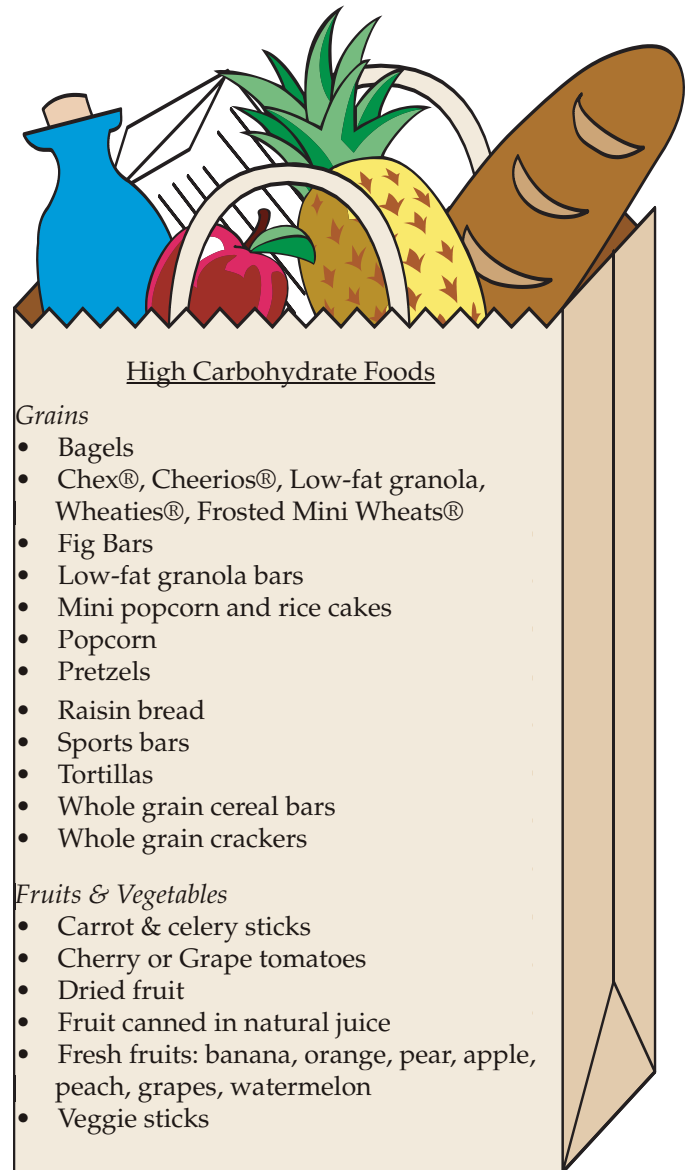


SNACK ATTACK!

EVERYDAY HEALTHY SNACK CHOICES

A snack attack can creep up on you when you least expect it, so be prepared with everyday healthy snacks. Choose nutritious snacks that include:

- Cool drinks and fluid rich fruits & veggies to keep you hydrated!
- Healthy lean high protein foods for muscle recovery!
- High carbohydrate, low fat, wholesome snacks for energy!



Watch Out! Some snack foods are high in added fat and sugar and should be enjoyed only occasionally.

Examples: brownies, cake, candy, churros, cookies, croissants, doughnuts, fruit drinks, Kool Aid, muffins, potato or corn chips, soda, sweet rolls

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This information has been reviewed by university faculty.

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