

# Were Your Snacks and Meals Balanced Today?

## Protein

String cheese,  
Hummus, eggs,  
yogurt, Protein  
Shakes, Jerky

Combine these  
puzzle peices to  
keep your blood  
sugar balanced!

## Fiber

Vegatables, Fruit,  
Nuts, Whole grain  
crackers

## Fat

Nuts  
Peanut butter  
Avocado



**HEALTH**  
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