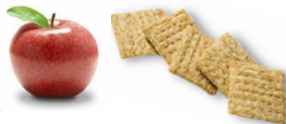


# NUTRITION

## National Nutrition Month *Healthy Snacking on the Go*

March is National Nutrition Month! Better your overall health during this month by choosing quick and easy health promoting snacks with added fiber and protein.

### Add Fiber



Fiber will keep you fuller, longer, as well as provide numerous other health benefits.

- Try: fresh fruit, whole grain crackers, whole grain cereal, granola or whole wheat tortillas

### Add Protein



Protein adds satiety or a feeling of fullness and is a necessary component of a healthy diet.

- Try: almonds, Greek or low-fat yogurt, nuts, seeds, low-fat cheese slices or string cheese, low-fat cottage cheese with fruit, peanut butter, hard-boiled eggs or hummus

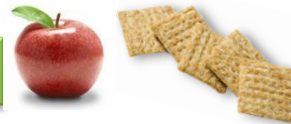
For more information on healthy snacking, check out [eatright.org](http://eatright.org)

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