

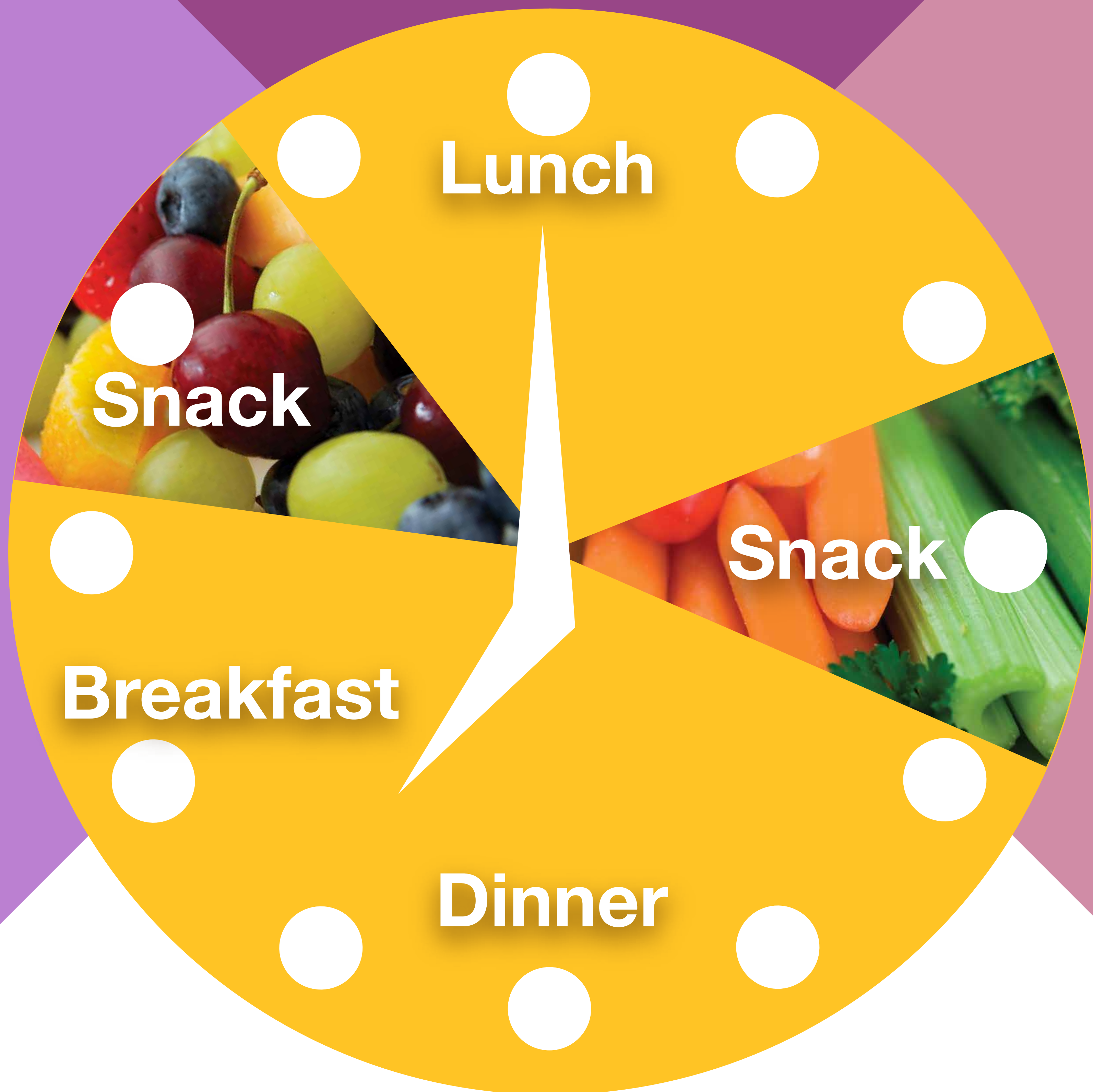
# BETTER SNACK Choices



**Eat more  
of these.**

**Eat less  
of these.**

# THE RIGHT TIMES to Snack



## *Snacks can:*

- 1 Help you focus better in school before lunch.
- 2 Give you energy for activities before dinner.
- 3 Prevent you from eating too much at meals.
- 4 Keep you from feeling hungry throughout the day.