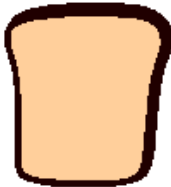


Snack ideas



fruit



toast



yoghurt



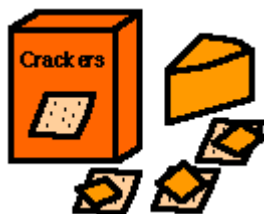
sticks of celery or carrot



bowl of cereal



bowl of soup



cracker and cheese

Community Dietitians
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