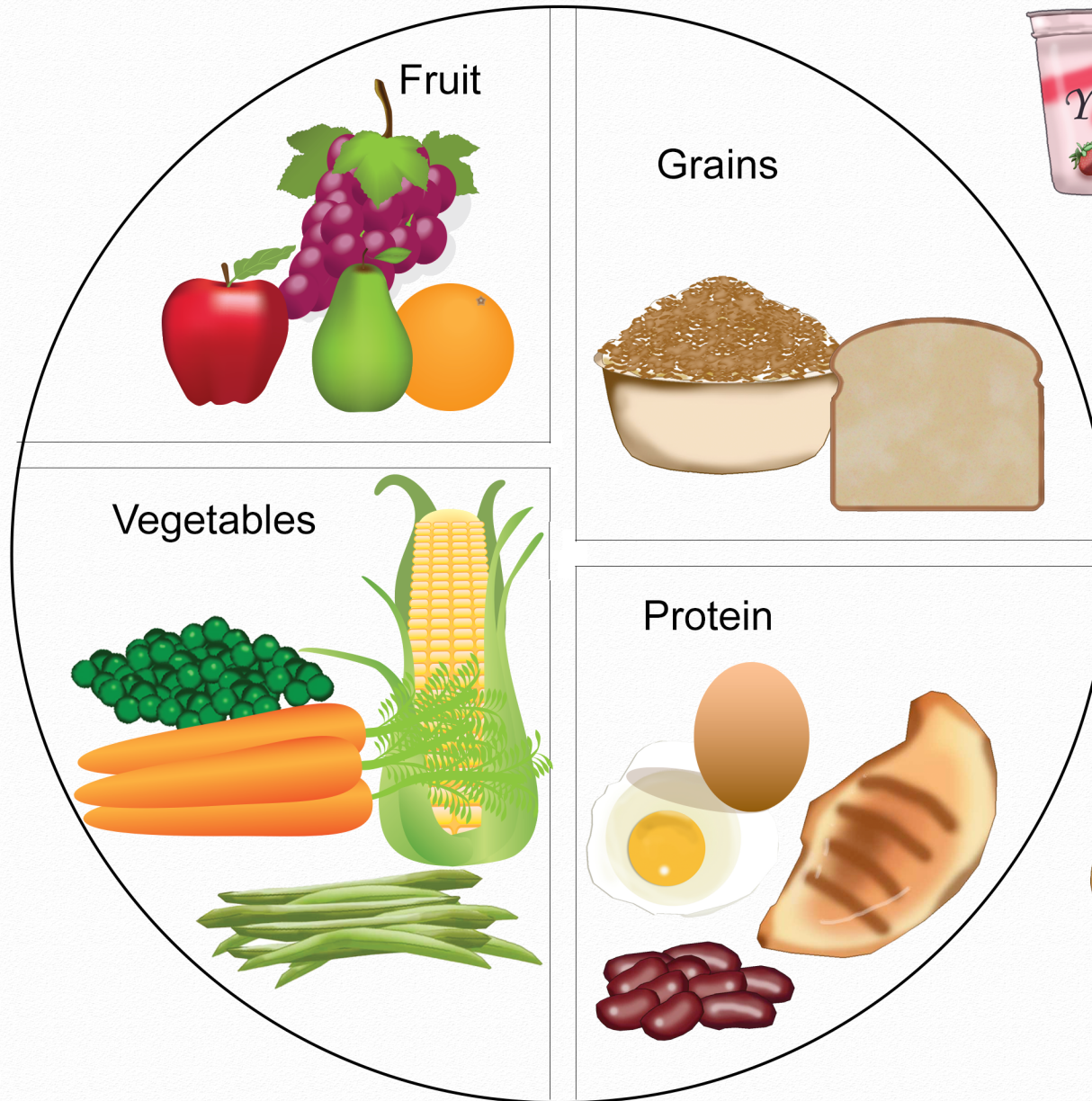


My Healthy Eating Placemat

Snack on this:

Popcorn
Cheese stick
Frozen yogurt
Nuts
Cheese and crackers
Frozen grapes
Carrot sticks +
low-fat dressing



Only eat
cakes, candy,
and cookies
on special days.

