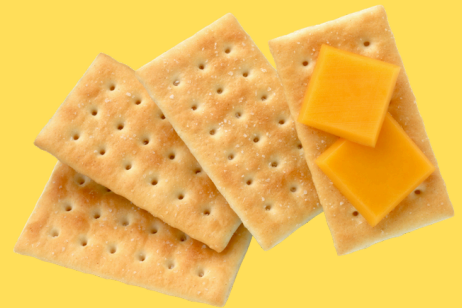
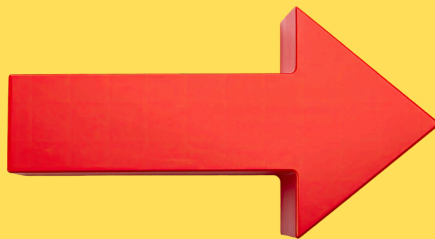
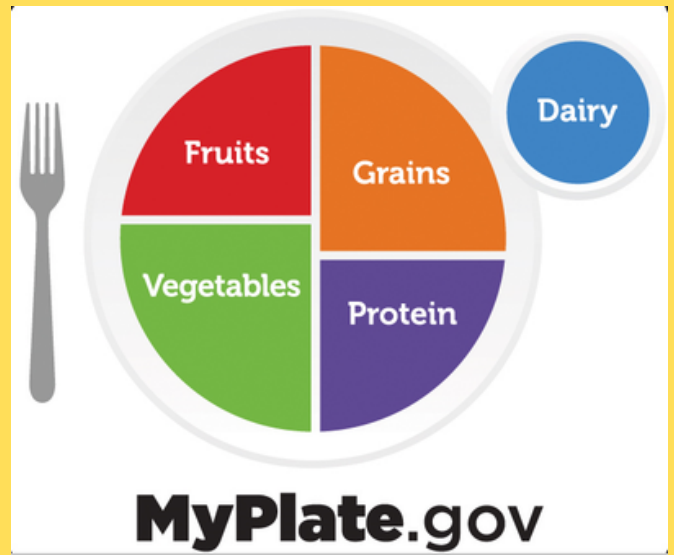


Smart Snacking!

Consider snacks as mini meals.

Try to serve **at least 2 food groups** in your child's snacks.



¡Comida inteligente para picar!

Considera los tentempiés como mini comidas.

Intenta incluir **al menos dos grupos** de alimentos en las meriendas de tu hijo.

