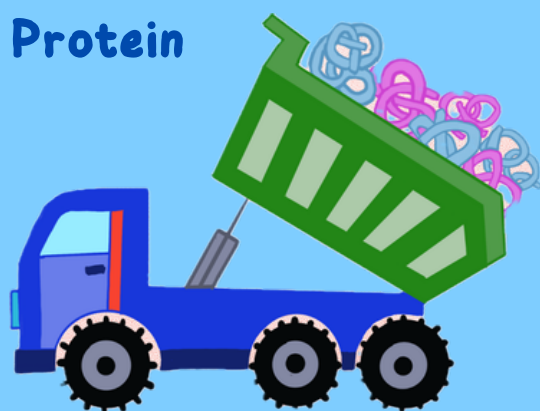


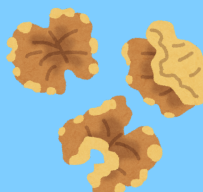
Making a Healthy Snack For Body Building

Include foods with → **protein**, → **healthy fats**, and
→ **carbohydrates (especially fiber)**

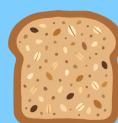
Protein



Healthy Fats



Carbohydrates (especially fiber)



Body Building

A children's book about how your **FOOD** becomes **YOU**

By Kim Stefanski ★ Illustrated by Min Kho