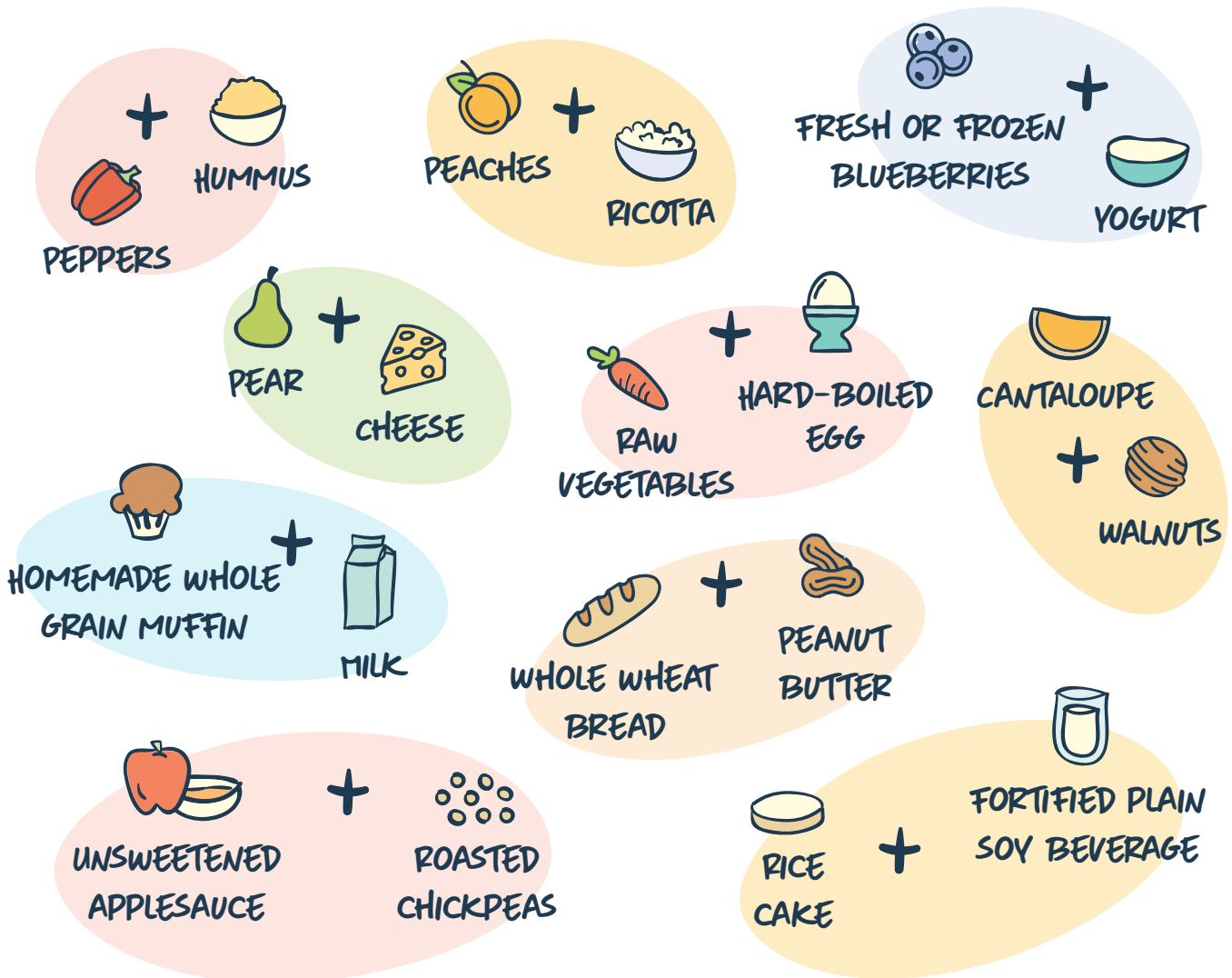


SNACKS THAT FUEL YOU

When you're feeling a little hungry between meals, a snack may be just the thing.

Here are some great combos that provide lasting energy.



THERE ARE ENDLESS POSSIBILITIES! CREATE NEW COMBOS BY PAIRING FOODS IN DIFFERENT WAYS, OR ADD YOUR FAVOURITE HEALTHY FOODS.

For healthy snacking habits:

CHOOSE

a variety of healthy foods, with an emphasis on winning duos.

LISTEN

to your body's hunger and satiety cues and, based on these, opt for 0 to 3 snacks a day.

PREPARE

healthy snacks in advance, ready to eat when hunger strikes.