Snacks
Which do you buy?
Healthy snacks can

- Help build muscles
- Help you grow
- Help make you feel well
- Help make you look good
- Make strong bones and teeth
- Give you pep
- Give you protein
Junk food can

• Give you pep
• Give you protein
Milk and ice cream are good between meals. So are raisins, fruits, or peanuts.
They are good for you and your family.
They taste good, too.
Too many sweets are bad for teeth and skin.

A good diet has meat, eggs, cheese, or dry beans or peas every day. It also has fruits and vegetables. A good diet has milk and cereals.