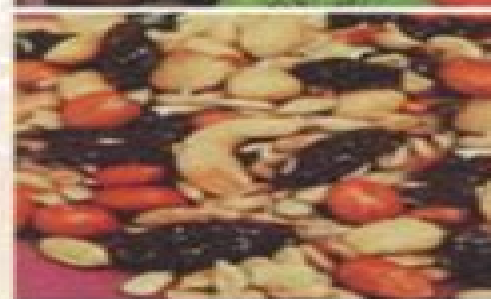


THE AMERICAN DIETETIC ASSOCIATION

# Snacking Habits for Healthy Living



TIPS FROM THE NUTRITION EXPERTS

# Snacking Habits For Healthy Living

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