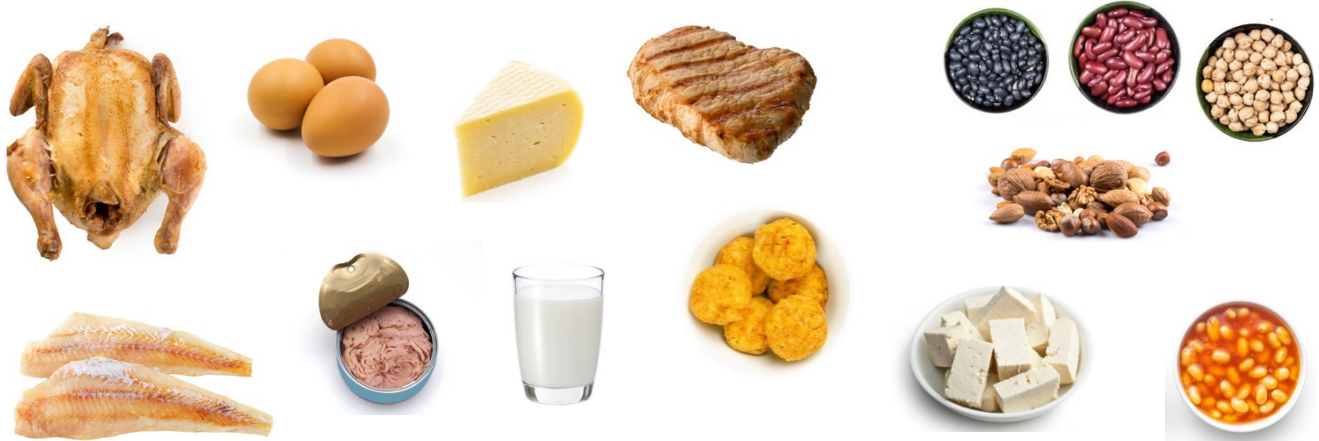


High Protein High Energy Foods

Eat high protein foods at every meal



Add high energy foods to meals and snacks



Choose high protein high energy snacks



For further information, contact your dietitian or nutritionist _____