

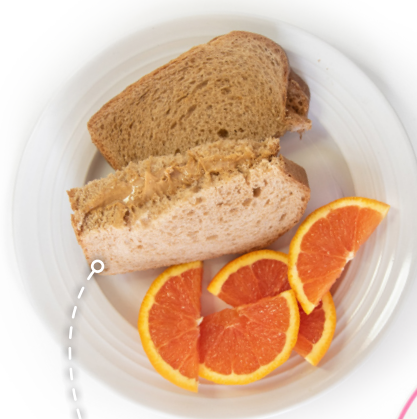
Keep foods on hand that  
**make a healthy  
choice easy!**



whole  
grain,  
low sugar  
cereals



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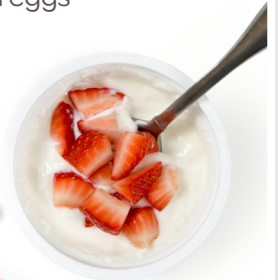


peanut butter &  
whole grain bread



precut vegetables  
& hard boiled eggs

yogurt  
& fruit



canned  
tuna

**Breastfeeding Tip**

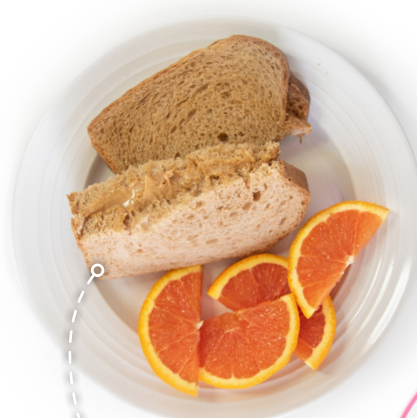
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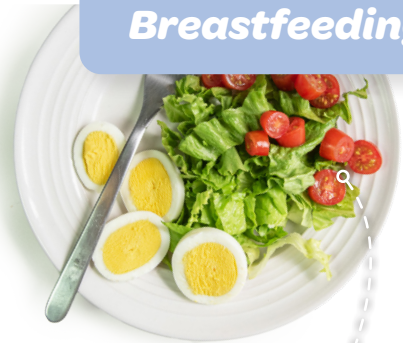
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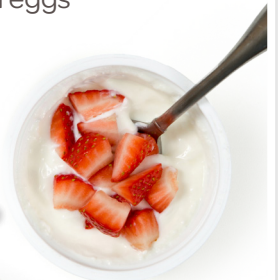


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