





OhioHealth Sports Medicine for Student Athletes

Healthy Eating

What to eat for a strong foundation



Whole wheel crackers **BARRY**

Crarbors - participe serving size

Figh -- solmon, Wrimp, turns

a. Philis -- administra common Carrier or Ecomorus Steams: Listney, Misch, 1890.

2 or meat which of cards

a Lettera

a Cottage of sense

a. Mills from helper had from t

Yogurt -- pren, trust or Cheese

1.5 at cheese » Brice

1 lakespoon of a poter chap

a America + Barrera Ottomer Mangoes · Barries strandorms MyPlate

great quide for meals and

Select foods from each food



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