



**Useful nutrition
tips from
Christine
Herkommer,
RD**

**Need a High Protein, 0% Fat, Low
Carb Snack?**

Try 0% fat Greek strained yogurt!

Normal yogurts contain only 8gm of protein.

The Greek strained yogurt has 22gms of protein in an 8oz serving.

Have some with berries or nuts.

Spread it on your pancakes, use it in a fruit smoothie or in your oatmeal.

Mix it with tuna or spread it on your sandwich.

Use it in place of sour cream!

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