

## Super Snack Rotation Reduced Concentrated Sugars

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Snack 1	Snack 1	Snack 1	Snack 1	Snack 1	Snack 1	Snack 1
1 oz Cheese with 4 Butter Crackers and 4 oz Juice	6 oz NSA Strawberry Mousse	½ cup NSA Chocolate Pudding	NSA Instant Breakfast in 8 oz Whole Milk	6 oz NSA Vanilla Milkshake	1 slice NSA Cheese Cake	½ cup NSA Egg Custard
Snack 2	Snack 2	Snack 2	Snack 2	Snack 2	Snack 2	Snack 2
½ cup NSA Vanilla Pudding	2 NSA Lemon Cookies and 4 oz Whole Milk	6oz NSA Yogurt	6 Vanilla Wafers and 4 oz Whole Milk	½ cup NSA Key Lime Mousse	2 Graham Crackers and 4 oz Whole Milk	6 oz NSA Strawberry Milkshake
<b>Total</b> Calories <u>328</u> Protein <u>15 g</u>	<b>Total</b> Calories <u>221</u> Protein <u>7 g</u>	<b>Total</b> Calories <u>190</u> Protein <u>10 g</u>	<b>Total</b> Calories <u>377</u> Protein <u>17 g</u>	<b>Total</b> Calories <u>370</u> Protein <u>15 g</u>	<b>Total</b> Calories <u>305</u> Protein <u>12 g</u>	<b>Total</b> Calories <u>400</u> Protein <u>16 g</u>

NSA = No Sugar Added

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