



LINDGREN  
functional medicine

# SWEET TREAT CHALLENGE

Your body needs nutrients to grow and be healthy. Colorful fruits & veggies give you these nutrients, but sugar takes them away! It is okay to enjoy a sweet treat sometimes, but can you pair it with fat, protein, or fiber?

SWEET TREAT <i>candy, desserts, ice cream, sugary drinks, etc</i>	FAT <i>avocado, coconut, olives, oils, butter, etc</i>	PROTEIN <i>meat, eggs, dairy, beans, nuts/seeds, etc</i>	FIBER <i>veggies, fruit, beans, whole grains, etc</i>