



Medifast for Seniors

Program Manual



Medifast for Seniors is the new Medifast Program specially designed for adults over age 70. The Medifast for Seniors Program is different from the Medifast 5 & 1 Plan that's described in your Quick Start Guide. Please read the Medifast for Seniors Program Guide carefully; it provides all the information you need to get started.

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Let's Get Started

Maintaining a healthy weight is beneficial for people of all ages. As you get older, achieving and maintaining a healthy weight becomes crucial to your overall state of health. Medifast has meal plans specially designed to meet the needs of people over the age of 70. The *Medifast for Seniors Program* is convenient and simple to follow, emphasizing portion-controlled eating at regular intervals throughout the day!

Choose A Meal Plan

Medifast enables you to easily follow a meal plan with minimal planning. Your physician can help decide which option is right for you.

OPTION 1: The *Medifast 4 & 2 & 1 Plan*

- 4 Medifast Meals + 2 **Lean & Green Meals** + 1 **Healthy Snack**
- 1,000 –1,200 calories daily
- 100+ grams of carbohydrates daily
- Weight loss will be slow and steady
- You will not be in the fat-burning state with this plan
- For sample meal plans, see page 15

OPTION 2: The *Medifast 5 & 2 & 2 Plan*

- 5 Medifast Meals + 2 **Lean & Green Meals** + 2 **Healthy Snacks**
- 1,300 –1,500 calories daily
- 130+ grams of carbohydrates daily
- Weight loss may be slower paced, but you will still lose weight at a healthy rate
- You will not be in the fat-burning state with this plan
- For sample meal plans, see page 18

Once you and your physician choose the plan that's right for you, please do not switch plans (unless your physician instructs you otherwise).

What Do the Numbers in My Meal Plan Mean?

1. Medifast Meals

The FIRST number in your Medifast Plan tells you how many Medifast Meals to eat each day.

The *Medifast for Seniors Program* incorporates 4 or 5 Medifast Meals. Choose from over 60 delicious Medifast Meals including shakes, soups, stew, chili, oatmeal, scrambled eggs, fruit drinks, iced teas, hot beverages, bars and puddings. Any combination of Medifast Meals may be used on your *Medifast for Seniors Program* (limit to one bar per day).

2. Lean & Green Meals

The SECOND number in your Medifast Plan tells you how many Lean & Green Meals to eat each day.

The *Medifast for Seniors Program* incorporates 2 Lean & Green Meals. The “Lean” is lean meat and the “Green” is vegetables. You can have your Lean & Green Meals any time of day: breakfast, lunch and/or dinner—you decide which works best for your schedule! Refer to the Lean Options (page 6) and Green Options (page 7) charts to choose your lean meats and vegetables.

3. Healthy Snacks

The THIRD number in your Medifast Plan tells you how many Healthy Snacks to eat each day.

The *Medifast for Seniors Program* incorporates 1 or 2 Healthy Snacks. Healthy Snacks are a serving of fruit, dairy or grain. Refer to the Healthy Snacks section (pages 9-10) for options.

What Goes Into My *Lean & Green Meals*?

- Each *Lean & Green Meal* should consist of four (4) ounces of lean meat plus three (3) servings of salad or vegetables.
- One (1) *Lean & Green Meal* each day should include one (1) Healthy Fat Serving.

Healthy Fats: Every day, you'll incorporate one (1) serving of Healthy Fat into one (1) of your *Lean & Green Meals*. We encourage you to choose a Healthy Fat and limit your intake of trans fats and saturated fats. Fat plays several important roles in the diet:

- aids in the absorption of fat-soluble vitamins, including vitamins A, D, E and K
- adds satiety and a sense of fullness after eating a meal
- promotes healthy gallbladder contraction—if you have a gallbladder, incorporating Healthy Fats as recommended will work to maintain gallbladder health

The Healthy Fat choices to include with your *Lean & Green Meals* are listed at the end of the Lean Options list (page 6).

Lean: Choose four (4) ounces of any meat from the Lean Options chart (page 6). We've broken down meat options into Lean, Leaner and Leanest. All options are appropriate on the *Medifast for Seniors Program*.

LEAN OPTIONS

LEANEST

Lean Meat with < 6 grams of fat per serving
Fish - Cod, Flounder, Haddock, Orange Roughy, Grouper, Tilapia, Mahi Mahi
Shellfish - Crab, Scallop, Shrimp, Lobster
Game Meat - Deer, Buffalo, Elk
MEATLESS OPTIONS
14 Egg whites
2 cups (16 oz) Egg Beaters
2 Boca Burger®, Morning Star Farms®, or Garden Burger®: <i>choose a variety with less than 6 grams of carbohydrates per patty.</i>
CHOOSE A 4 OZ PORTION & 1 HEALTHY FAT SERVING* WITH 1 LEAN & GREEN MEAL

LEANER

Lean Meat with 6 - 9 grams of fat per serving
Fish - Swordfish, Trout
Chicken - Breast or White Meat without skin
Pork Tenderloin
Ground Turkey or other meat - 99% lean
Light Meat - Turkey
MEATLESS OPTIONS
15 oz tofu, extra firm
2 whole eggs + 4 egg whites
CHOOSE A 4 OZ PORTION & 1 HEALTHY FAT SERVING* WITH 1 LEAN & GREEN MEAL

LEAN

Lean Meat with >9 grams of fat per serving
Fish - Salmon
Lean Beef - Beef steak, Roast and Ground Beef
Lamb
Pork Chop
Ground Turkey or other meat - 80- 98% lean
Dark Meat - Turkey or Chicken
MEATLESS OPTIONS
3 whole eggs (<i>limit to 1 time per week</i>)
15 oz tofu, firm and soft variety
CHOOSE A 4 OZ PORTION & 1 HEALTHY FAT SERVING* WITH 1 LEAN & GREEN MEAL

***HEALTHY FAT SERVINGS** Incorporate one (1) Healthy Fat serving into one (1) of your daily Lean & Green Meals:

- 1 teaspoon of canola, flaxseed, walnut or olive oil
- 5 black olives
- up to 2 tablespoons of low carbohydrate salad dressing
- 1 teaspoon of "trans fat free" margarine

For those requiring meatless protein sources, please refer to our Meatless Options list online at ChooseMedifast.com (Resources / Nutrition) or contact Medifast Nutrition Support at (800) 509-1281 or NutritionSupport@ChooseMedifast.com.

Lean tips:

- Lean portion sizes refer to the cooked weight (since meat shrinks during cooking).
- A 4-ounce, cooked weight portion of meat is similar in size to a deck of cards or a computer mouse.
- Choose meats that are grilled, baked, broiled or poached (not fried).
- Each week, eat at least one serving of fish rich in Omega-3 fatty acids (such as salmon, albacore tuna, mackerel, trout or herring).

- Choose Meatless Options made with soybeans or textured vegetable protein (such as vegetarian burgers, legume-type beans, egg whites, egg substitutes, low fat cheese or cottage cheese).

Green: Choose three (3) servings from our Green Options list for each of your *Lean & Green Meals*. 1 serving = ½ cup vegetables (unless otherwise specified on the Green Options list). We’ve broken down vegetable options into Lowest, Moderate and Highest Carbohydrate levels. All options are appropriate on the *Medifast for Seniors Program*—the list is divided this way to help you make the wisest food choices.

GREEN OPTIONS

LOWEST CARBOHYDRATE			
Mustard Greens (1 cup)	Lettuce, Butterhead (1 cup)	Celery	Sprouts: Alfalfa or Mung Bean
Collards, fresh/raw (1 cup)	Lettuce, Iceberg (1 cup)	Cucumber	
Romaine Lettuce (1 cup)	Spinach, fresh/raw (1 cup)	Mushroom, White	Turnip Greens
Endive (1 cup)	Watercress (1 cup)	Radishes	
MODERATE CARBOHYDRATE			
Asparagus	Eggplant	Mushroom, Portabella	Summer Squash: Zucchini and Scallop
Cabbage	Fennel Bulb		
Cauliflower	Kale	Spinach, cooked	
HIGHEST CARBOHYDRATE			
Broccoli	Green or Wax Beans	Peppers: Green, Red, Yellow	Tomato, red ripe or canned
Cabbage, Red	Kohlrabi	Scallions	Turnips
Collard or Mustard Greens, cooked	Okra	Summer Squash: Crookneck and Straightneck	Winter Squash: Spaghetti Squash ONLY

NOTE: All vegetables promote healthful eating; however, during the weight loss phase of your plan, we do eliminate the highest carbohydrate vegetables (such as carrots, corn, peas and brussels sprouts) in order to enhance your weight loss results. Once you’ve reached your weight loss goal, we encourage you to include ALL vegetables for long-term health.

Did You Know...? You can have your Lean & Green Meals any time of day: breakfast and lunch; lunch and dinner; breakfast and dinner—you decide which works best for your schedule!

NOTE: The *Medifast for Seniors Program* includes slightly different *Lean & Green Meals* than the Medifast 5 & 1 Plan:

- On the 5 & 1 Plan, you would have one (1) *Lean & Green Meal* consisting of 5-7 ounces of lean meat (depending on the meat) and 3 servings of vegetables.
- On the *Medifast for Seniors Program*, you'll have two (2) *Lean & Green Meals* consisting of 4 ounces of lean meat and 3 servings of vegetables.

So if you and a coworker, friend or relative are on the Medifast Program together and you plan to share a *Lean & Green Meal* (such as at a restaurant or cookout), remember that while the foods that you can eat are exactly the same, the Lean portion sizes may be different.



What Is a Healthy Snack?

It's best to have your **Healthy Snack**(s) at the same time as a Medifast Meal or **Lean & Green Meal** so you're eating 6 times each day.

- On the Medifast 4 & 2 & 1 Plan, select one
(1) **Healthy Snack** from the snack category of your choice (Fruit, Dairy or Grains). Remember to limit yourself to only one (1) **Healthy Snack** each day.
 - On the Medifast 5 & 2 & 2 Plan, select two
(2) **Healthy Snacks** from the snack categories of your choice (Fruit, Dairy or Grains). Remember to limit yourself to only two (2) **Healthy Snacks** each day.
-

FRUIT

A Healthy Snack serving of fruit is:

- 1 piece medium-size fresh fruit such as pear, apple, orange, etc.
- ½ cup fresh cubed fruit such as watermelon, cantaloupe, honeydew, etc.
- ½ cup fresh berries such as blueberries, raspberries, boysenberries, etc.
- ½ cup canned fruit such as peaches, pears, fruit cocktail, etc. (buy canned fruit packed in water or natural juices—not packed in syrup)
- 17 fresh grapes
- ½ grapefruit
- ½ large banana or whole small banana

DAIRY

A Healthy Snack serving of dairy is:

- ½-1 cup (4-8 oz) low fat yogurt—yogurt serving should be less than 120 calories, low fat and either plain (unflavored) or artificially-sweetened (flavored)
- 1 cup low fat or fat-free milk, soy milk or buttermilk
- ½ cup fat-free evaporated milk

NOTE: Always choose low fat or fat-free dairy foods. Cheese (of any kind) should not be considered a dairy option, and therefore should not be counted as a healthy snack—you may use low fat cheese as a substitute for a portion of lean meat in your *Lean & Green Meal* (1 ounce of low fat cheese = 1 ounce of lean meat).

GRAINS

- **Bread:** When selecting breads, choose *whole-grain* varieties that have 2 or more grams of fiber per slice.
 - 1 slice whole-grain bread
 - 2 slices low calorie, “light” whole-grain bread (*less than 40 calories/slice*)
- **Cereal:** When selecting cereal, choose a whole-grain option that has 5 or more grams of fiber per serving.
 - ½-1 cup cold cereal (such as bran flakes, etc.)
 - ½ cup cooked cereal
- **Additional Whole-Grain Options:**
 - ⅓ cup cooked brown or wild rice
 - ½ cup whole wheat pasta

Check the food-label ingredient list to ensure the starch or grain products you choose are made from “whole-grain” sources, which should appear first in the ingredient list. Examples include whole wheat, whole rye, whole oats, etc.

Tips for Success

Beverages

Drink 64 ounces of **plain water** (eight 8-ounce cups) throughout the day. In addition, you can drink calorie-free beverages such as:

- Diet soda
- Hot or cold unsweetened tea or coffee
- Calorie-free drink mixes, such as Crystal Light® or Sugar Free Kool Aid®

Avoid sugary drinks. Limit caffeine-containing beverages to three (3) 8-ounce servings per day (the effects of caffeine are more pronounced during weight loss).

Recipe Suggestions

Did You Know...? You can use recipes to enhance your Medifast Meals. Here's a Mocha Freeze Recipe suggestion from the Medifast Recipe Book:

Mix 1 packet Medifast Dutch Chocolate Shake with 1 tablespoon instant coffee, ½ cup cold water and ½ cup ice. Blend in a blender until smooth.

Did You Know...? You can mix your Medifast Shakes with diet soda to create different flavors. Try this recipe suggestion:

Carefully stir 1 packet Medifast Vanilla Shake into 6-8 ounces diet cream soda (be sure not to shake in a shaker jar).

Did You Know...? You can use sugar-free syrups to change the flavor of your Medifast Meals. Try this recipe suggestion:

Mix 1 packet Medifast Hot Cocoa with 1-2 tablespoons sugar-free hazelnut syrup and 1 cup water. Microwave until warm (1-2 minutes).

Optional Condiments

To flavor your meals and make your Medifast experience more enjoyable, you may add condiments to your food selections. We recommend a maximum of 3 condiment choices per day for the greatest success with your weight loss.

- ½ teaspoon: most dried herbs and spices, catsup, BBQ sauce or cocktail sauce
- 1 teaspoon: balsamic vinegar, soy sauce
- 1 tablespoon: minced onion, yellow mustard, salsa, low fat or fat-free milk or soy milk
- 2 teaspoons: lemon/lime juice
- 1–2 tablespoons: sugar-free flavored syrup (example brand names are DaVinci® or Torani®)
- 1 packet of artificial sweetener such as Splenda® or Equal®
- Refer to our complete Condiment Options list at ChooseMedifast.com (*Resources/Nutrition*).

Optional Extra Snacks on the Medifast for Seniors Program

In addition to the 4-5 Medifast Meals, 2 Lean & Green Meals, and 1-2 Healthy Snack(s), you may choose the option of including ONE of the following extra foods each day. Medifast approved extra foods include:

- 3 celery stalks
- 1 fruit flavored sugar-free Popsicle®
- ½ cup sugar-free gelatin
- 2 dill pickle spears
- up to 3 pieces sugar-free gum or mints

Medifast for Seniors Program with Exercise

Don't avoid becoming active because you're concerned about being too old or too frail. As people advance in years, inactivity and lack of exercise often contribute to health problems. In fact, doctors view fitness as an essential part of maintaining health and independence—even for older adults.

Most healthy adults can begin a fitness plan with moderate activity. Adults with chronic conditions (including high blood pressure, heart conditions, diabetes, arthritis and osteoporosis) and anyone new to exercise should talk to their doctor before beginning a fitness plan.


The key element to finding a fitness plan that can keep you healthy and independent is choosing activities you can do regularly. They can be activities you enjoy with friends, family or by yourself. You may even consider taking up a new activity, such as ballroom dancing or golf. The key to achieving your fitness goal is to accumulate at least 30 minutes of regular physical activity, at least five days a week. Certain daily activities or chores (referred to as Lifestyle Exercise) may already be contributing to your fitness goal! Lifestyle Exercise can increase your heart rate and breathing if done at a brisk pace.

Examples of Lifestyle Exercise include:

- mopping, sweeping or vacuuming the floor
- shopping
- climbing stairs
- cleaning the house
- gardening
- walking

Before you exercise, always begin with a slow warm-up for a minimum of ten minutes—start with an easy walk and move your arms. Start your fitness program slowly and gradually build up your pace/intensity until you can do the activity for 30 minutes. To find out if the exercise is the right pace/intensity for you, use the “talk test.” If you can’t talk during the activity, you’re working too hard—slow down! If you can sing a song, you may not be working hard enough—try increasing your pace.

Add strength training, flexibility and balance training into your fitness program. Strength train 2–3 times a week, but don’t train the same muscles two days in a row. Seek help from a certified personal trainer to ensure safety on strength training equipment and to ensure proper technique while performing exercises. Always finish your workout with a cool-down and stretch.

A man with grey hair and a joyful expression is running on a sandy beach. He is shirtless, wearing black shorts and green swim goggles on his head. A blue and green striped beach towel is draped over his shoulders, held up by his hands. The background shows the ocean waves and a clear blue sky.

*Remember, you are
not **TOO OLD**
to exercise –
you are too old
NOT TO
exercise!*

Option 1: The Medifast 4 & 2 & 1 Plan

Every day, it's as simple as: **4 + 2 + 1**
any **4** Medifast Meals & **2** Lean & Green Meals
& **1** Healthy Snack

Sample Medifast 4 & 2 & 1 Plan Meal Plans

This section contains sample menus for three (3) days. You can use these sample menus as a guide to help you plan your 6 meals each day.

Day 1

BREAKFAST – 1ST MEDIFAST MEAL

- Medifast Scrambled Eggs

MID MORNING – 2ND MEDIFAST MEAL

- Medifast Dutch Chocolate Shake

LUNCH – 1ST LEAN & GREEN MEAL + HEALTHY FAT

- Grilled Chicken Salad:
 - 4 oz grilled chicken
 - 1 cup salad greens
 - 1 cup broccoli and shredded red cabbage
 - 2 Tbsp low carbohydrate salad dressing
 - (the salad dressing is your Healthy Fat serving)

AFTERNOON – 3RD MEDIFAST MEAL

- Medifast French Vanilla Ready-to-Drink Shake

DINNER – 2ND LEAN & GREEN MEAL

- 4 oz tilapia fillet
- 1-½ cups steamed asparagus

EVENING – 4TH MEDIFAST MEAL + HEALTHY SNACK

- Medifast Chocolate Pudding made with 8 oz (1 cup) skim milk instead of water (the milk is your Healthy Snack serving)

Option 1: The Medifast 4 & 2 & 1 Plan

Every day, it's as simple as: **4** + **2** + **1**
any **4** Medifast Meals & **2** Lean & Green Meals
& **1** Healthy Snack

Sample Meals Continued

Day 2

BREAKFAST – 1ST MEDIFAST MEAL

- Medifast Blueberry Oatmeal

MID MORNING – 2ND MEDIFAST MEAL

- Medifast Hot Cocoa

LUNCH – 1ST LEAN & GREEN MEAL

- 4 oz grilled salmon
- 1 cup mixed salad greens
- 1 cup mixed diced tomatoes, cucumbers and celery
- 1 Tbsp low fat, low calorie salad dressing (the salad dressing is an optional condiment)

AFTERNOON – 3RD MEDIFAST MEAL

- Medifast French Vanilla Shake

DINNER – 2ND LEAN & GREEN MEAL + HEALTHY FAT

- 4 oz turkey (white meat)
- 1-½ cups mixed green beans and wax beans with 1 tsp olive oil (the oil is your Healthy Fat serving)

EVENING – 4TH MEDIFAST MEAL + HEALTHY SNACK

- Medifast Strawberry Crème Shake mixed with 1 small banana (the banana is your Healthy Snack serving)

Option 1: The Medifast 4 & 2 & 1 Plan

Every day, it's as simple as: **4** + **2** + **1**
any **4** Medifast Meals & **2** Lean & Green Meals
& **1** Healthy Snack

Sample Meals Continued

Day 3

BREAKFAST – 1ST LEAN & GREEN MEAL + HEALTHY FAT

- 2 cups Egg Beaters scrambled with 2 tsp “trans fat free” margarine (the margarine is your Healthy Fat serving)
- 1-½ cups mixed sautéed mushrooms, green peppers and tomatoes

MID MORNING – 1ST MEDIFAST MEAL

- Medifast Chai Latte

LUNCH – 2ND MEDIFAST MEAL

- Medifast Maryland Crab Soup

AFTERNOON – 3RD MEDIFAST MEAL + HEALTHY SNACK

- Medifast French Vanilla Shake mixed with ½ cup raspberries (the raspberries are your Healthy Snack serving)

DINNER – 2ND LEAN & GREEN MEAL

- 4 oz pork loin
- 1-½ cups cauliflower

EVENING – 4TH MEDIFAST MEAL

- Medifast Banana Pudding

Option 2: The Medifast 5 & 2 & 2 Plan

Every day, it's as simple as: **5** + **2** + **2** any **5** Medifast Meals & **2** Lean & Green Meals & **2** Healthy Snacks

Sample Medifast 5 & 2 & 2 Plan Meal Plans

On the Medifast 5 & 2 & 2 Plan, you'll eat six (6) times each day. Since you need to eat a total of seven (7) Meals (including all of your Medifast Meals and Lean & Green Meals), you'll either have two (2) Medifast Meals at the same time or you'll have a Medifast Meal and a Lean & Green Meal at the same time. Refer to the following Sample Meal Plans for examples.

Day 1

BREAKFAST – 1ST MEDIFAST MEAL

- Medifast Apple Cinnamon Oatmeal

MID MORNING – 2ND MEDIFAST MEAL

- Medifast Cappuccino

LUNCH – 1ST LEAN & GREEN MEAL + 3RD MEDIFAST MEAL + HEALTHY FAT

- 4 oz grilled shrimp
- 2 cups salad greens
- ½ cup mixed broccoli and shredded red cabbage
- 2 Tbsp low carbohydrate salad dressing (the salad dressing is your Healthy Fat serving)
- Medifast Strawberry Crème Shake

AFTERNOON – 4TH MEDIFAST MEAL

- Medifast Cranberry Mango Drink

DINNER – 2ND LEAN & GREEN MEAL + 1ST HEALTHY SNACK

- 4 oz grilled chicken breast
- ½ cup cooked mushrooms and tomatoes
- 1 cup cooked baby spinach
- ⅓ cup brown rice (the rice is your Healthy Snack serving)

EVENING – 5TH MEDIFAST MEAL + 2ND HEALTHY SNACK

- Medifast Chocolate Pudding made with 8 oz (1 cup) skim milk instead of water (the milk is your Healthy Snack serving)

Option 2: The Medifast 5 & 2 & 2 Plan

Every day, it's as simple as: **5** + **2** + **2** any **5** Medifast Meals & **2** Lean & Green Meals & **2** Healthy Snacks

Sample Meals Continued

Day 2

BREAKFAST – 1ST MEDIFAST MEAL + 1ST HEALTHY SNACK

- Medifast Blueberry Oatmeal
- 8 oz (1 cup) low fat, sugar-free yogurt (the yogurt is your Healthy Snack serving)

MID MORNING – 2ND MEDIFAST MEAL

- Medifast Hot Cocoa

LUNCH – 1ST LEAN & GREEN MEAL + 3RD MEDIFAST MEAL + HEALTHY FAT

- 4 oz grilled salmon
- 2 cups mixed salad greens
- ½ cup mixed cucumbers, peppers, radishes and celery
- 2 Tbsp low carbohydrate salad dressing (the salad dressing is your Healthy Fat serving)
- Medifast Banana Pudding

AFTERNOON – 4TH MEDIFAST MEAL

- Medifast French Vanilla Ready-to-Drink Shake

DINNER – 2ND LEAN & GREEN MEAL

- 4 oz turkey (white meat)
- 1-½ cups mixed green beans and wax beans

EVENING – 5TH MEDIFAST MEAL + 2ND HEALTHY SNACK

- Medifast Strawberry Crème Shake mixed with 1 small banana (the banana is your Healthy Snack serving)

Option 2: The Medifast 5 & 2 & 2 Plan

Every day, it's as simple as: **5** + **2** + **2** any **5** Medifast Meals & **2** Lean & Green Meals & **2** Healthy Snacks

Sample Meals Continued

Day 3

BREAKFAST – 1ST LEAN & GREEN MEAL + HEALTHY FAT

- 2 cups Egg Beaters scrambled with 2 tsp canola oil (the oil is your Healthy Fat serving)
- 1-½ cups mixed sautéed mushrooms, green peppers and tomatoes

MID MORNING – 1ST MEDIFAST MEAL

- Medifast Chai Latte

LUNCH – 2ND MEDIFAST MEAL

- Medifast Maryland Crab Soup

AFTERNOON – 3RD MEDIFAST MEAL + 1ST HEALTHY SNACK

- Medifast French Vanilla Shake mixed with ½ cup raspberries (the raspberries are your Healthy Snack serving)

DINNER – 2ND LEAN & GREEN MEAL + 4TH MEDIFAST MEAL

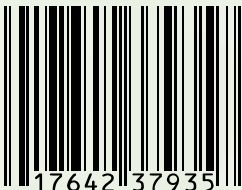
- 4 oz pork loin
- 1-½ cups cauliflower sprinkled with parsley (the parsley is an optional condiment)
- Medifast Orange Crème Shake

EVENING – 5TH MEDIFAST MEAL + 2ND HEALTHY SNACK

- Medifast Cream of Chicken Soup mixed with ½ cup whole-grain noodles (the noodles are your Healthy Snack serving)



Creating Hope, Health and Happiness



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