

**Body  
Building**



# Nuts - Body Building Food

# Nuts make great snacks



**1** handful

**Serve  
of nuts**



**$\frac{1}{3}$**  of a cup



# You just want nuts

No sugar or salt



Wash the salt off & avoid coated nuts

**There is no need to print the following page when printing and using this resource**  
**Health Professional Facilitator Information**

You must use your own professional judgement when using this resource

**Purpose of resource:**

To promote eating FREE vegetables.

**Target group:**

This resource is designed to be used by Australians of all ages.

**Notes:**

This resource is designed to be printed A3 size and then laminated.

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