

Name: _____



Build your own
"human TMR"



Nutrient Group:

Select snack options.

Carbs	
Protein	
Vitamins & Minerals	
Fats	

Have your TMR checked, then start to build!

Cornell Cooperative Extension | Oneida County

Cornell Cooperative Extension is an employer and educator recognized for providing equal program and employment opportunities in accordance with applicable laws.

Name: _____



Build your own
"human TMR"



Nutrient Group:

Select snack options.

Carbs	
Protein	
Vitamins & Minerals	
Fats	

Have your TMR checked, then start to build!

Cornell Cooperative Extension | Oneida County

Cornell Cooperative Extension is an employer and educator recognized for providing equal program and employment opportunities in accordance with applicable laws.