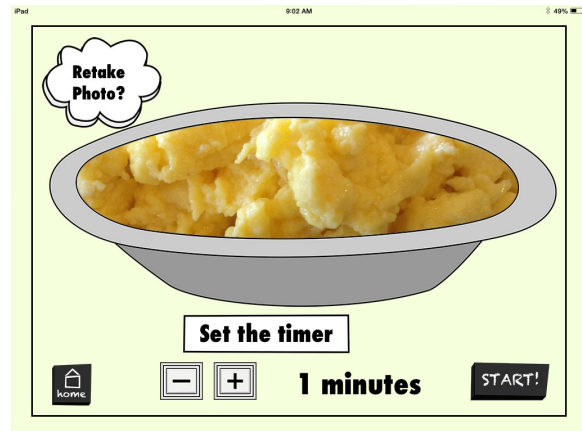
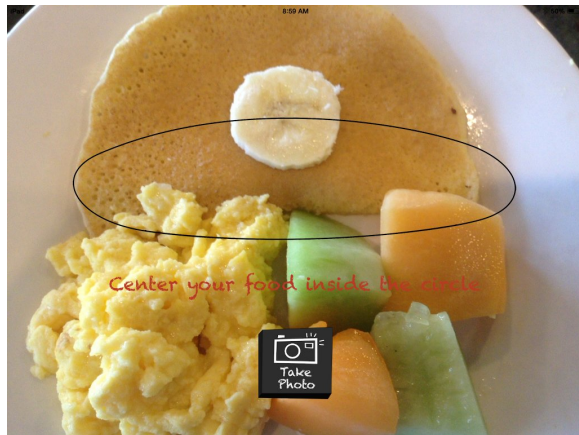


# TINY TASTES EXAMPLE: FOR CHILDREN AIMING FOR MORE PROTEIN INTAKE



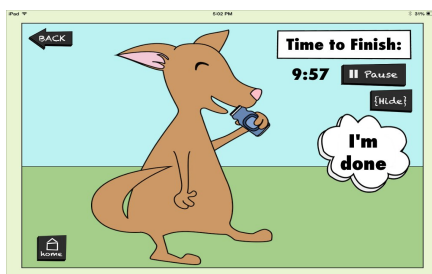
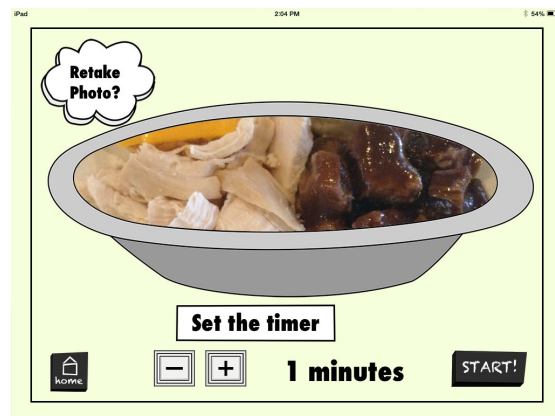
## Sample Usage 1:

For children who gravitate towards carbs or who may struggle to eat their protein foods well consistently at meals or snacks, you can place the focus on finishing the highest-protein components of a meal to help them work towards eating the challenging food along with Tiny.



## Sample Usage 2:

Some children may be encouraged to eat an overall high-protein diet by their RD or MD. It may become useful to serve a variety of proteins along with another comfort food, then let Tiny invite your child to taste some of the protein rich foods and eat those along with her in the app.



## Tiny likes supplements too!

If a child's goal is to drink high-protein supplements or smoothies, but he/she struggles to finish them, you can let the child drink them right along with Tiny in the app!