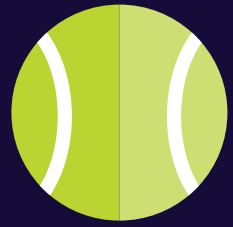


What is a Serving?



1 oz. of
**Pretzels or
Potato Chips**

1 small
Fresh Fruit

1 cup of
Milk

1 cup of
Yogurt



2 Tablespoons of
Peanut Butter

¼ cup of
Dried Fruit



1 oz. of
**Nuts or
Seeds**

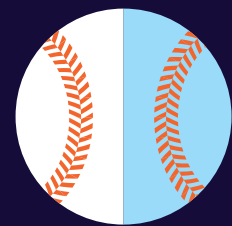


1 ½ oz. of
Cheese



3 oz. of
**Cooked
Meat
or Poultry**

3 oz. of
Cooked Fish



1 cup of
**Beans or
Legumes**

1 cup of
**Salad or Leafy
Veggies**

