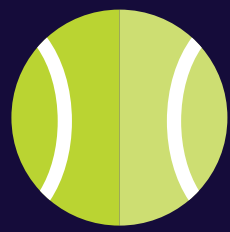


# What is a Serving?



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**

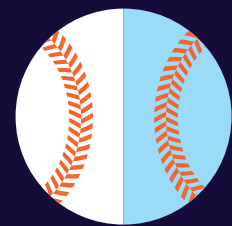


1 ½ oz. of  
**Cheese**



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**

