What is a Serving?



1 oz. of Pretzels or Potato Chips

1 small Fresh Fruit

1 cup of Milk

1 cup of Yogurt 1 oz. of Nuts or Seeds

1½ oz. of Cheese



1 cup of Beans or Legumes



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



2 Tablespoons of Peanut Butter

1/4 cup of Dried Fruit

1 cup of Salad or Leafy Veggies

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