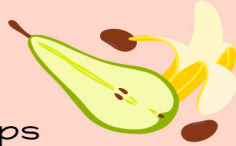


Making Healthy Choice

Fruit

6 servings

1 1/2 - 2 1/2 cups



Dairy

2-3 servings



Vegetables

6 servings

1 1/2 - 2 1/2 cups



Protein

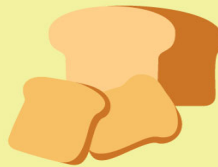
2-3 servings



Grains

6 servings

1 1/2 - 2 1/2 cups



Vitamin

1



Water

6-8
servings

