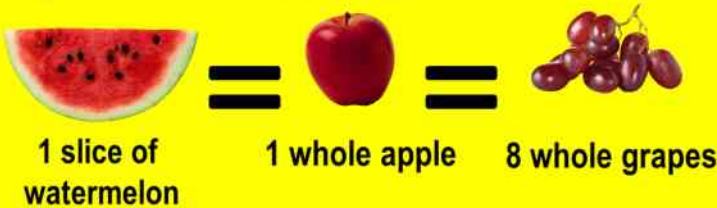


FOOD SERVING SIZE GUIDE

1 Serving of CEREALS / GRAINS



1 Serving of FRUITS



1 Serving of VEGETABLES



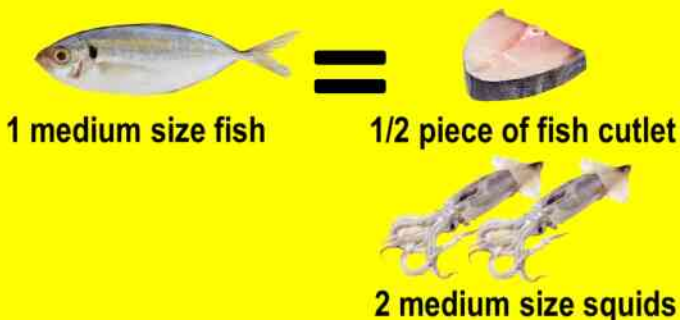
1 Serving of MILK & MILK PRODUCTS



1 Serving of LEGUMES



1 Serving of FISH / SEAFOOD



1 Serving of MEAT / CHICKEN

