














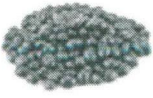













Know Your Serving Sizes

Recommended Daily Servings based on 2,000 calories a day:

Fruits & Veggies	7-10 servings per day	Grain Products	5-7 servings per day
 =  1 fruit or veggie  =  1/2 cup canned fruit  =  1 cup of salad		 =  1/2 cup of pasta or cereal  =  1 slice of whole wheat bread  =  1 cup whole wheat flakes	
Meat & Protein	2-3 servings per day	Milk & Dairy	2-3 servings per day
 =  1 chicken breast  2 small eggs or 1 large egg  =  1/2 cup cooked beans		 =  3/4 cup of yogurt  =  1 ounce of cheese  =  1 cup of milk	
Fats & Oils		2-3 tablespoons per day	
 =  1 tsp soft margarine		 =  2 tbsp peanut butter	