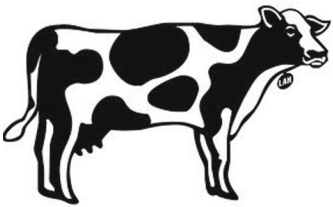


Food Serving Guide



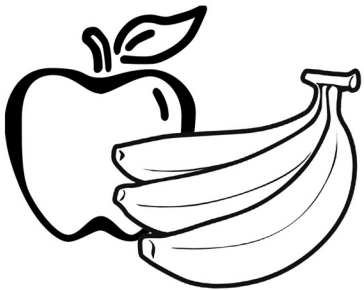
- 1 slice of whole wheat bread, 5 tbs rice or pasta, 1/2 cup cereal, 4-5 crackers



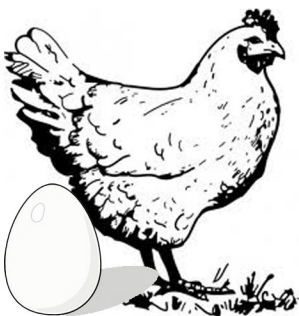
- 3/4 cup milk or yogurt, 1 slice of cheese



- 5 tbs veggies, 1/2 cup veggie juice



- 5 tbs fruit, 1/2 piece of fruit, 1/2 cup juice



- 1 oz or 4 tbs of meat, 1 egg, 1/2 cup of beans