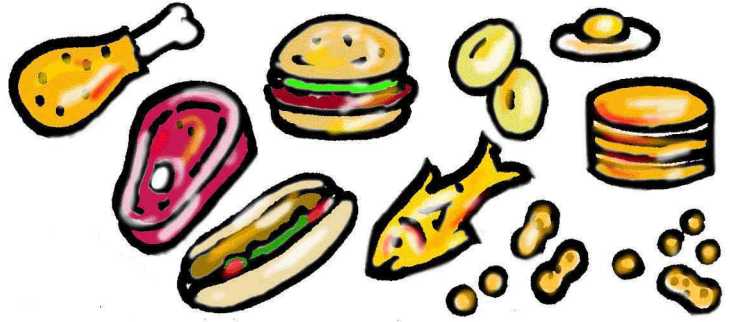


**Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group**

2 - 3 servings



Vegetable Group

3 - 5 servings



Fruit Group

2 - 4 servings



**Bread, Cereal,
Rice, & Pasta Group**

6 - 11 servings

