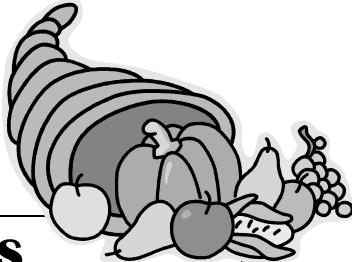


A Simple Guide to Nutrition

How many servings a day do you need?

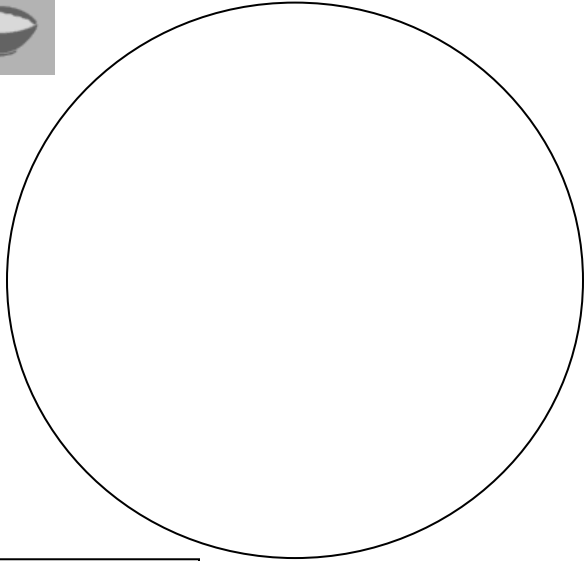


Food Group	Recommended number of servings

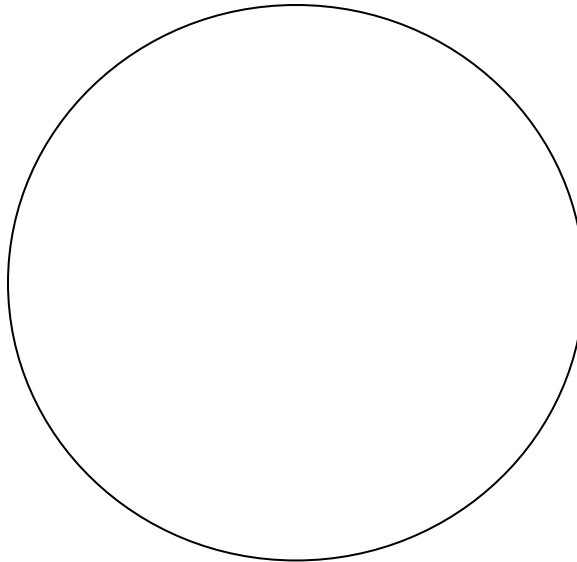
What's this food group stuff?



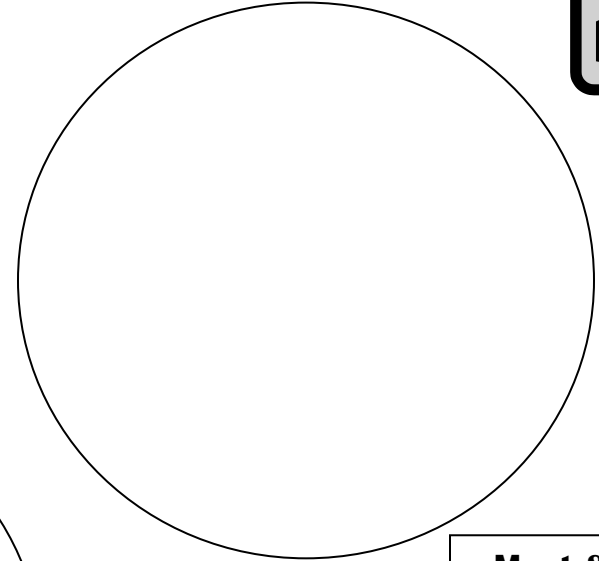
Grains



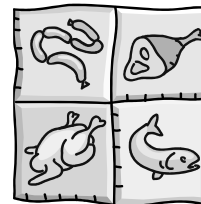
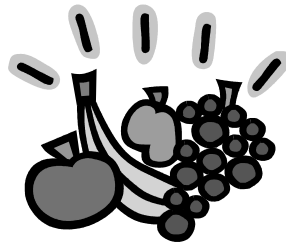
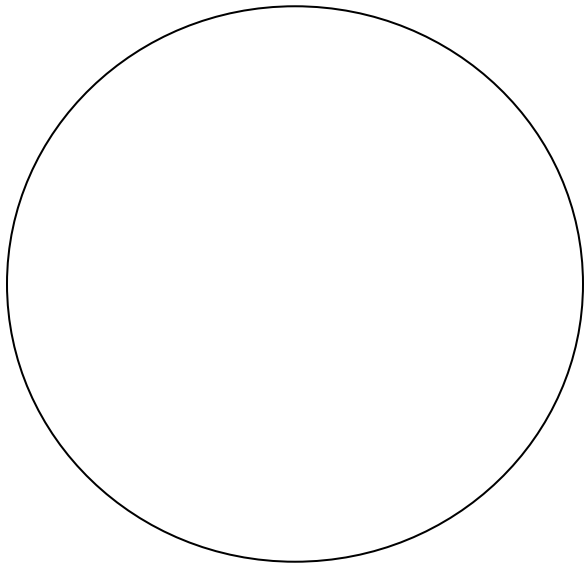
Vegetable



Milk



Fruit



Meat & Beans

