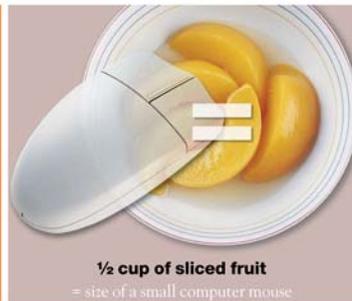


How Much Do YOU Eat?

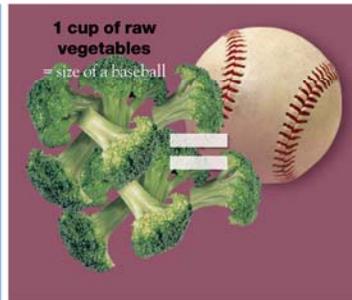
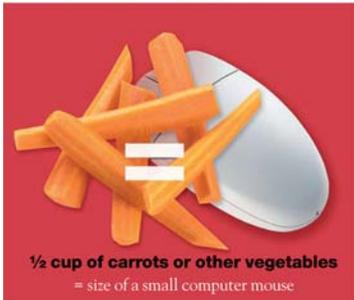
Use these everyday items to estimate the amount you eat.



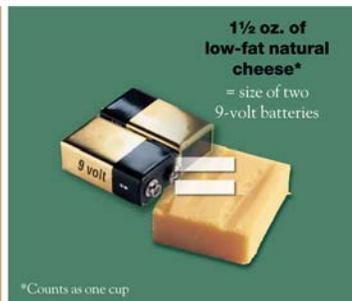
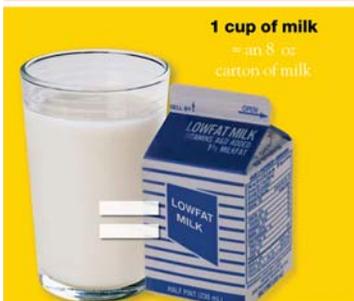
Amounts of foods
For 2,000 calories



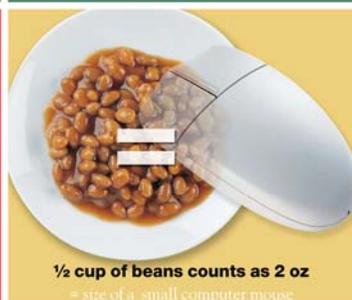
2 cups
Fruit Group



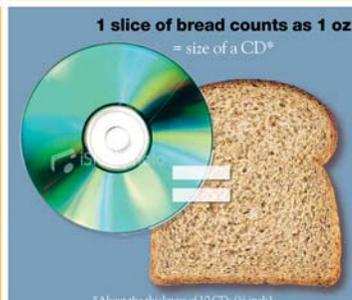
2½ cups
Vegetable Group



3 cups or equivalent
Milk Group



5½ ounces or equivalent
Meat & Beans Group



6 ounces or equivalent
Grains Group