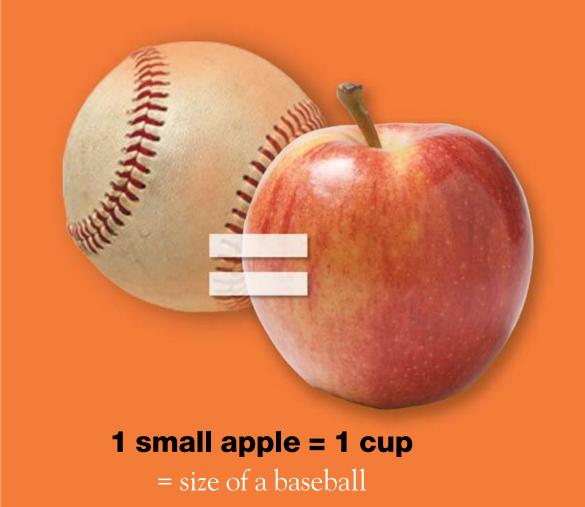
## How Much Do YOU Eat?

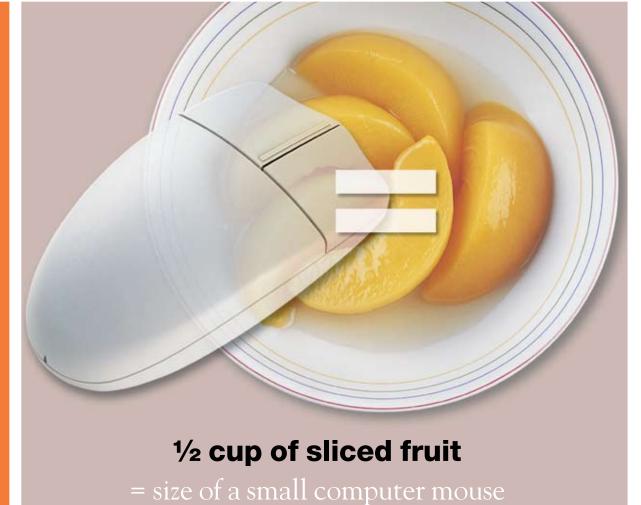
Use these eveyday items to estimate the amount you eat.



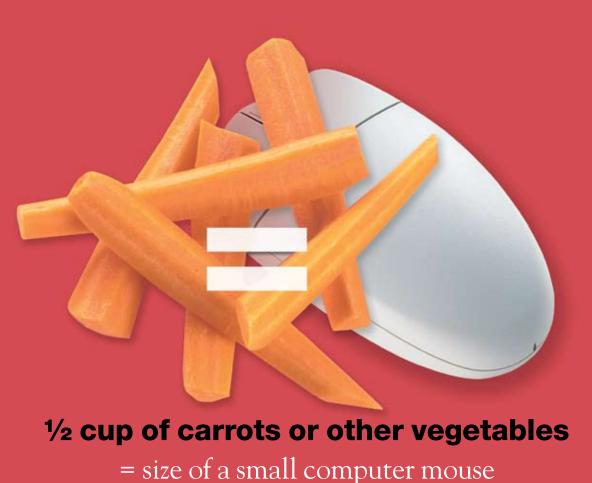
Amounts of foods For 2,000 calories



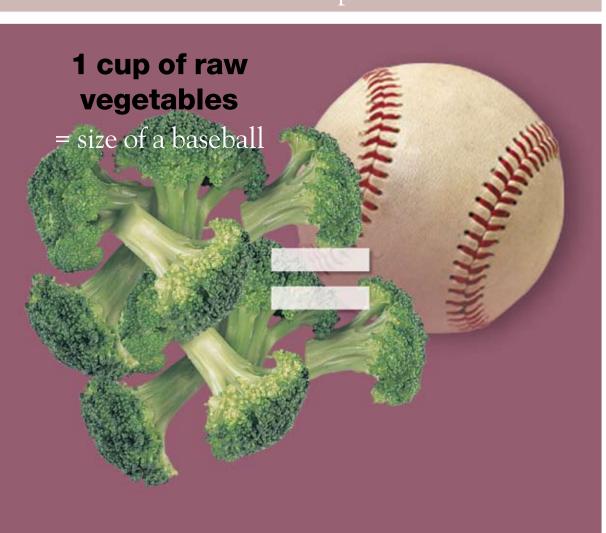




Cups
Fruit
Group







21/2 cups
Vegetable Group





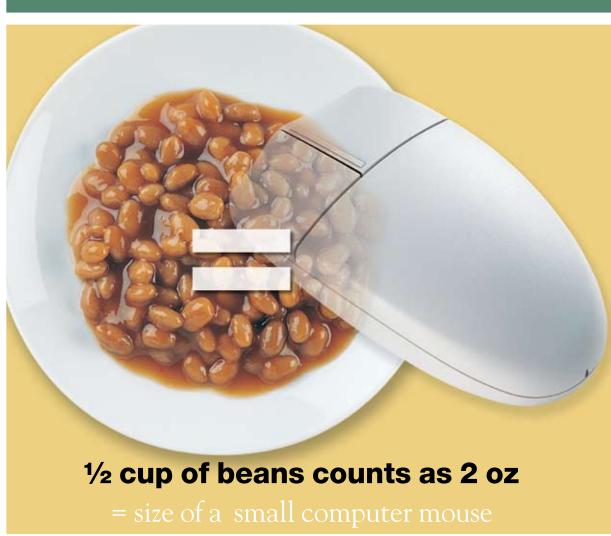


3 Cups or equivalent Milk

Group

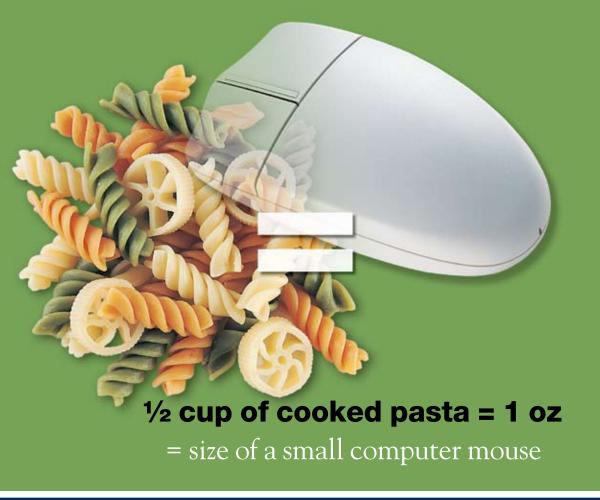


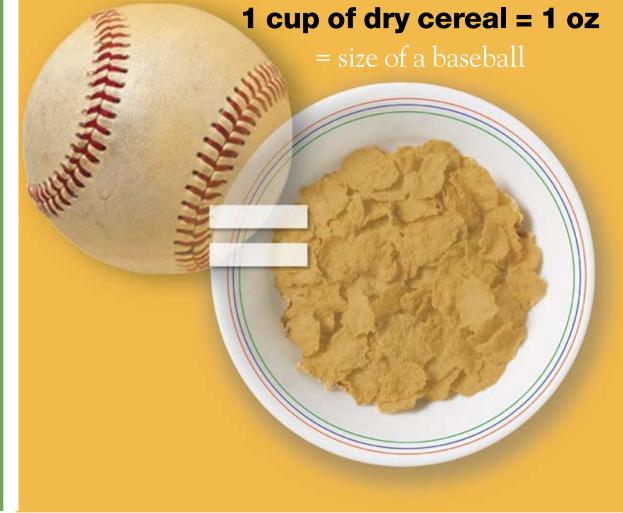


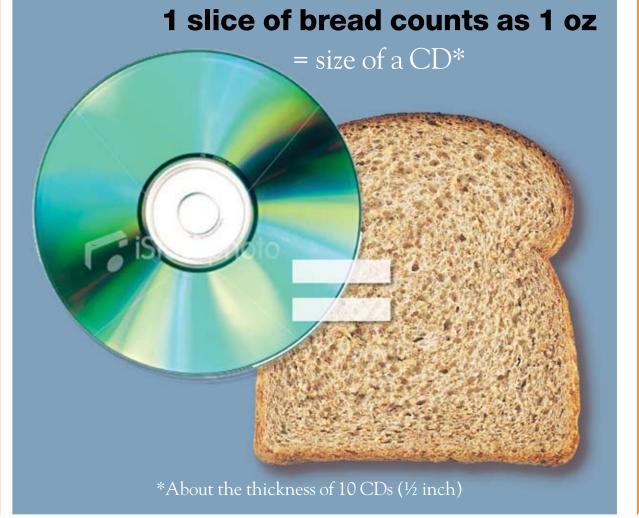


51/2 Ounces or equivalent

Meat & Beans Group







Gounces or equivalent Grains Group