

Healthy Eating Guide

Suggested Serving Sizes

Dairy



3 cups/day



Milk:
1 cup



Yogurt:
1 cup



Cheese:
1 ½ oz or ¼ cup shredded



Cottage Cheese:
2 cups

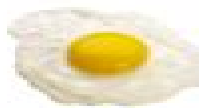
Protein



5-6 oz equivalents/day



Cooked or canned beans
½ cup



Egg:
1



Cooked lean meat or poultry:
3 oz



Peanut Butter:
1 Tbsp.

Vegetables



3-4 cups/day



Raw vegetables:
1 cup



Leafy greens:
2 cups



Cooked vegetables:
1 cup



Potato:
1 medium

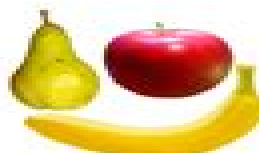
Fruit



2 cups/day



Berries:
1 cup



Whole Fruit:
1 medium



Dried Fruit:
½ cup



100% Fruit Juice:
1 cup

Grain



3½-5 oz equivalents/day



Cereal:
1 cup



Bread:
1 slice



Pasta:
¾ cup cooked



Flour or Corn Tortilla:
1 small (6 inches)

Healthy Food Directory The

Arturo Cuomo



Healthy Food Directory The:

Decoding **Healthy Food Directory The**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Healthy Food Directory The**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

http://industrialmatting.com/About/Resources/index.jsp/Frank_Lloyd_Wrights_Taliesin_Fellowship.pdf

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