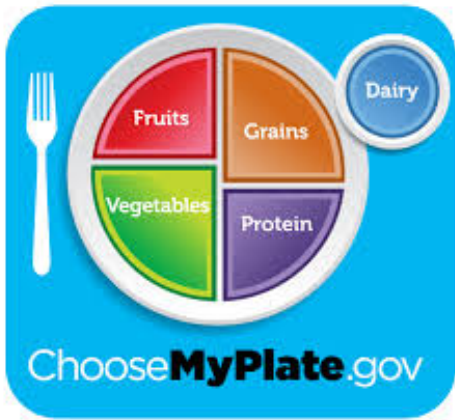


Calorie Range: 2400-2600



Number of Servings Recommended:

Grain: 8-9 oz equivalents
Fruit: 4 servings
Vegetable: 6-7 servings
Protein: 6-7 oz equivalents
Dairy: 3 servings

Serving Size Equivalents:

1 oz Grain: 1 slice bread, 1/2 cup grain

1 serving Fruit: 1/2 cup fresh fruit, 3/4 cup 100% fruit juice, 1/4 cup dried fruit

1 serving Vegetable: 1/2 cup cooked vegetables, 1 cup greens

1 oz Protein: 1 egg, 1 tbsp nut butter, 1/4 cup beans, 1 oz lean meat or fish

1 serving Dairy: 6 oz fat-free yogurt, 1 cup fat-free milk, 1 slice cheese