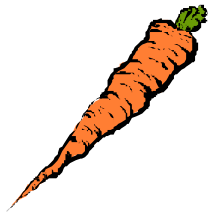
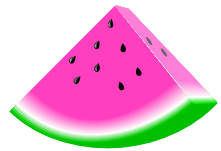
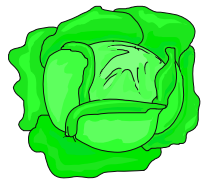
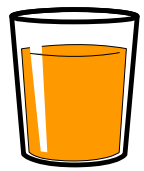
How Much is 1 Serving?









- Vegetables
  - ½ cup chopped raw
  - ½ cup cooked
  - 1 cup leafy raw
- Fruits
  - 1 piece of fruit or melon wedge
  - ½ cup fresh chunks
  - ½ cup canned
  - ¼ cup dried
  - ¾ cup juice