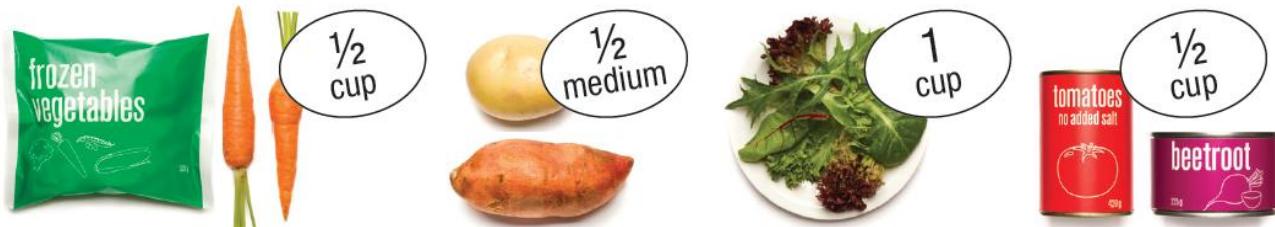


Food group serve sizes

Vegetables



Fruit



Grain foods



Meat and alternatives



Dairy and alternatives

