

5 2 1 0 + 8

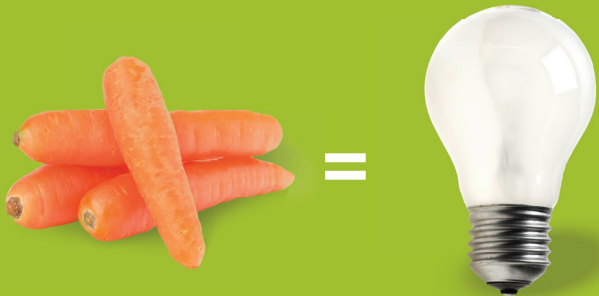
EVERY DAY!



1 CUP
leafy greens or salad



ONE
medium piece of fruit
(e.g., apple, orange, or pear)



1/2 CUP
cut-up fruits or vegetables
(raw, cooked, fresh, frozen, or canned)
or cooked dry beans



1/4 CUP
dried fruit
(raisins or cranberries)