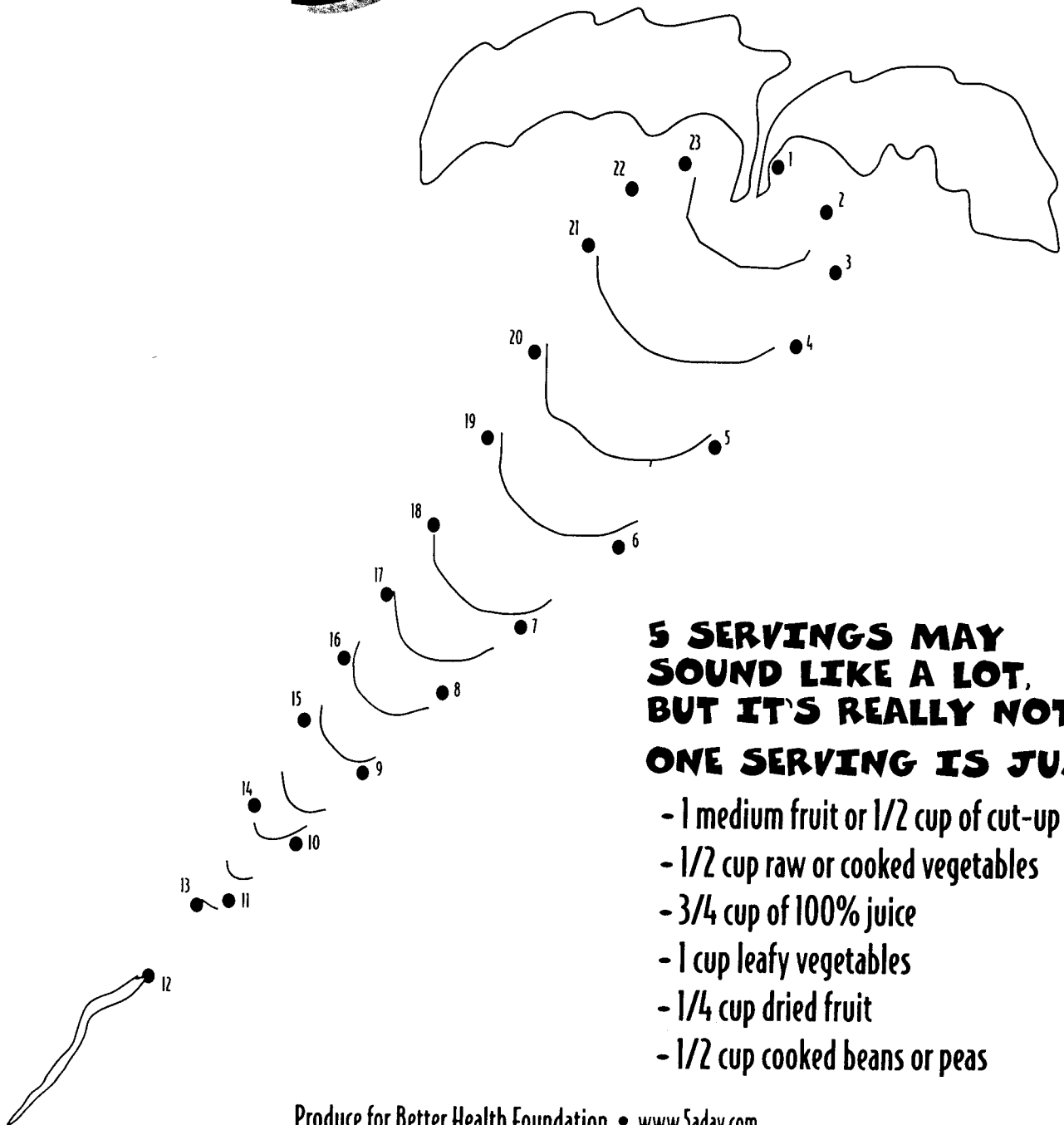


# 5 A DAY CONNECT THE DOTS



**5 SERVINGS MAY  
SOUND LIKE A LOT,  
BUT IT'S REALLY NOT.  
ONE SERVING IS JUST...**

- 1 medium fruit or 1/2 cup of cut-up fruit
- 1/2 cup raw or cooked vegetables
- 3/4 cup of 100% juice
- 1 cup leafy vegetables
- 1/4 cup dried fruit
- 1/2 cup cooked beans or peas