

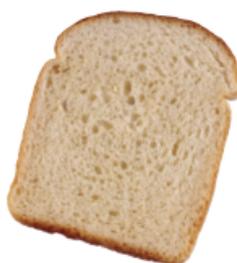


Eat Right
Don't Smoke
Get Active
See Your Doctor

Arkansas Disability and Health Program
Partners for Inclusive Communities/UAMS
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UNIVERSITY OF ARKANSAS
FOR MEDICAL SCIENCES

HOW MUCH IS A SERVING?



WHOLE GRAIN BREAD

- 1 slice

FRUITS
- 1 medium
(the size of a tennis ball)



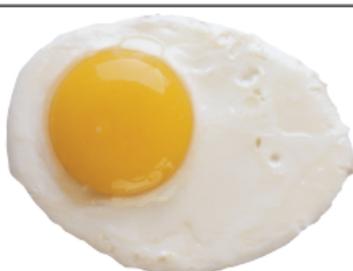
VEGETABLES
(chopped, canned,
or cooked) - 1/2 cup

MEAT
(the size
of a deck
of cards)



LOW FAT MILK
(1 cup)

EGG
(1 medium)



CHEESE
(the size of
2 dominoes)

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