

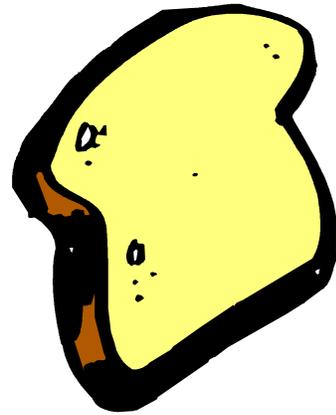
Grains

Make half your grains whole

1 ounce of bread

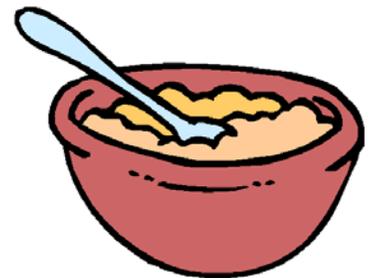
DRAW onto your paper plate

LABEL “Grain Group
5-6 ounces”



½ cup cooked pasta,
cooked rice or cooked
cereal

MEASURE



1 cup or 1 ounce of ready-to-eat cereal
MEASURE

