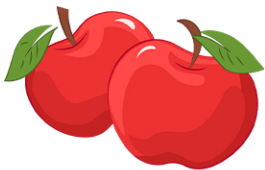




# SHERMAN'S HEALTHY LIVING!



## GUESS HOW MUCH OF THESE FOOD GROUPS YOU SHOULD HAVE PER DAY!



HOW MANY CUPS OF FRUIT SHOULD YOU HAVE EACH DAY?

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HOW MANY CUPS OF VEGETABLES SHOULD YOU HAVE EACH DAY?

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HOW MANY OUNCES OF PROTEIN SHOULD YOU HAVE EACH DAY?

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HOW MANY OUNCES OF GRAINS SHOULD YOU HAVE EACH DAY?

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HOW MANY CUPS OF DAIRY SHOULD YOU HAVE EACH DAY?

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