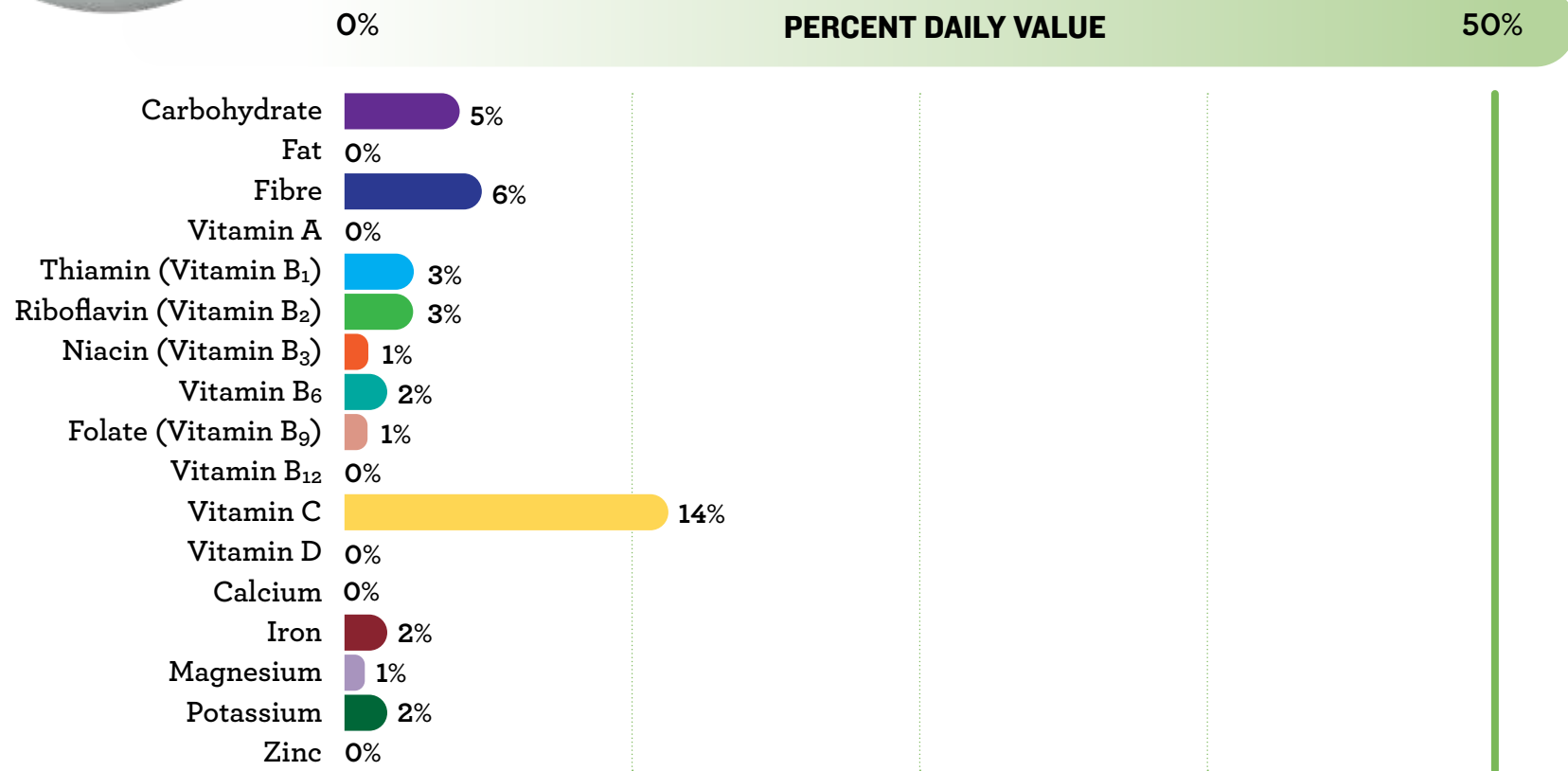




KEY NUTRIENTS IN:

# APPLESAUCE, UNSWEETENED

AMOUNT:  
125 ML  
(½ CUP)



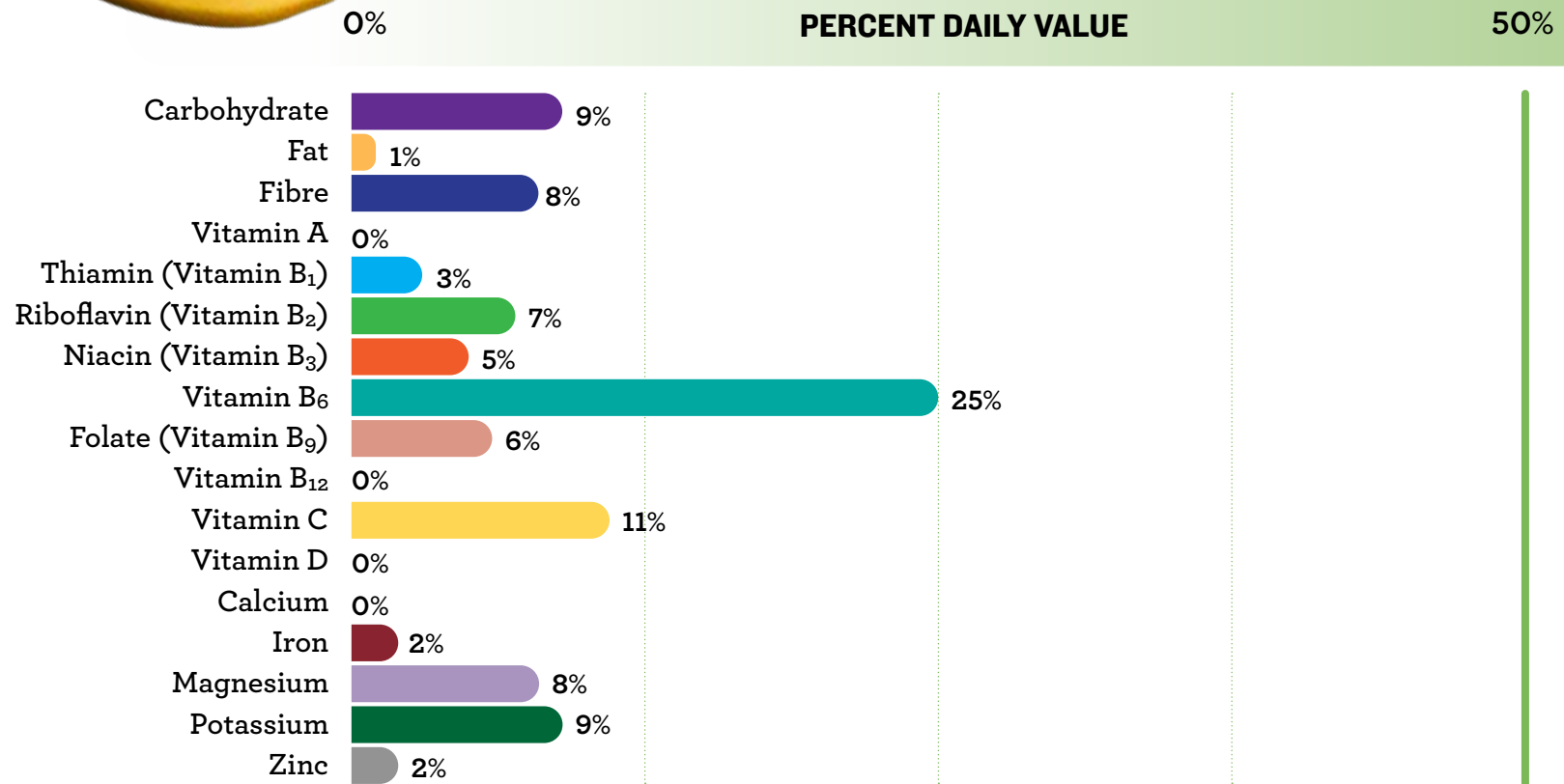
Low source of protein



KEY NUTRIENTS IN:

# BANANA

AMOUNT:  
**1 MEDIUM**

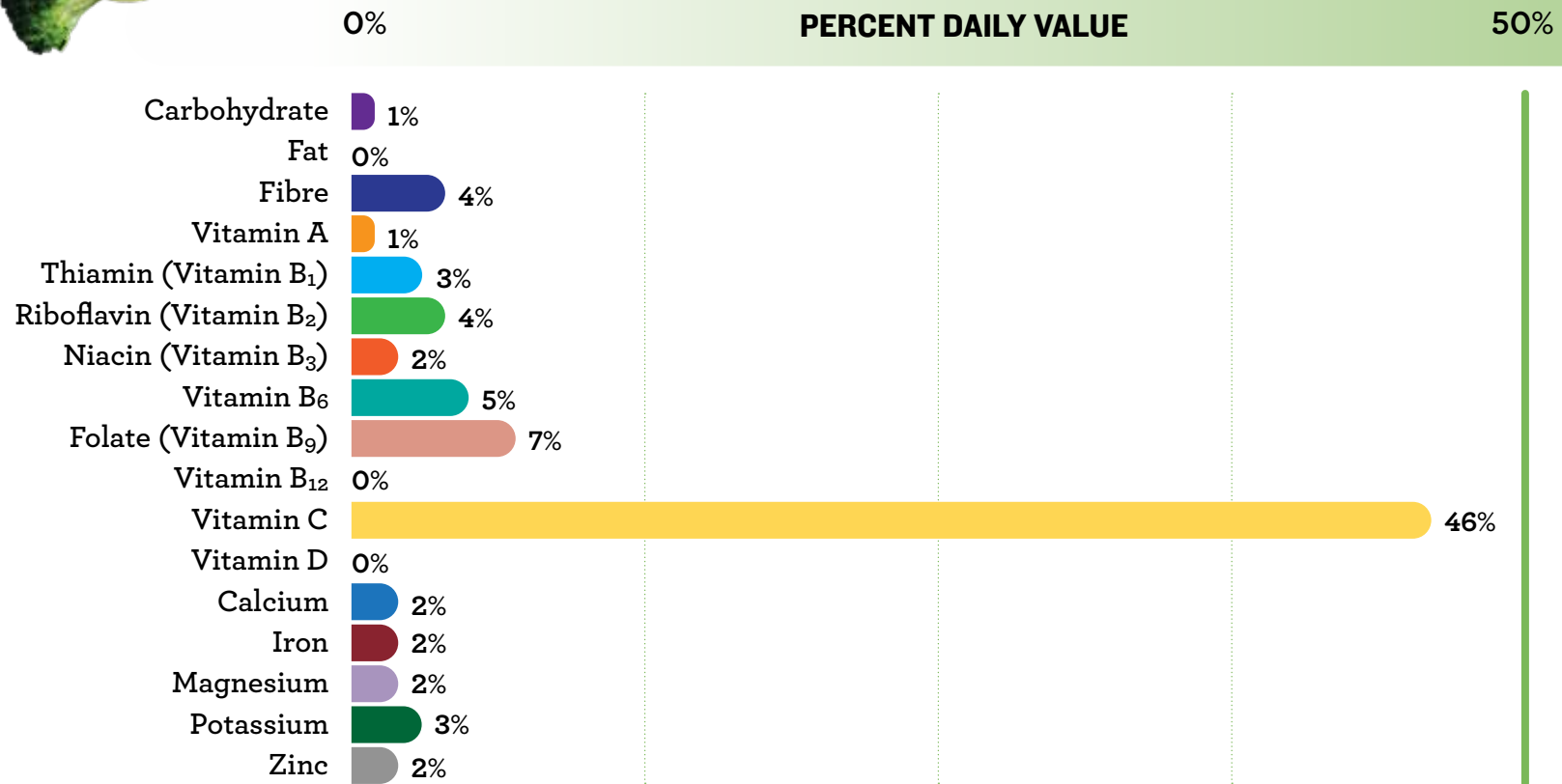


Low source of protein



KEY NUTRIENTS IN:  
**BROCCOLI**

AMOUNT:  
**125 ML**  
**(1/2 CUP)**

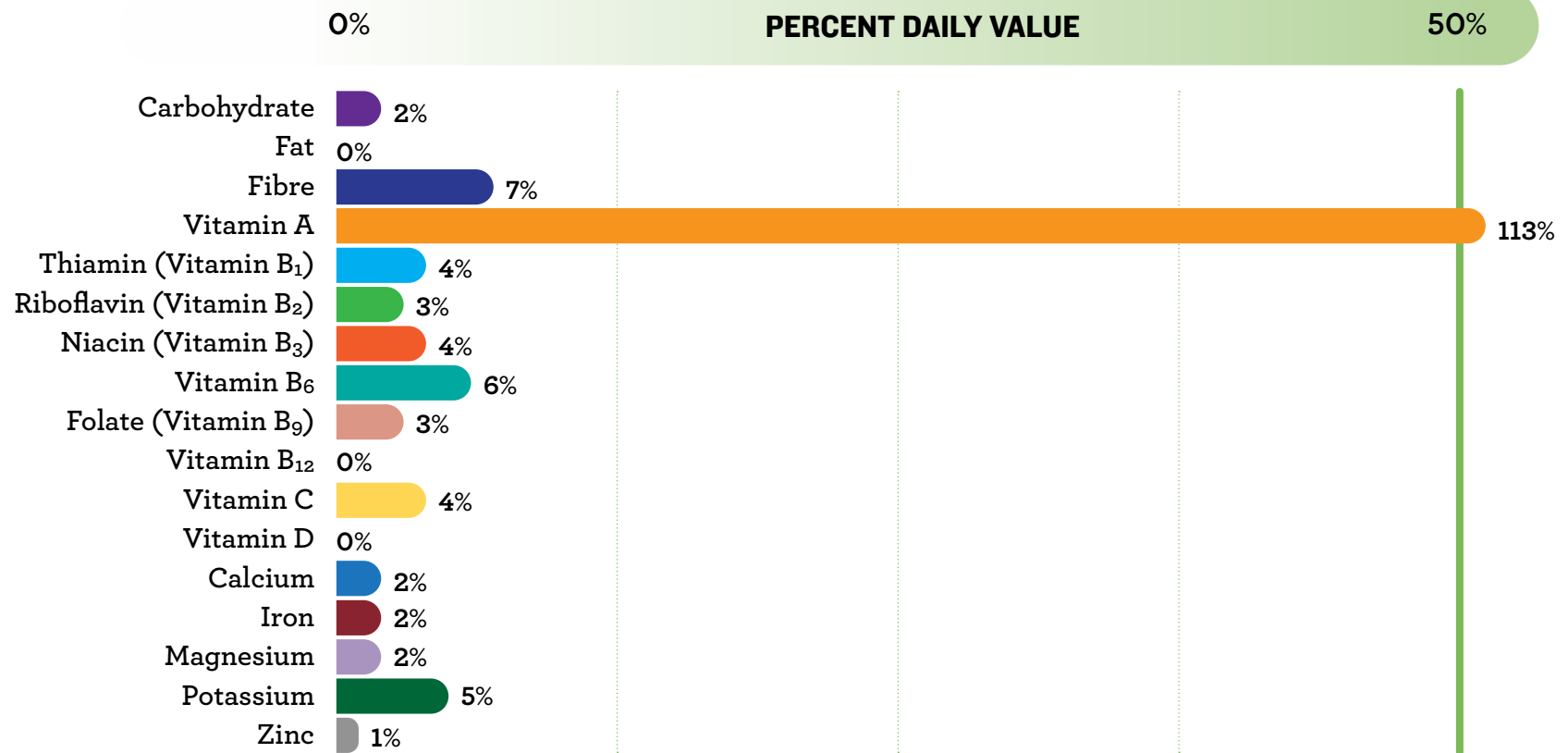


Low source of protein



KEY NUTRIENTS IN:  
**CARROTS**

AMOUNT:  
**125 ML**  
**(1/2 CUP)**

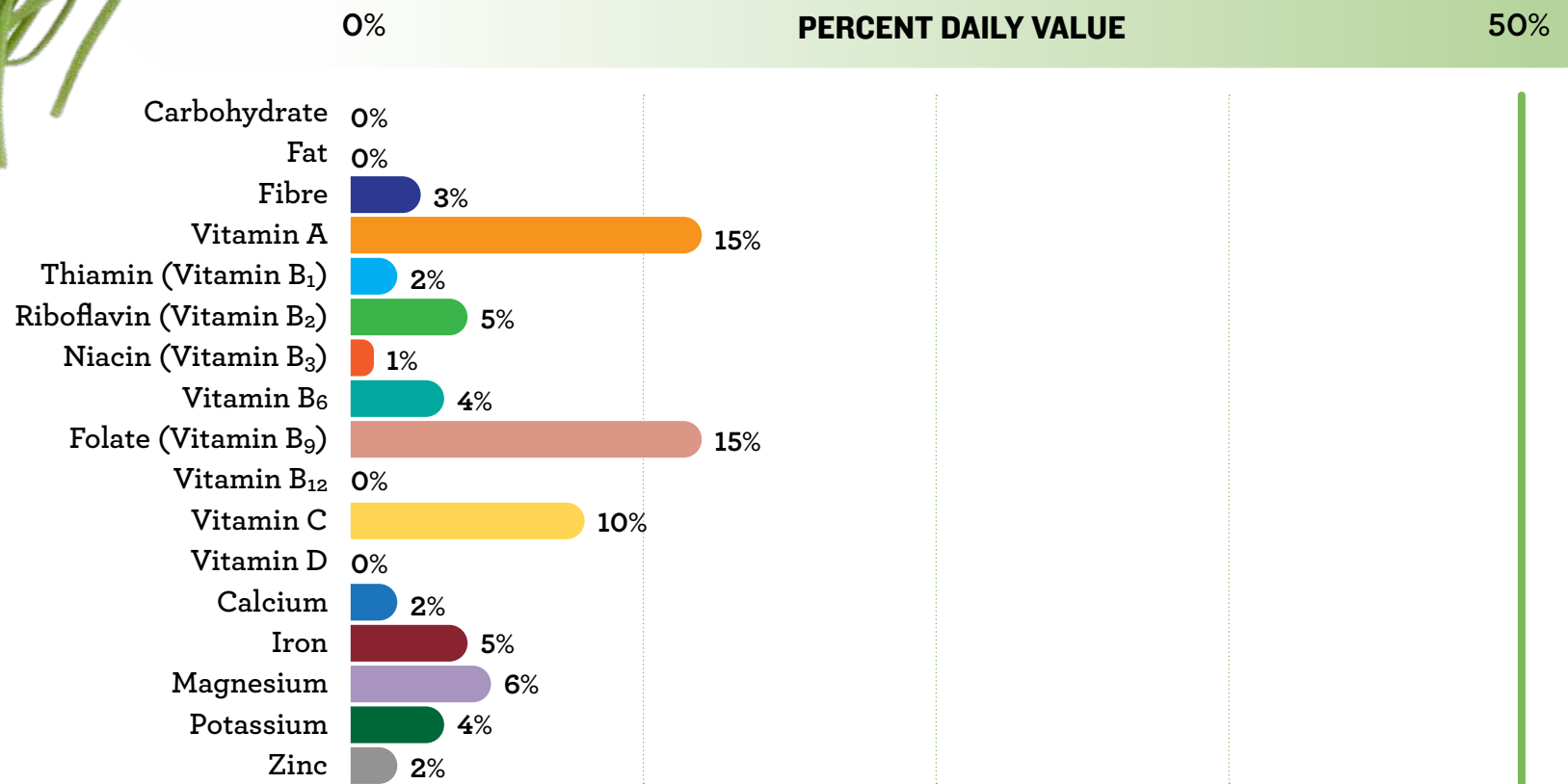


Low source of protein



KEY NUTRIENTS IN:  
**SPINACH**

AMOUNT:  
**250 ML  
(1 CUP)**



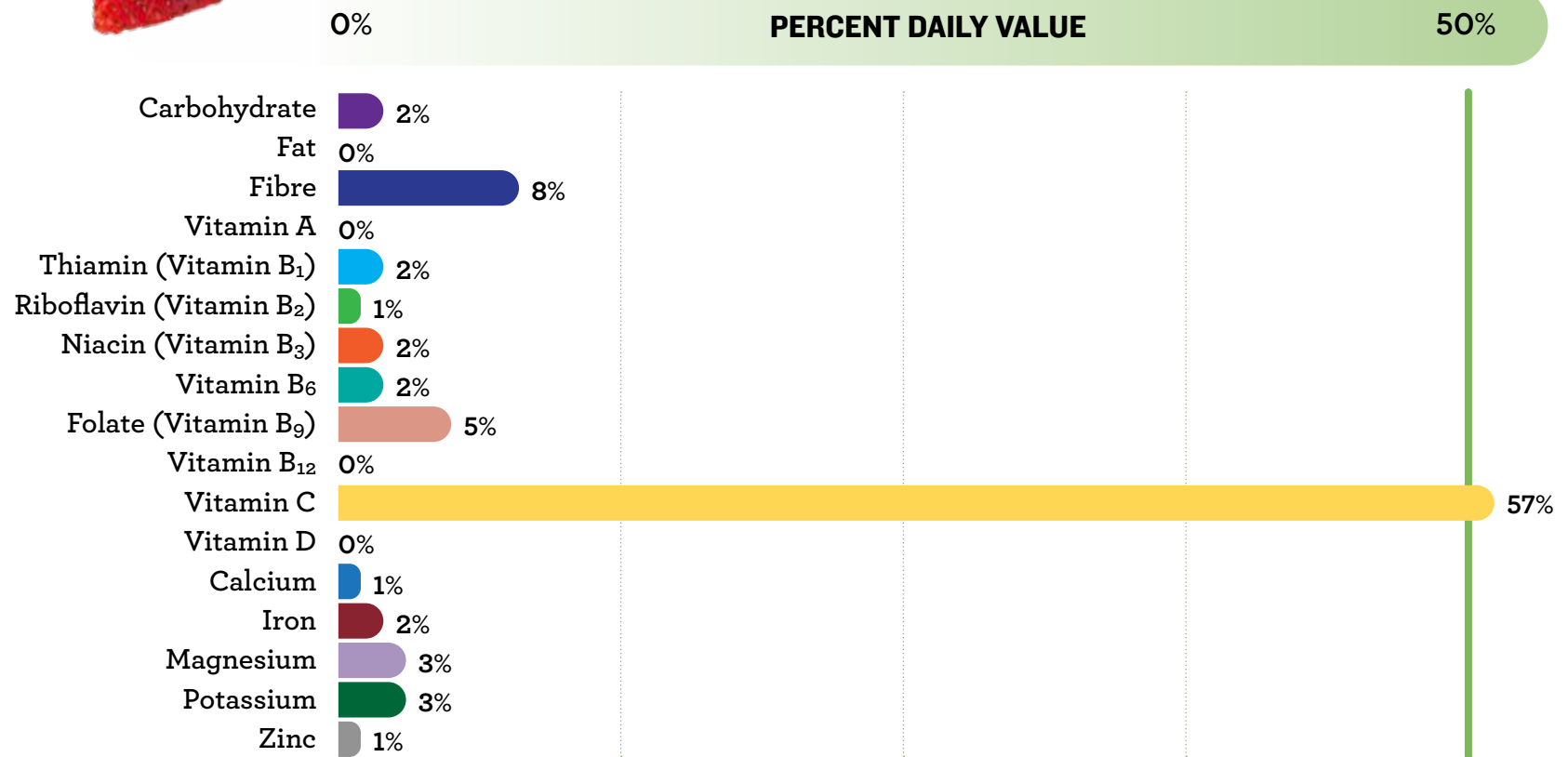
Low source of protein



KEY NUTRIENTS IN:

# STRAWBERRIES

AMOUNT:  
**125 ML**  
**(½ CUP)**



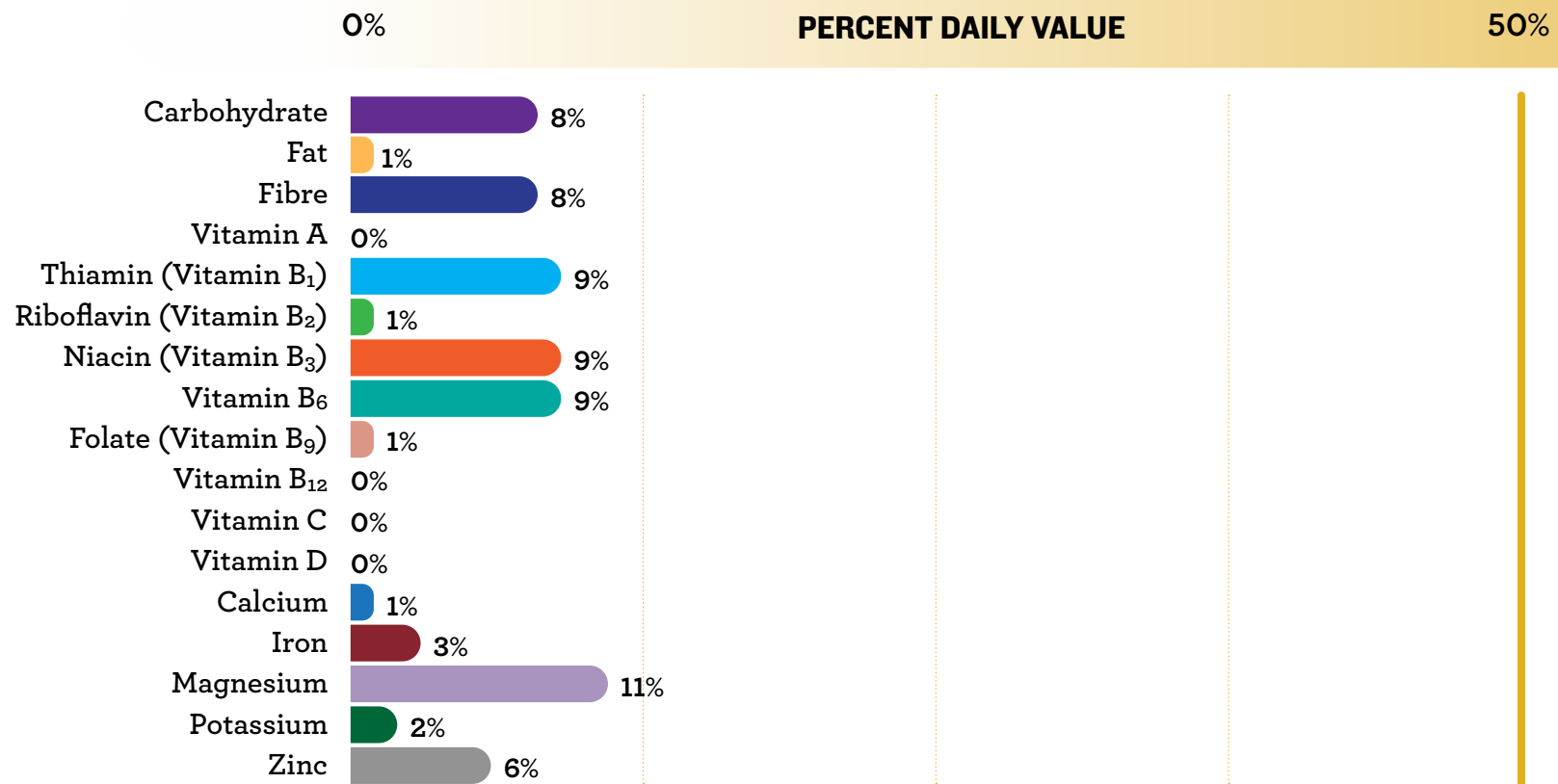
Low source of protein



KEY NUTRIENTS IN:

# BROWN RICE

AMOUNT:  
125 ML  
(½ CUP)



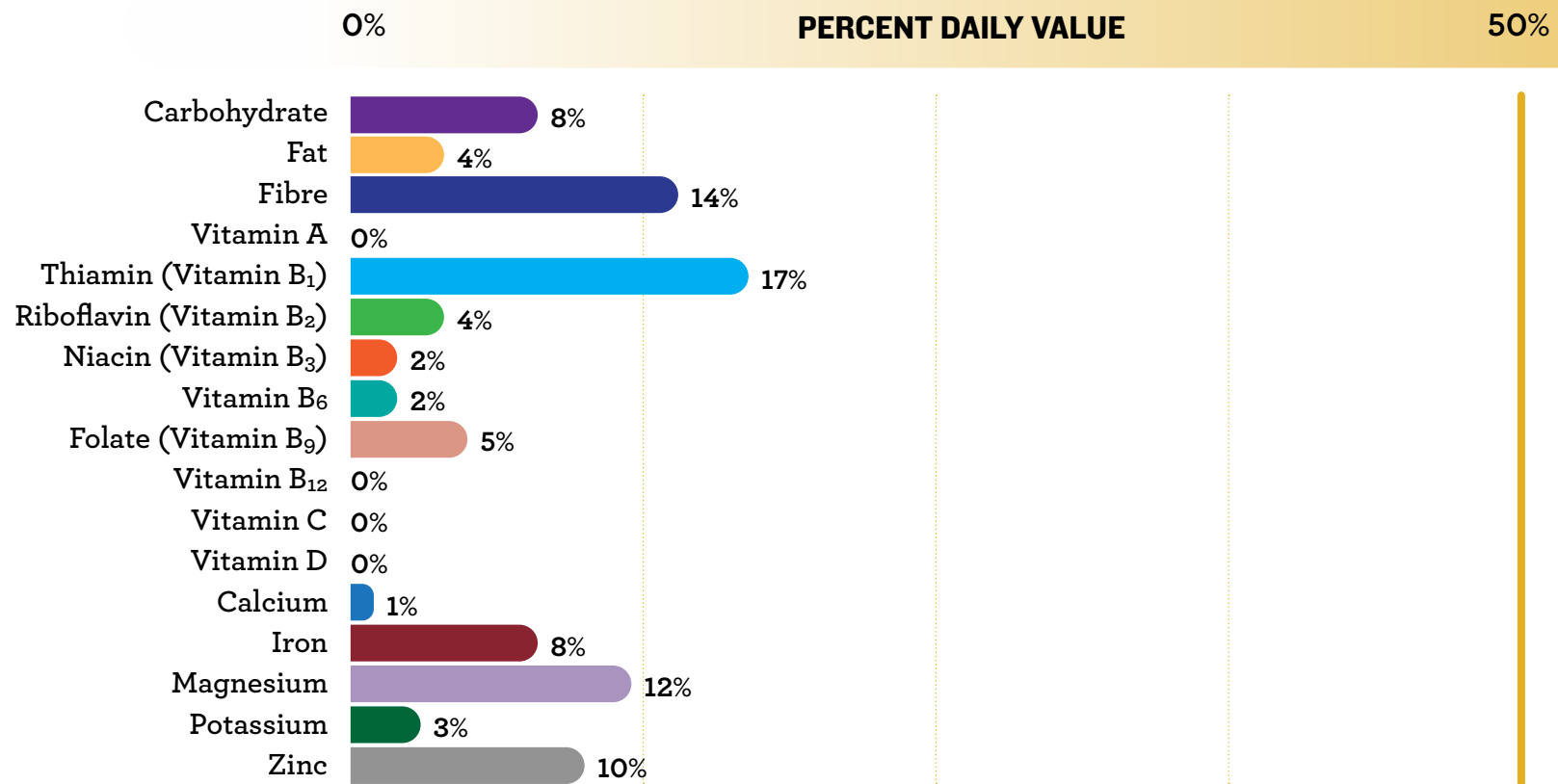
Low source of protein



KEY NUTRIENTS IN:

# OATMEAL, PLAIN

AMOUNT:  
**175 ML**  
**(¾ CUP)**



Low source of protein

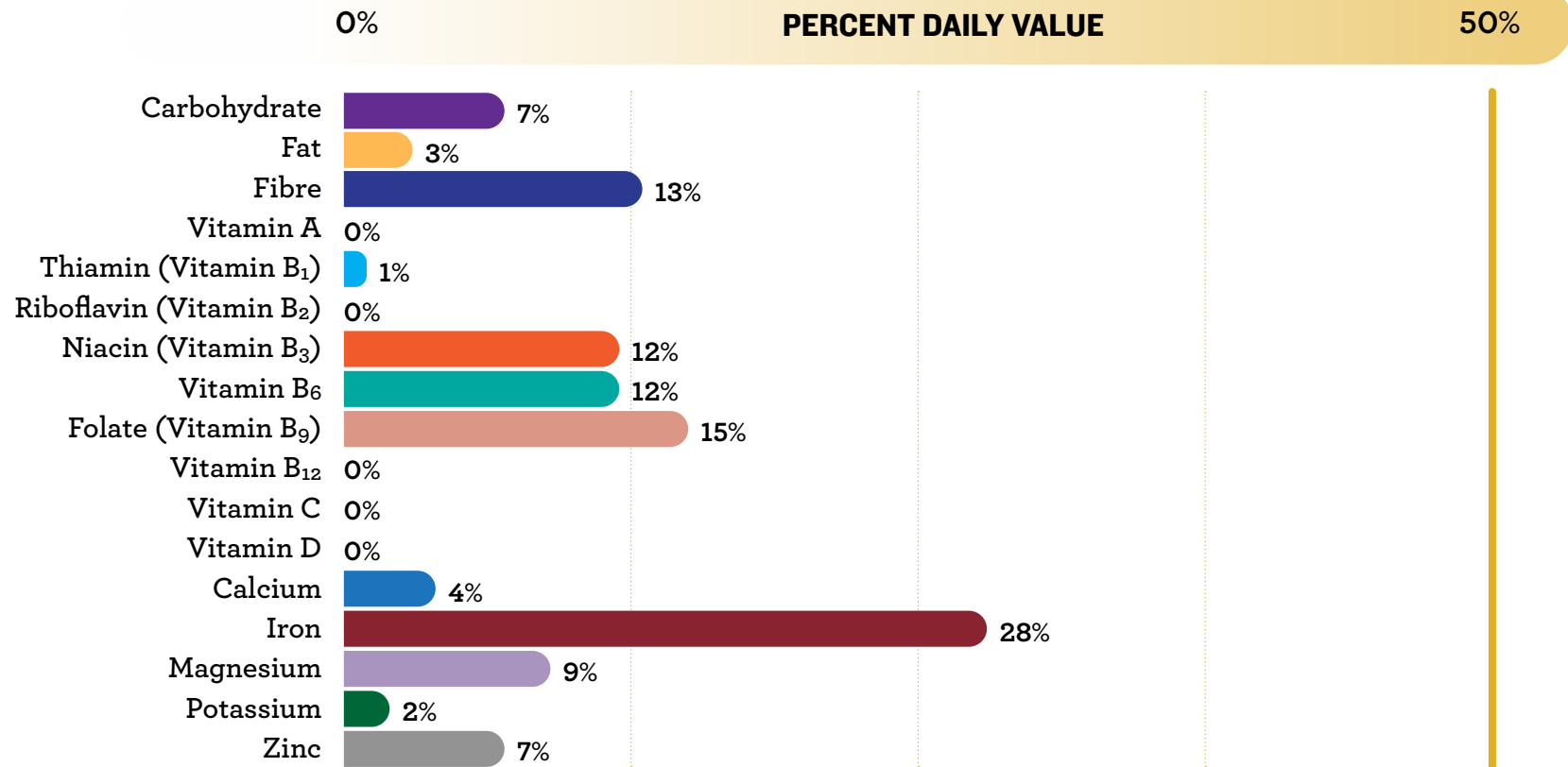




KEY NUTRIENTS IN:

# TOASTED O'S CEREAL

AMOUNT:  
30 g



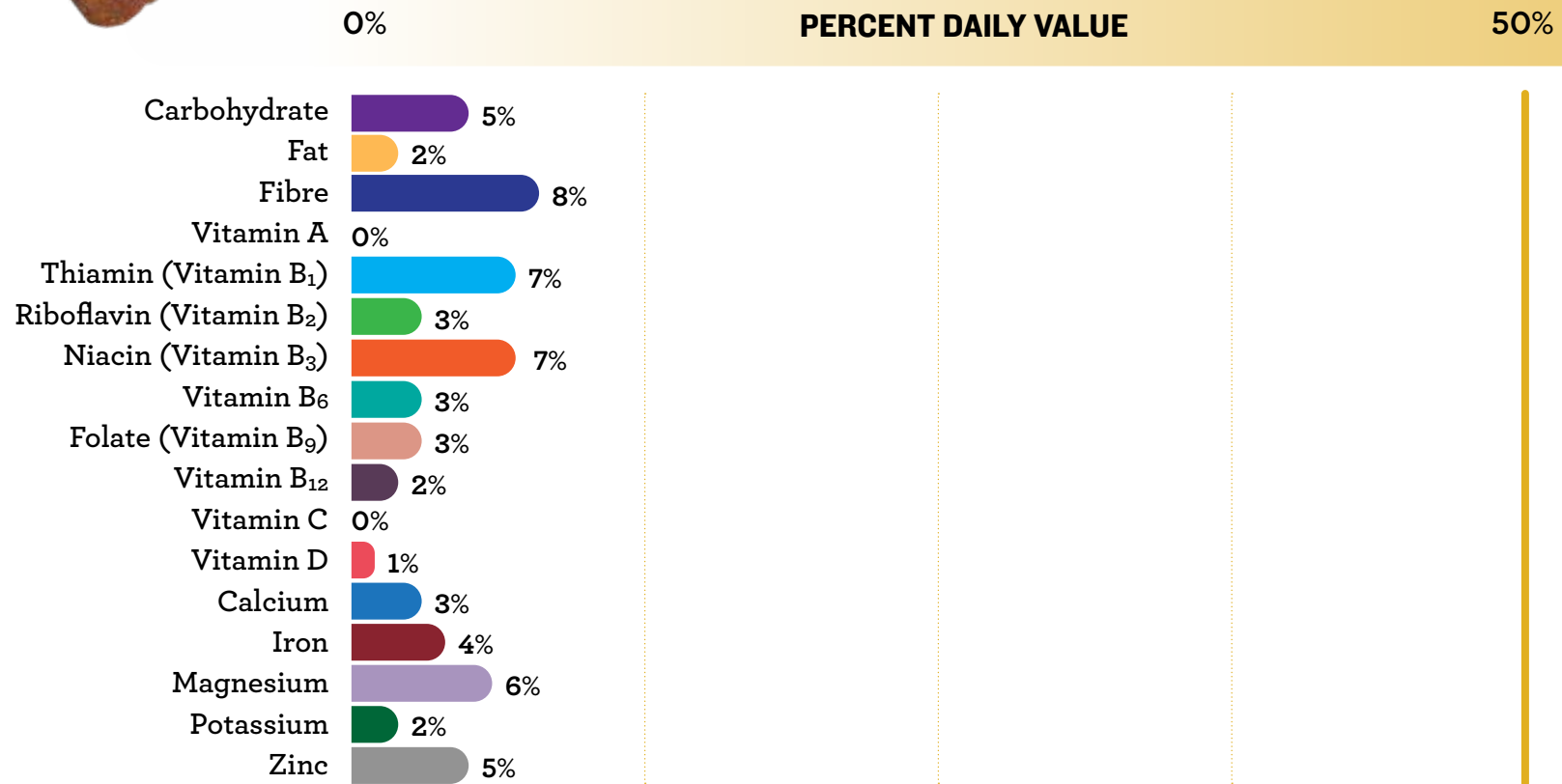
Low source of protein



KEY NUTRIENTS IN:

# WHOLE GRAIN BREAD

AMOUNT:  
**1 SLICE**  
(35 g)



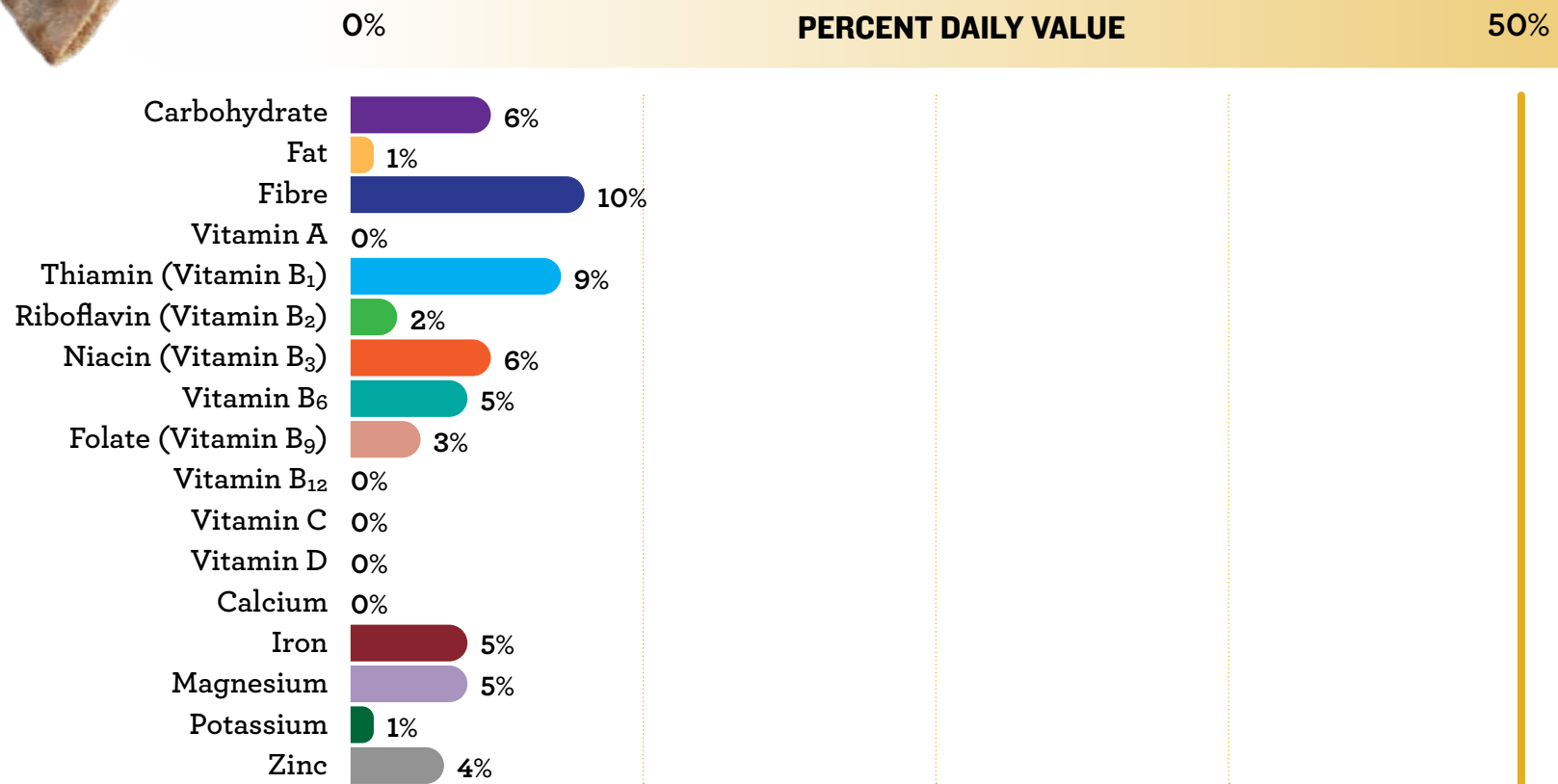
Low source of protein



KEY NUTRIENTS IN:

# WHOLE GRAIN PITA

AMOUNT:  
**½ PITA**  
**(35 g)**



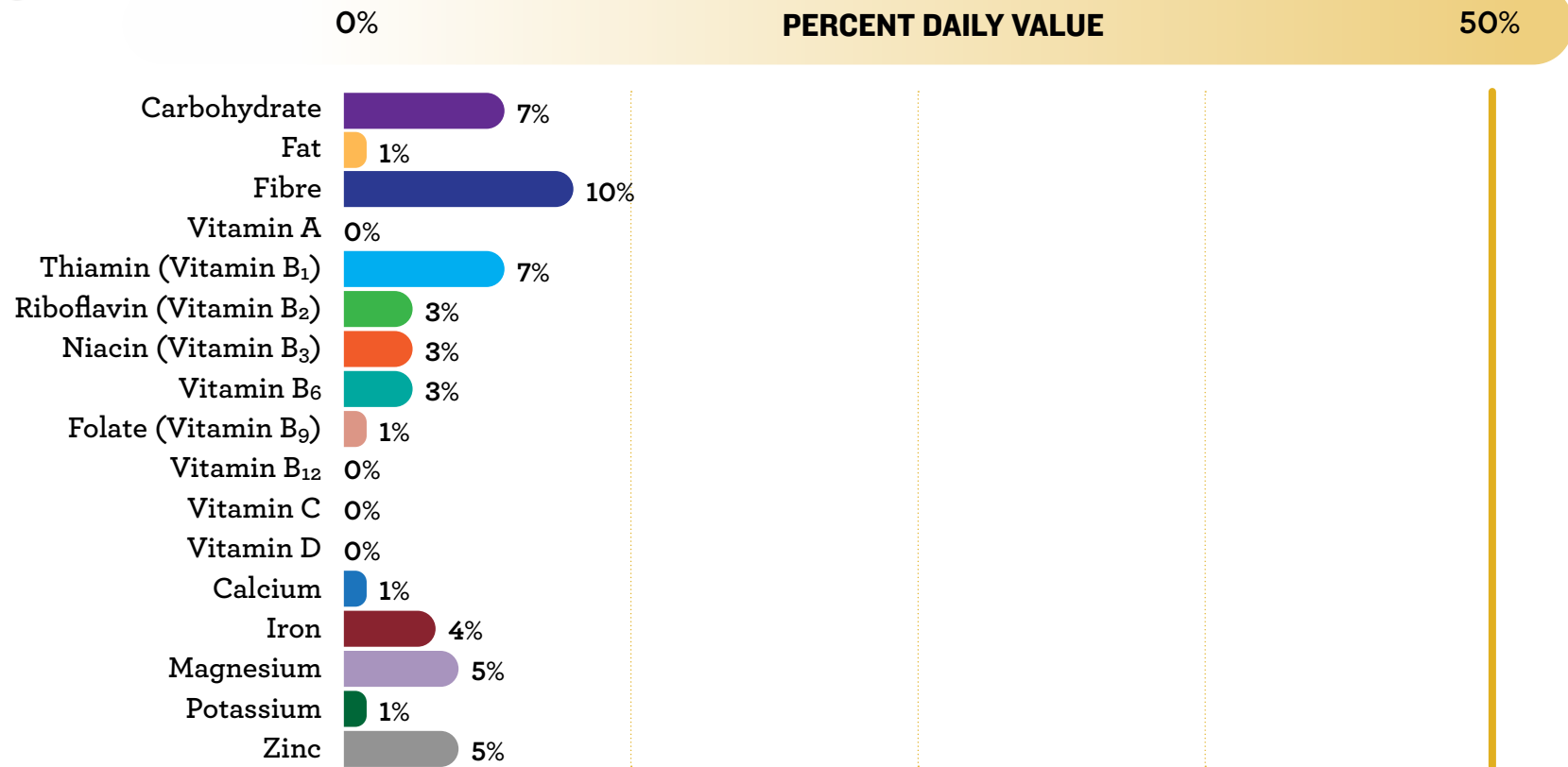
Low source of protein



KEY NUTRIENTS IN:

# WHOLE GRAIN SPAGHETTI

AMOUNT:  
125 ML  
(½ CUP)



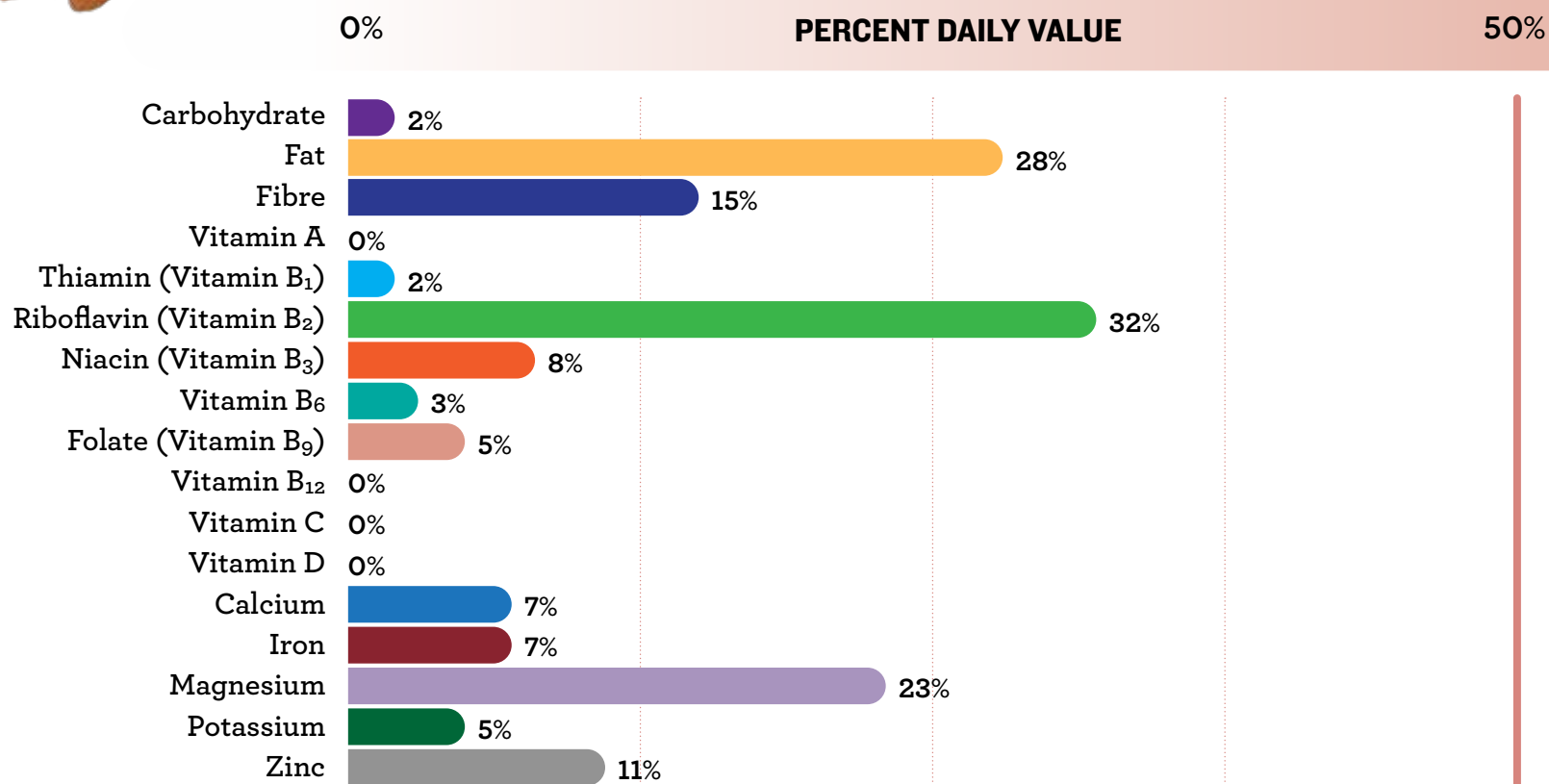
Low source of protein



KEY NUTRIENTS IN:

# ALMONDS

AMOUNT:  
**60 ML**  
**(1/4 CUP)**



Low source of protein

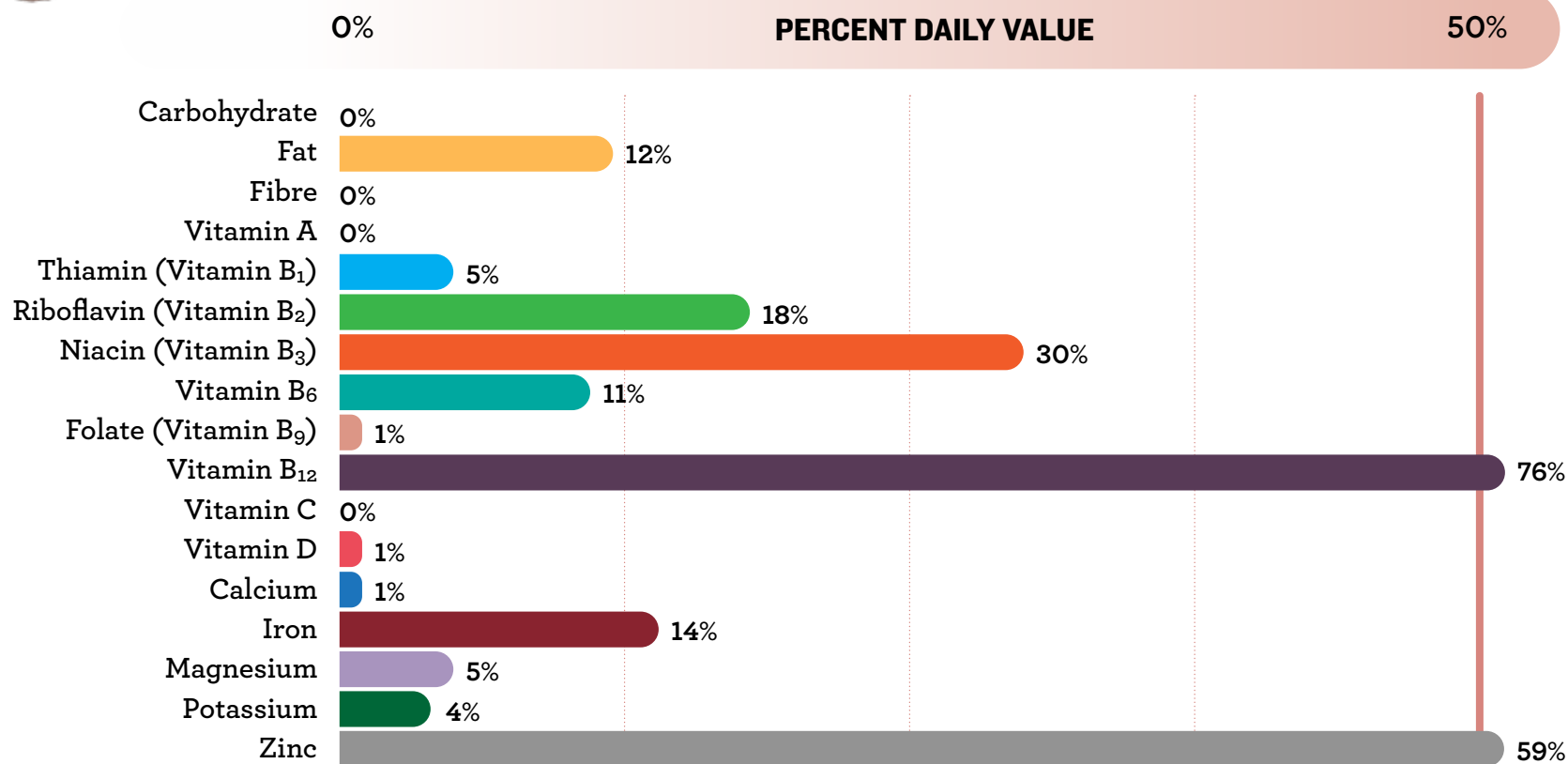


KEY NUTRIENTS IN:

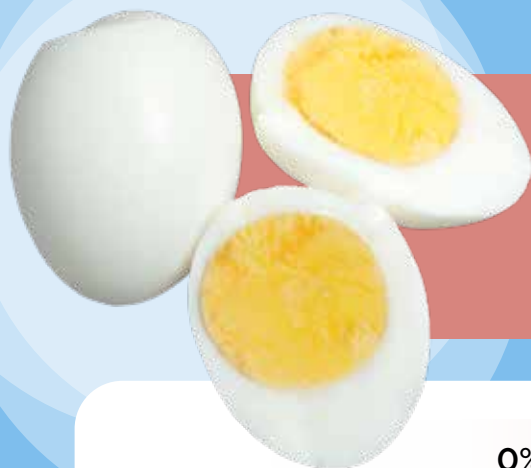
# BEEF

AMOUNT:

**75 G**  
**(2.5 oz)**



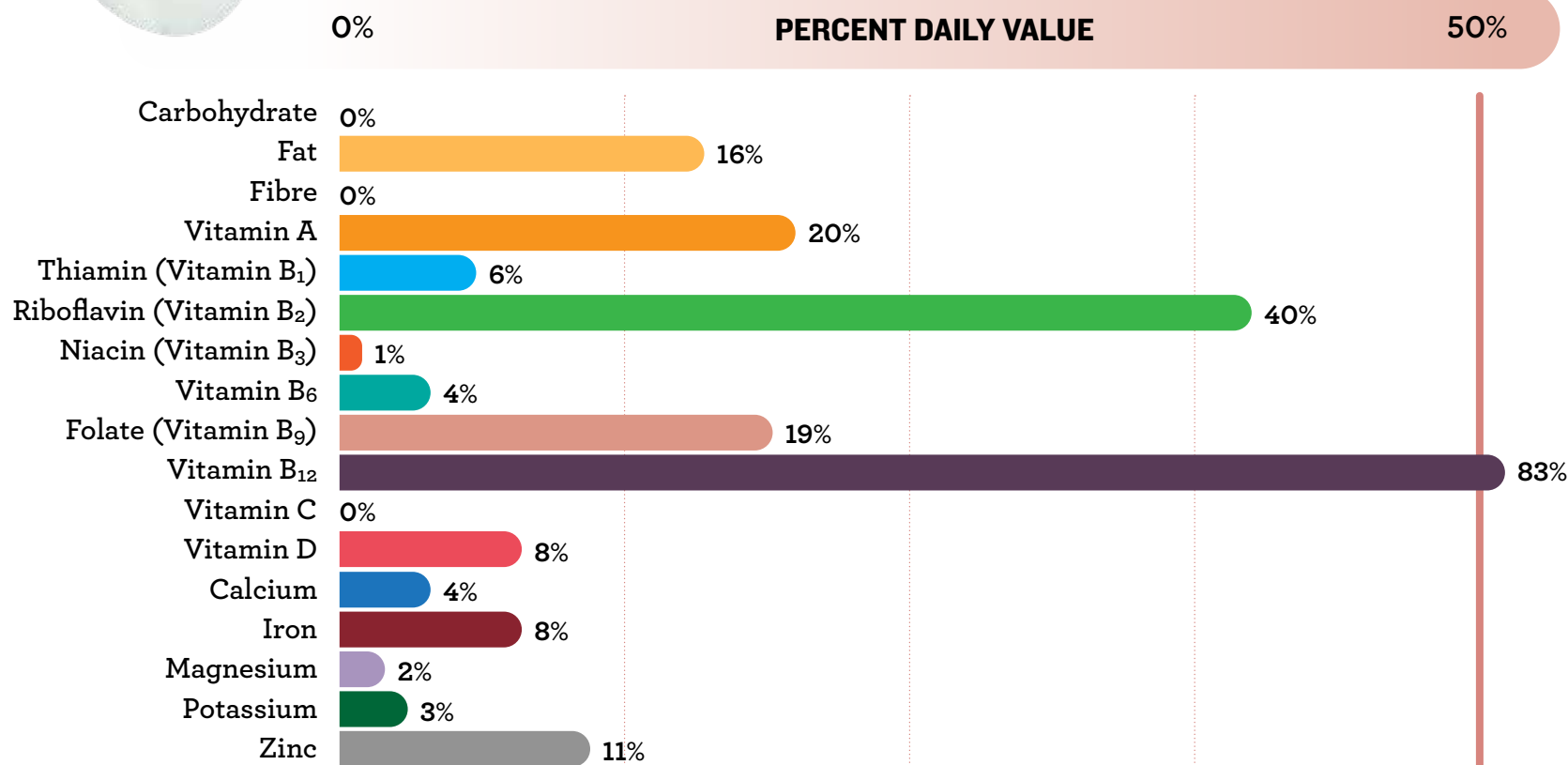
Excellent source of protein



KEY NUTRIENTS IN:

# EGGS

AMOUNT:  
**2 LARGE**



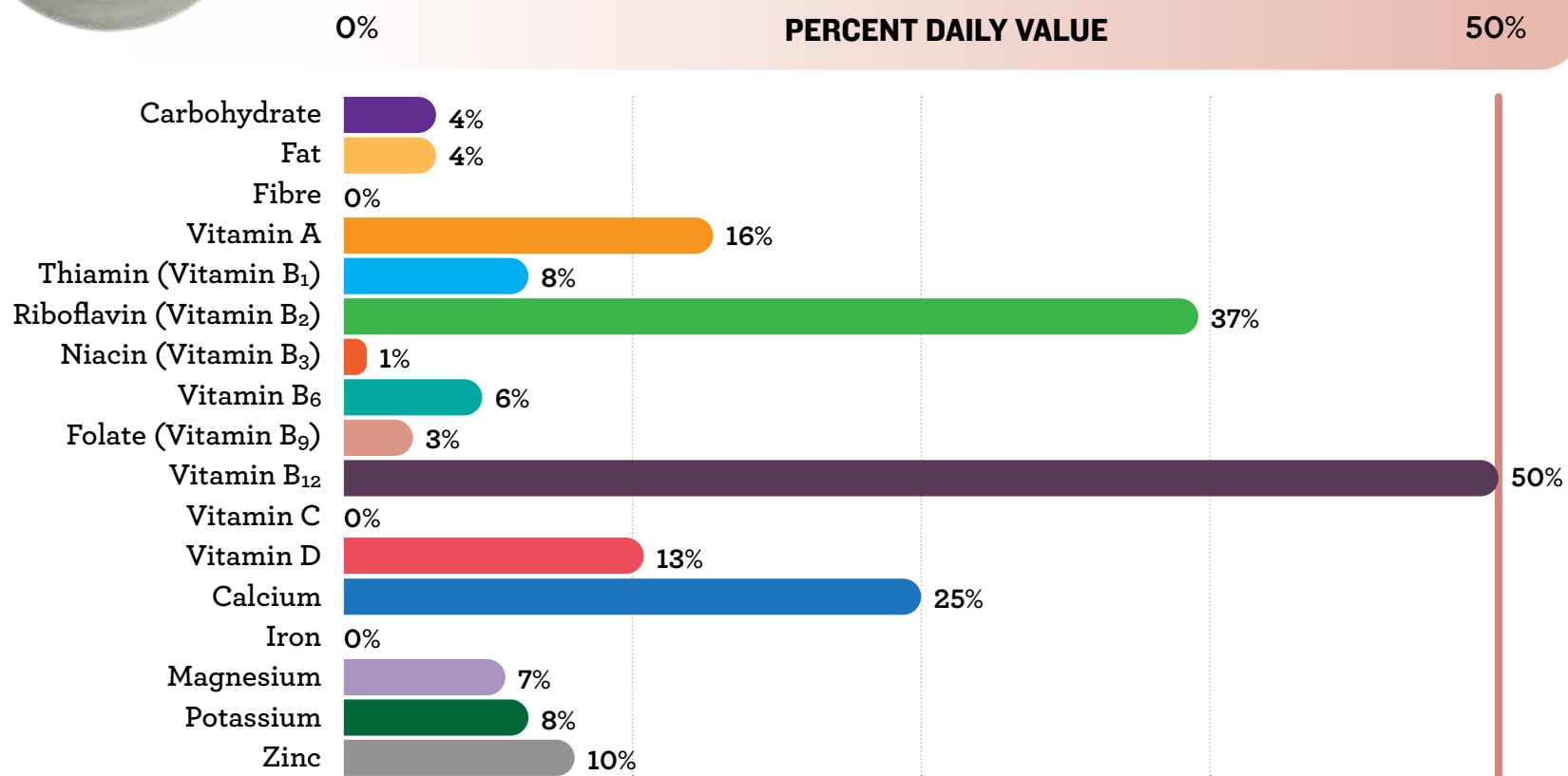
Good source of protein



KEY NUTRIENTS IN:

**MILK, 1% M.F.**

AMOUNT:  
**250 ML  
(1 CUP)**



Excellent source of protein

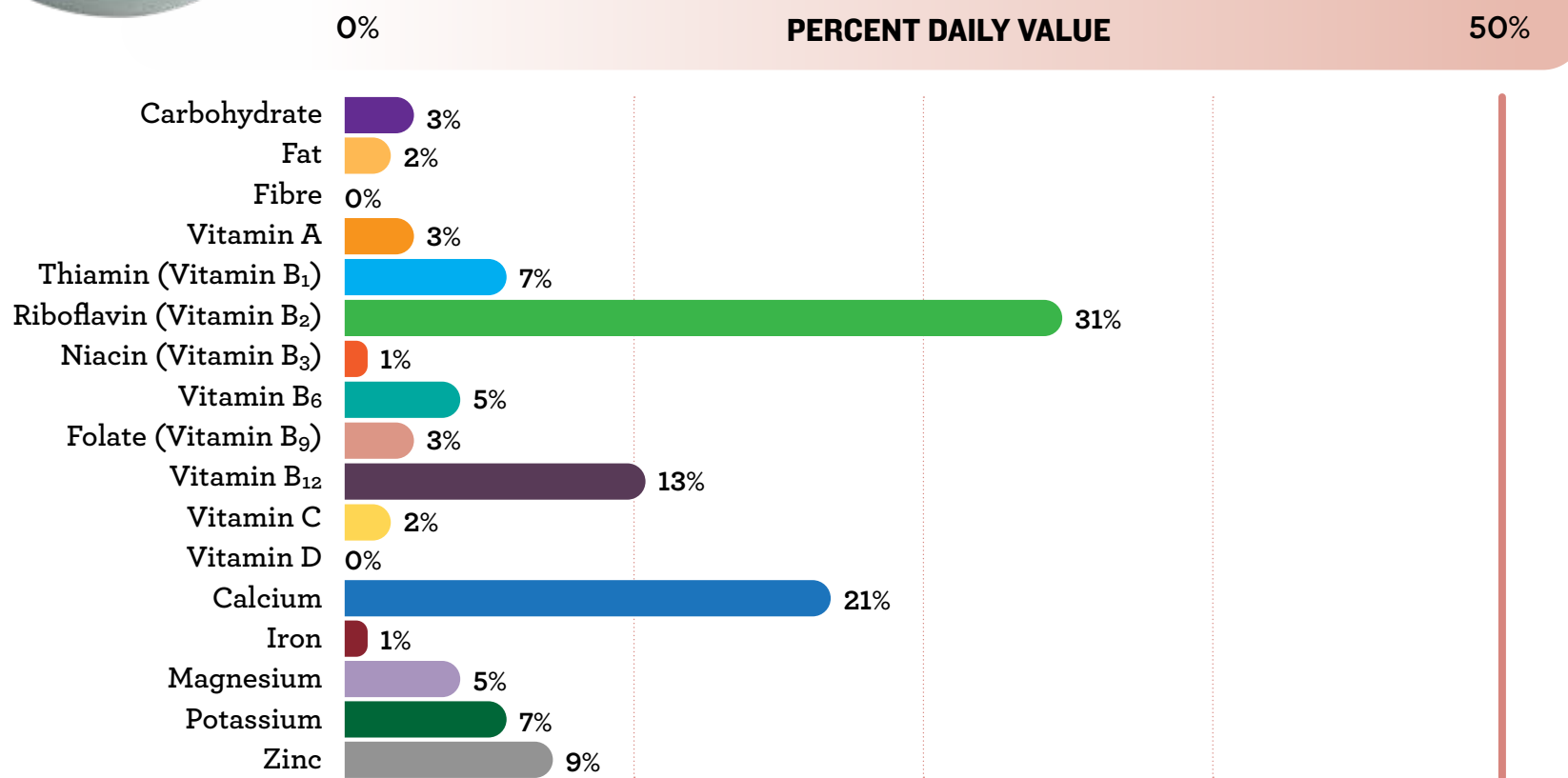




KEY NUTRIENTS IN:

# PLAIN YOGURT, 0.5–1.9% M.F.

AMOUNT:  
175 ML  
(¾ CUP)



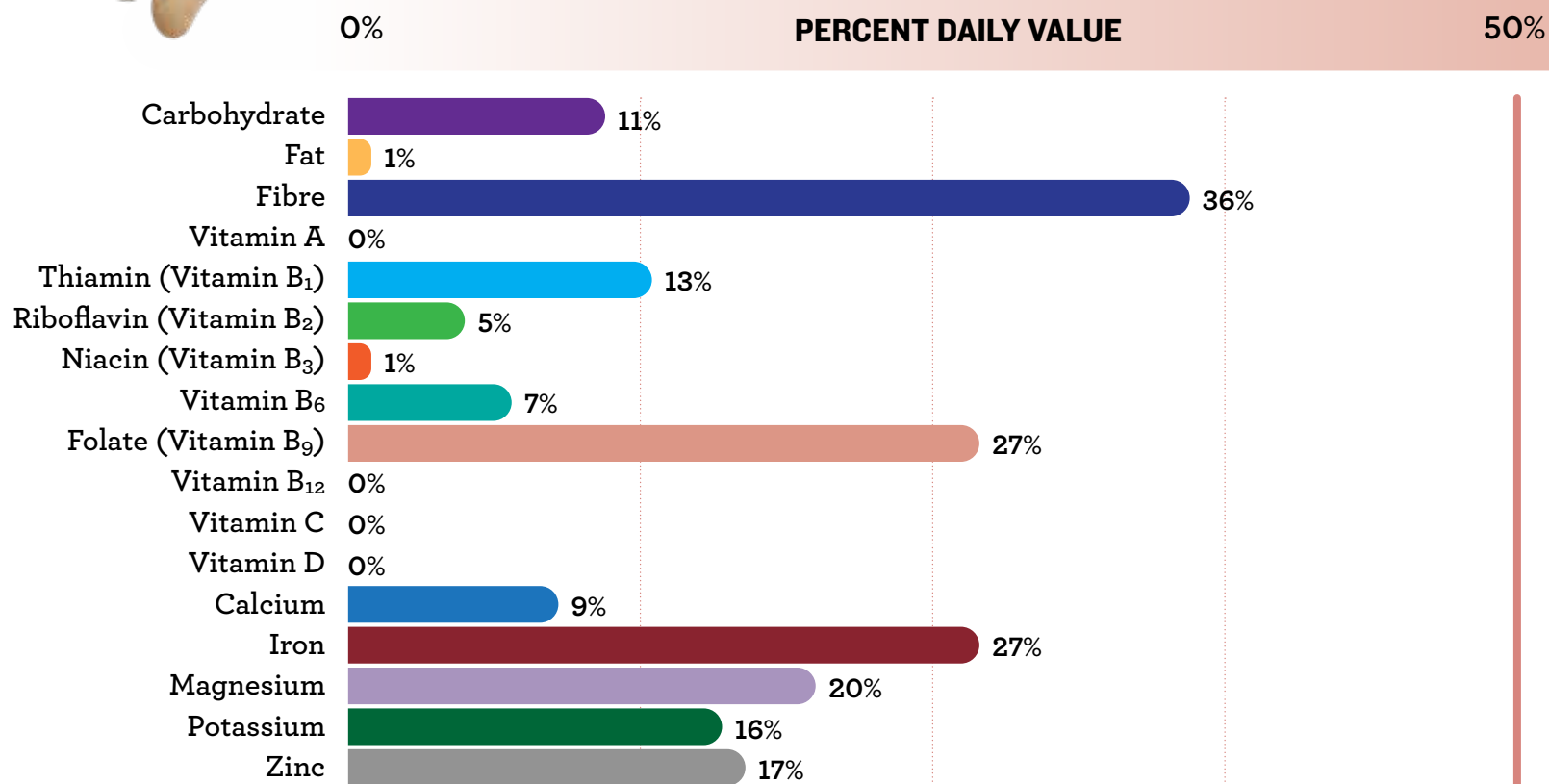
Low source of protein



KEY NUTRIENTS IN:

# WHITE BEANS

AMOUNT:  
175 ML  
(3/4 CUP)



Low source of protein