<<<<<< Colored Technology	ommendatio	ns>>>>>>>
Water:	8-11 cups or	of my water bottles
*Try adding lemon, lime, cucumbe	er slices, etc.*	(1 cup= 8 ounces)
Vegetables:	3 servings	
*Variety is best*	(Serving= 1 cup or fist)	
Fruit:	2 servings	
*Variety is best*	(Serving= 1 cup or fist)	
Grains:	5 servings	
*Try to consume WHOLE grains*	(Serving= ounce or fist)	
Protein:	5 servings	
*Meat, poultry, fish, eggs, tofu,	(Serving= ounce or palm)	
beans, nuts, seeds, etc.*		
Dairy:	3 servings	
*Milk, yogurt, cheese, etc.*	(Serving= 1 cup or fist)	
Fats:	5 servings	
*Oils, spreads, etc.*	(Serving= 1 teaspoon or half of thumb)	
Recommendations may vary based on	age, gender, and a	mount of physical activity

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Protein:	5 servings	
*Meat, poultry, fish, eggs, tofu,	(Serving= ounce or palm)	
beans, nuts, seeds, etc.*		
Dairy:	3 servings	6. 14
*Milk, yogurt, cheese, etc.*	(Serving= 1 cup or fist)	
Fats:	5 servings	
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