

What 9 A Day looks like as part of a healthy diet

morning	SMALL GLASS OF ORANGE JUICE = 1 SERVING
	MEDIUM-SIZED BANANA = 1 SERVING
mid-day	BIG SALAD = 2 SERVINGS
	MEDIUM-SIZED APPLE = 1 SERVING
evening	ONE-HALF SWEET POTATO = 1 SERVING
	HEAPING SIDE OF LEAFY GREENS = 2 SERVINGS
	SMALL FRUIT SALAD = 1 SERVING
<u>9</u>	