

SERVINGS BAR GRAPH

Number of Servings						
7						
6½						
6						
5½						
5						
4½						
4						
3½						
3						
2½						
2						
1½						
1						
½						
Food Group	Milk & Milk Products	Vegetables	Fruits	Grains, Breads & Cereals	Meat, Beans & Nuts	extras
Daily Recommended Number of Servings	3	3	2	6	2	

For each glass of water consumed, check a box: