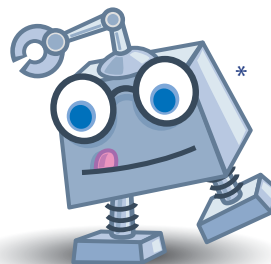
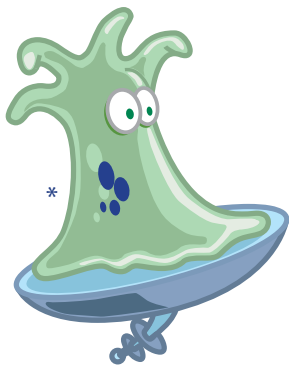


MISSION NUTRITION

Adventures in learning, created
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**2 Servings of
Vegetables and
Fruit**

**1/2 cup (125 ML)
Broccoli and 1/2 cup
(125 ML) Carrots**

**2 Servings of
Grain Products**

**1 cup (250 ML)
of cooked
Brown Rice**

**1 cup
(250 ML)
of Milk**

**2 1/2 ounces (75 g)
of Salmon**

**1 Serving of
Milk and
Alternatives**

**1 Serving of Meat
and Alternatives**

Kellogg's

Learn more about making healthy food choices at
www.missionnutrition.ca and www.healthcanada.gc.ca/foodguide

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