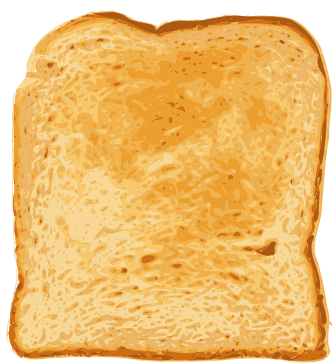


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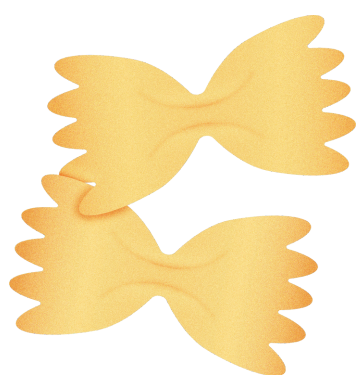
(Cooking, Healthy Eating, and Wellness)

Grains

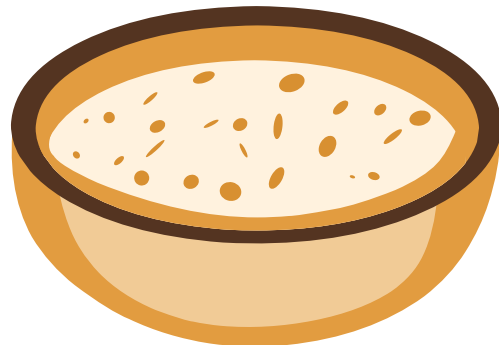
What does one serve of grains look like?



1 slice of toast



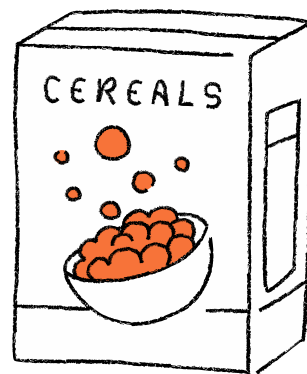
1/2 cup cooked pasta



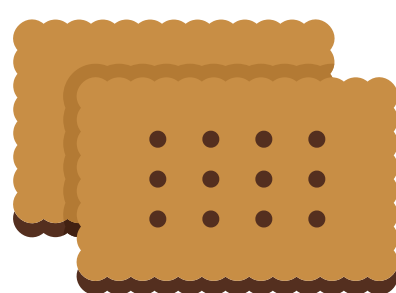
1/2 cup cooked oats



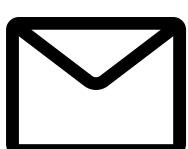
1/2 cup cooked rice



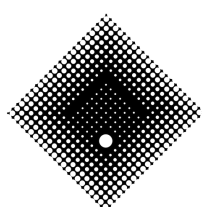
2/3 cup cereal



3 dry biscuits



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Supporting People with an Intellectual
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