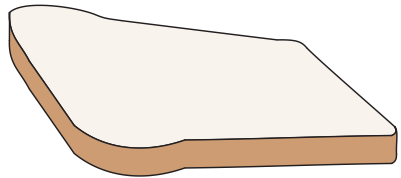
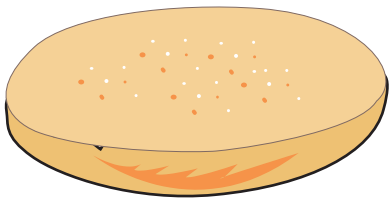


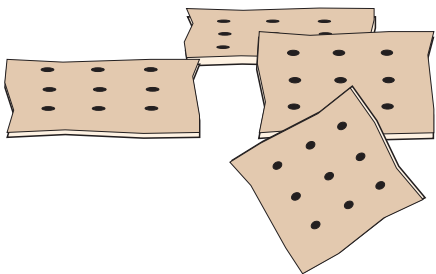
What counts as a serving?



- **Slice of bread**



- **Half a bun, bagel or English muffin**



- **3-4 large crackers**