

Fruit:	N/A cup
Vegetable:	
Red/Orange:	N/A cup
Dark Green:	N/A cup
Starchy:	N/A cup
Beans/Peas:	N/A cup
Other:	N/A cup

Notes:
I certify that the above information is true and correct and that a 21 g portion of this product (ready for serving) provides 1 oz equivalent Grains. I further certify that noncreditable grains are not above 0.24 oz eq. per portion.