









Fruit	Fruit	Fruit	Fruit
			
Bananas	Raspberries	Blueberries	Pomegranates
1 cup, mashed225g	1 cup123g	1 cup148g	0.5 cup arils (seed/juice s87g
Vegetable	Fruit	Fruit	Snack
			
Broccoli	Watermelon	Clementines	Salted Popcorn
1 cup chopped91g	1 cup, balls154g	1 fruit74g	1 cup11g