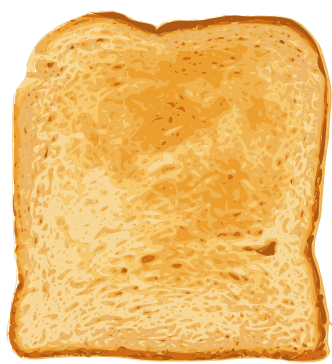


# VU CHEW Program

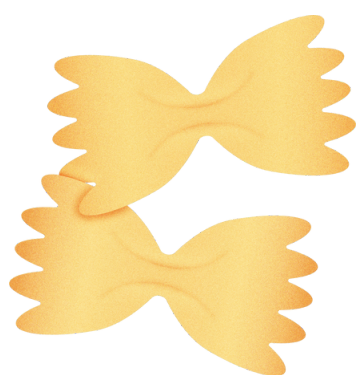
(Cooking, Healthy Eating, and Wellness)

# Grains

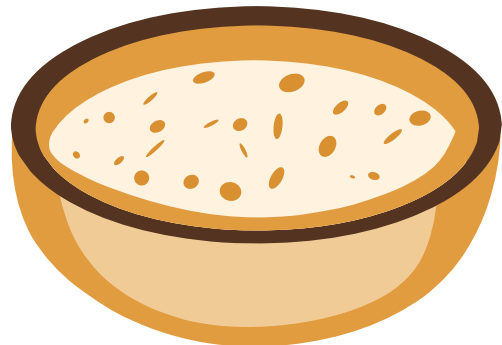
**What does a serve of grains look like?**



1 slice of toast



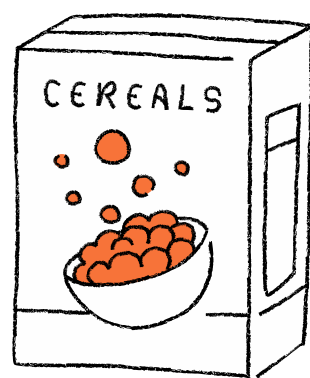
1/2 cup cooked pasta



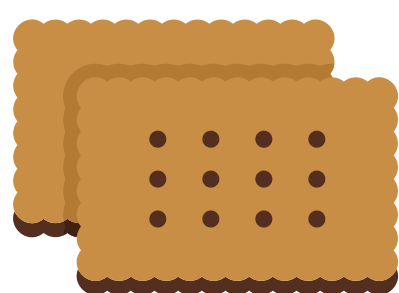
1/2 cup cooked oats



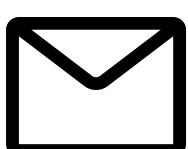
1/2 cup cooked rice



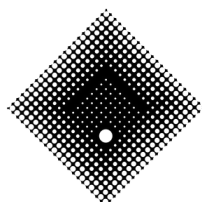
2/3 cup cereal



3 dry biscuits



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WESTERN VICTORIA  
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Supporting People with an Intellectual  
Disability to Access Health (SPIDAH)

