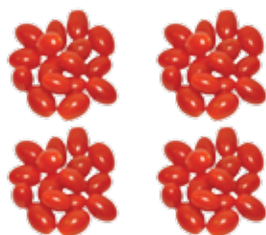


What is 100 CALORIES?

**14 cups of
SPINACH**



**4 cups of
TOMATOES**



**2 cups of
STRAWBERRIES**



**$\frac{2}{3}$ cup of
COOKED
OATMEAL**



**1 medium
BANANA**



**9 POTATO
CHIPS**



**$\frac{1}{2}$ cup of
CANNED
PINTO
BEANS**



**1 PEANUT
BUTTER
CUP**



**1 FIG
COOKIE**



**$\frac{1}{3}$ of a
BAGEL**



**2 CHICKEN
NUGGETS**



**$\frac{1}{3}$ of a HOT DOG
with bun & mustard**

