Worksheet 17.16 Selecting Grains and Grain Products			
Number of pounds of grains and grain products for family for one year:			
Grains			
Grain Variety	Pounds	Servings per Pound	Number of Servings
1			
2			
3			
4			
5			
6			
7			
Total Pounds		Total Servings	
Grain Products			
Grain Product	Pounds	Servings per Pound	Number of Servings
1			
2			
3			
4			
5			
Total Pounds		Total Servings	

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