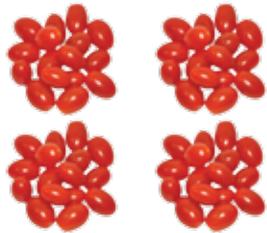


# What is **100** CALORIES?

**14 cups of SPINACH**



**4 cups of TOMATOES**



**2 cups of STRAWBERRIES**



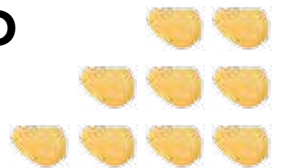
**2/3 cup of COOKED OATMEAL**



**1 medium BANANA**



**9 POTATO CHIPS**



**1/2 cup of CANNED PINTO BEANS**



**1 PEANUT BUTTER CUP**



**1 FIG COOKIE**



**1/3 of a BAGEL**



**2 CHICKEN NUGGETS**



**1/3 of a HOT DOG with bun & mustard**

