

A GUIDE TO EATING IN THE DINING HALLS

WHAT'S ON YOUR PLATE?

A well-balanced meal contains a mix of:

- **carbohydrates:** our body's main source of energy.
- **protein:** builds & repairs our muscles & keeps us full.
- **fat:** gives us energy, keeps us full, & helps us absorb nutrients.



Pro tip:

- A combination of *all* these nutrients allows our bodies to feel most satisfied, and function properly!

EASY "GO-TO" MEALS ON-CAMPUS:

BREAKFAST

- Whole wheat English muffin w/ sunseed butter & a banana.
- 2 hard-boiled eggs w/ toast & fruit.
- Greek yogurt w/ granola & fruit.
- Veggie omelette w/ potatoes & fruit.
- Oatmeal w/ sunseed butter, honey & fruit.
- Cheerios w/ milk & fruit.



LUNCH & DINNER

- chicken w/ brown rice and vegetable(s) of choice.
- whole wheat pasta w/ protein (i.e. tofu, chicken, fish, beans/legumes) & side salad.
- 1 slice of pizza w/ side salad.
- salad, topped w/ protein & whole-grain of choice.
- Tuna salad sandwich on wheat bread.

