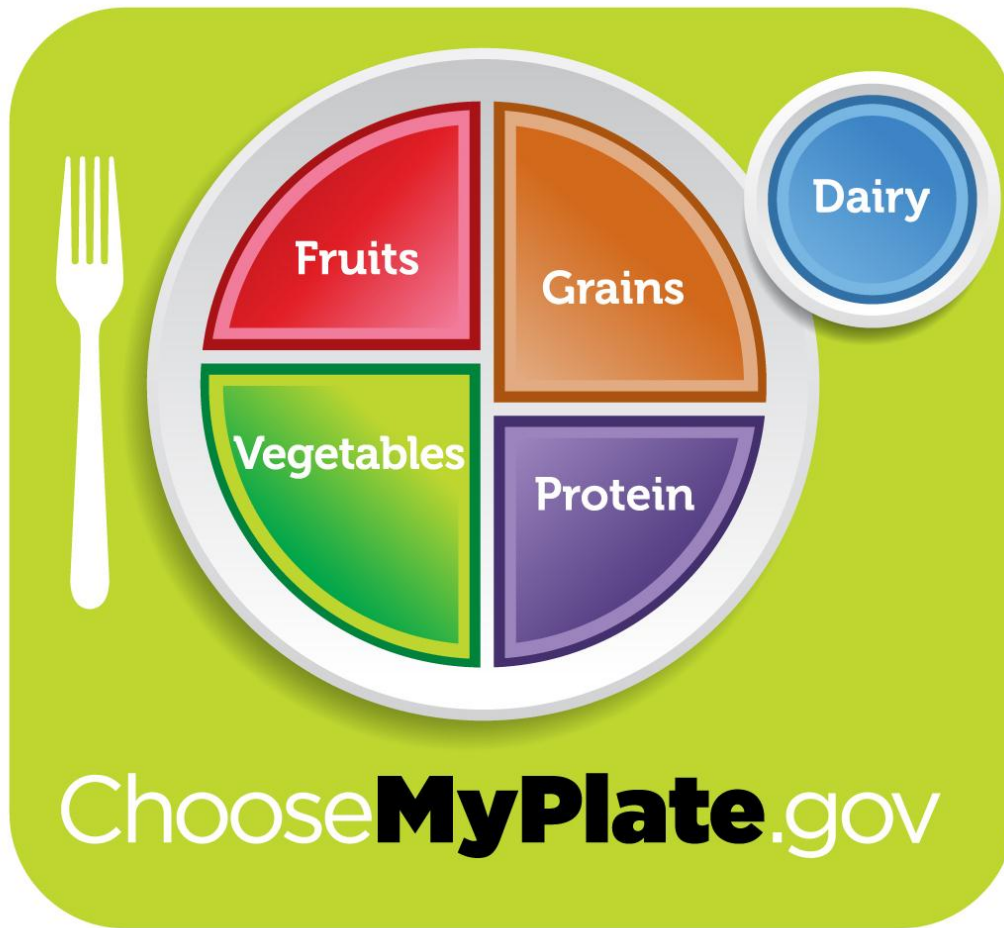


Balance Your Plate



Tips for a balanced Meal:

- Grains** Make $\frac{1}{4}$ your plate grains: whole grain pasta, brown rice, potatoes
- Protein** Make $\frac{1}{4}$ your plate lean protein: chicken, fish, lean meats
- Veggies** Make $\frac{1}{4}$ your plate vegetables: salad, broccoli, carrots, zucchini, celery
- Fruits** Make $\frac{1}{4}$ your plate fruit: apple, grapes, blueberries, strawberries, peach
- Dairy** Choose low-fat or non-fat milk products



Visit:
ChooseMyPlate.gov
for more information
or
call Student Health
Services to schedule
an appointment for
nutritional counseling



It's all about the balance!

There are a few take home messages that can help aide in a balanced diet.

- ★ Balancing your calories—Overeating can result in weight gain, but eat enough to fuel your body. Avoid super-sized portions
 - ★ Try new foods—if you haven't been big on eating vegetables, try something new. You may surprise yourself. Vegetables have many benefits including vitamins, minerals, fiber and low caloric value!
- ✓ Increase fruit and vegetable intake
 - ✓ Eat whole grains vs white
 - ✓ Switch to 1% milk or fat-free milk
 - Ø Be cautious of high sodium foods such as soup, frozen meals and canned foods
 - Ø Decrease intake of sugary drinks