



My Plate

For a well-balanced meal, use the “my plate” technique which includes 3 or more food groups with at least one fruit or vegetable.

Breakfast

- Parfait with low fat vanilla yogurt, fruit, and granola
- Whole grain cereal with skim milk and banana slices
- Omelet with egg whites, vegetables, and low fat cheese
- Oatmeal made with skim milk and mixed with raisins and cinnamon
- Breakfast burrito made with egg whites, diced vegetables, low fat cheese and salsa wrapped in a whole wheat tortilla
- Scrambled egg whites made with skim milk and low fat cheese, whole wheat toast, fruit cup
- Granola bar, low fat yogurt, glass of orange juice
- Toasted English muffin topped with one slice Canadian bacon and cheese slice, fruit cup
- Mash half of banana with 2 tablespoons peanut butter and spread onto bagel
- Fruit cobbler with canned fruit, topped with low fat granola cereal and vanilla yogurt

Did you know?

Only 8% of OSU students get the recommended 5 or more servings of fruits and vegetables per day!
(ACHA, 2014)

Lunch & Dinner

- Roll up black beans, salsa, and mozzarella cheese in a whole wheat tortilla
- Chicken stir-fry with mixed vegetables and serve over brown rice
- Vegetarian chili with beans, vegetables, and whole wheat pasta
- Whole wheat pita with hummus, turkey slices, cheese slice, and chopped vegetables
- Baked potato topped with steamed broccoli, low-fat cheese, and plain Greek yogurt
- Tuna casserole with whole wheat noodles, tuna, low fat cottage cheese, and peas
- BBQ baked chicken with steamed vegetables and brown rice
- Turkey sandwich on whole wheat bread with mustard, cheese slice, lettuce and tomato
- Peanut butter and banana sandwich on whole wheat bread
- Spaghetti with whole wheat noodles, meat sauce and side salad
- Vegetable beef soup with whole wheat toast and an apple
- Thin crust pizza topped with chicken and vegetables