



My Plate

For a well-balanced meal, use the “my plate” technique which includes 3 or more food groups with at least one protein or dairy source, and one fruit or vegetable, based on your food preferences and portion needs.

Breakfast

- Parfait with vanilla yogurt, berries, granola, nuts
- Protein bar, yogurt or string cheese, fruit
- Oatmeal made with milk and topped with raisins and cinnamon
- Whole wheat toast with nut butter, banana slices, chia seeds
- Toasted whole grain waffles with peanut butter, strawberries on the side
- Toasted English muffin topped with egg, Canadian bacon, cheese, spinach, tomato
- Breakfast burrito with eggs, sweet potato, avocado, and black beans in whole wheat tortilla
- Breakfast muffin with egg, turkey sausage, cheese, and veggies (i.e. spinach, bell peppers, mushrooms)
- Whole wheat toast with avocado spread and topped with egg
- Smoothie with peanut butter, banana, milk
- Apple slices spread with nut butter and topped with granola

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

- Whole wheat tortilla with chicken, beans, cheese, sautéed veggies (i.e. bell peppers, onions, mushrooms), and topped with plain Greek yogurt
- Stir-fry with chicken, edamame, mixed vegetables and served over brown rice or quinoa
- Peanut butter and banana sandwich on whole wheat bread
- Chili with ground turkey, beans, veggies and topped with cheese, whole grain roll
- Whole wheat pita with hummus, shredded cheese, chopped vegetables, dressing
- Baked potato topped with steamed broccoli, low-fat cheese, and plain Greek yogurt
- Tuna casserole with whole wheat noodles, tuna, cheese, and peas
- Turkey sandwich on whole wheat bread with cheese, spinach and tomato
- Spaghetti with whole wheat noodles and marinara sauce with ground beef, steamed broccoli
- Thin crust pizza topped with Canadian bacon, pineapple, cheese and vegetables (i.e. bell peppers, onion)
- Broiled salmon, quinoa, sautéed veggies
- Mexican salad with grilled chicken, black beans, cheese, corn, red onion, bell peppers, dressing
- Brown rice or quinoa with roasted broccoli, carrots and chickpeas topped with peanut sauce
- Salad with grilled chicken, feta cheese, strawberry slices, mandarin oranges, walnuts, dressing