



College Cooking: Balanced meals



Balanced meals should contain at least 3 different food groups. Make $\frac{1}{4}$ of your plate a protein source. Make $\frac{1}{4}$ of your plate a grain/starchy vegetable (carbohydrate). Make $\frac{1}{2}$ your plate vegetables or vegetables + fruit.

Protein Sources: Animal based proteins – chicken, beef, pork, fish, eggs, Greek yogurt, milk, cheese, cottage cheese, Kefir
Plant based proteins – beans, peas, lentils, nuts, seeds, nut butters, edamame (soybeans), tofu, veggie burgers, meat substitutes, pea milk, soy milk, high protein grains i.e. quinoa, brown rice, farro, high protein pasta, high protein pancakes

What does eating a balanced diet look like daily? Eat at least 5 portions of a variety of fruit and vegetables every day (put color on your plate) $\frac{1}{2}$ your grains should be from complex carbohydrates - containing higher fiber foods i.e. whole grain breads, brown rice, whole wheat pasta, oatmeal, sweet potato. Include some dairy or dairy alternatives (pea or soy). Include some beans, legumes, fish, eggs, meat and other proteins at each meal. Choose mainly unsaturated oils and spreads i.e. olive oil, canola oil, avocado, and eat them in small amounts. Drink plenty of fluids (at least 6 to 8 glasses a day) – water is the best choice.

To learn more: book an appointment with one of our in-house dietitians!

