

# *Nutrition in the Dining Hall*

## **Getting enough PROTEIN?**

### **The Facts:**

**If you are a Vegetarian or simply not choosing meats at least once/day, you may benefit from a little extra planning to get in some key nutrients.**

**Protein, B-vitamins, iron and zinc can be found in alternative protein sources and are important components of a:**

- ✓ **Strong immune system**
- ✓ **Sustaining muscle strength and energy**
- ✓ **Feeling satisfied after a meal**

### **Some ideas :**

- ✓ **Salad Bar: Add a cup of bean based salads, chick peas, chopped egg or lentils to your meal**
- ✓ **Add tofu to your stir fry**
- ✓ **Ask for the veggie burger or veggie dog**
- ✓ **Cereal: Include a bowl of cereal at breakfast for a high iron kick**