

A Balanced Breakfast

Start off your day by making your own breakfast sandwich! Grab a whole grain english muffin, add a poached egg and some cheese! Pair this with a grapefruit, banana or apple to complete your balanced breakfast!

To maximize your productivity, stop by meal hall before your morning class to have a bite to eat!



Recharge with Lunch

Get over your afternoon hunger slump with a Toasted Panini sandwich! Fill a pita bread or flat bread with your favourite vegetables at salad bar, cheese and deli meat! Use a small amount of dressing to add some flavour! Grill your creation on the Panini press and complete your meal by adding a bowl of soup or a personalized salad!

Grab a piece of fruit on your way out for an afternoon snack!

The Hand Sized Portion Guide

- 2 palms is a serving of veggies
- 1 fist is a serving of grains
- 1 palm is a serving of protein
- 1 fist is a serving of fruit
- 2 thumb prints is a serving of fat



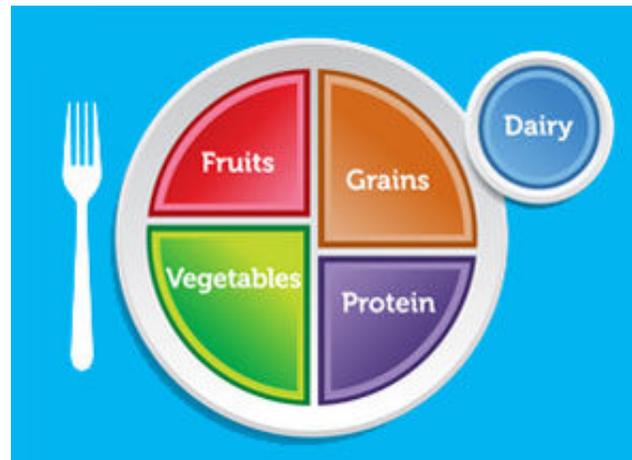
A Guide to Eating Well at Meal Hall

Use these tips to create many fun and healthy options at meal hall

Delicious Dinner

Moe's most popular options "the stir-fry"! For a balanced plate ask for half the rice, side with a salad. Also, try halving the sauce to reduce your sodium intake and ask for brown rice to increase your fibre and whole grain intake!

Complement this meal with a glass of low-fat milk.



Try to balance you meal by having:

- $\frac{1}{4}$ of your plate of fruit
- $\frac{1}{4}$ of your plate of vegetables
- $\frac{1}{4}$ of your plate of protein
- $\frac{1}{4}$ of your plate of grains
- 1 serving of milk or alternative

Satisfy your Sweet Tooth

Try topping your ice cream, yogurt or pudding with a sliced banana or apple; or make a fruit salad by combining the fresh and canned fruits offered that day!

These options are healthier alternatives that will satisfy your sugar craving!