

Navigating Options



A basic **balanced plate** looks like $\frac{1}{4}$ protein, $\frac{1}{4}$ starch, and $\frac{1}{2}$ fruits and/or veggies.

Exact amounts will vary depending on your individual needs.

Choose **lean proteins** such as chicken, turkey, beans, and tofu, all of which are offered daily at **Bar Scene, Ray's Deli, Vegan Bar, and Homestyle Diner**. Protein options rotate daily at our main service stations.



For starches, try our special pasta sauce on freshly cooked penne. Grab a scoop of brown rice available daily at **UCook**. Remember to swing by **Comfort, Global, and Simple Servings** to see what rotating starch they may be offering!



Finish off your plate with produce!

Whether it's the hot vegetables from **Comfort**, sauteed mushrooms from **Homestyle Diner**, a bowl of fresh fruit, or even a bowl of tomato soup.

A balanced plate can also look like a sandwich! Just make sure to either top it with veggies or have it with a side of fruit.

