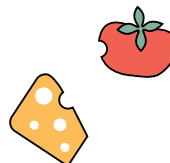


Build a Meal

Don't be afraid to experiment with new foods, combinations, and a variety of colors.

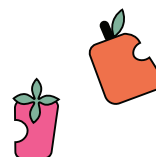
1 Entrée

- Ramen noodles with added egg
- Tofu and broccoli, Teriyaki sauce, rice
- Sandwich with turkey, cheese, mayo, mustard, lettuce, tomato
- Bagel with cream cheese
- Black bean and cheese quesadilla



2 Sides (choose two)

- Veggies (ex. carrots, peppers)
- Glass of milk or your favorite alternative
- Fruit (ex. grapes, apple)
- Trail mix
- Greek yogurt
- Chips
- Rice
- Side salad



Snack Ideas

- Banana bread with milk or yogurt
- Hummus with pita chips and carrots
- Peanut butter with pretzels
- Applesauce and string cheese
- Cookie with milk or soy milk
- Granola bar and fruit

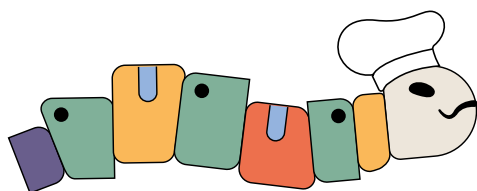
Resources

Take a lesson:

recwell.wisc.edu/nutrition-education/

Learn more:

uhs.wisc.edu/medical/nutrition/



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