NutriBytes

Mini Messages for Smart Brains

Who knew you would be so busy as a full-time student? When you find yourself in a rush at mealtimes, use MyPlate as a short-cut! It's a quick way to a well-balanced meal, leaving you with lasting energy throughout the day!

**Fruit:**
- Aim for 2 servings of fruit each day.
- One serving is 1 piece of whole fruit
- Grab an apple or fruit cup before leaving the dining hall for a snack later!

**Vegetables:**
- Aim for 2-3 servings of veggies each day.
- One Serving is 1 cup raw/cooked vegies
- Go for dark green, red and orange veggies...
- Pair with hummus for a great snack!

**Grains:**
- Pick about 6 servings of grains daily.
- One serving is a piece of bread or 1 cup cooked grains
- Add whole grains like oatmeal, popcorn, whole

**Protein:**
- Choose about 3 servings of protein daily.
- One serving is the size of a deck of cards
- Go lean with turkey, chicken, or beans..... Add to a salad or sandwich for lunch!

**Dairy:**
- Choose about 3 servings of dairy daily.
- One serving is a slice of cheese or 1 cup yogurt
- Try skim or 1% milk, Greek yogurt, cheese, even pudding!

Not 100% sure what a serving size is? No problem!
Learn more at: http://www.choosemyplate.gov/food-groups/

Sources: USDA MyPlate, eatright.org
www.vanderbilt.edu/wellnesscenter

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