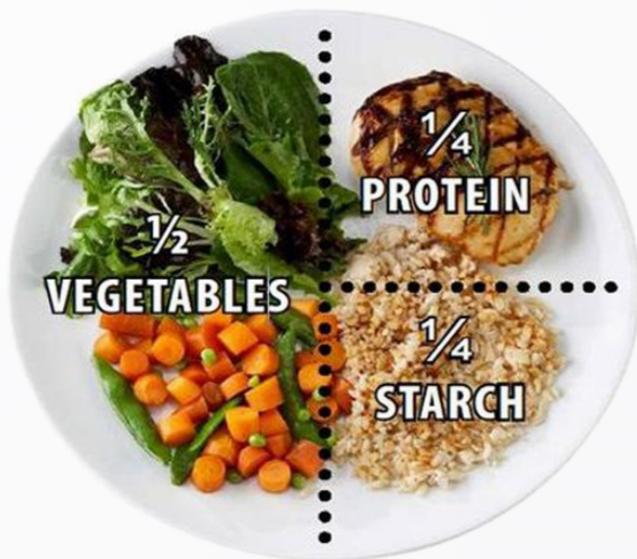


# Healthy Eating in the Refectory

	PROTEIN	CARBS	FAT
<b>B</b>	<ul style="list-style-type: none"> <li>• Scrambled eggs</li> <li>• Turkey bacon</li> <li>• Turkey sausage</li> <li>• Canadian bacon</li> <li>• Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Steel cut oats</li> <li>• Fresh fruit</li> <li>• Whole grain toast</li> <li>• Barley, Farro</li> <li>• Veggies!</li> </ul>	<ul style="list-style-type: none"> <li>• Many foods may be cooked in oil = fat!</li> <li>• Scrambled eggs</li> <li>• Cheese</li> <li>• Avocado</li> </ul>
<b>L</b>	<ul style="list-style-type: none"> <li>• Roast Turkey</li> <li>• Turkey burger</li> <li>• Chicken</li> <li>• Tuna fish</li> <li>• Pork</li> </ul>	<ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Rice</li> <li>• Pasta (whole grain)</li> <li>• Bulgar</li> <li>• Legumes</li> <li>• Quinoa</li> <li>• Veggies!</li> </ul>	<ul style="list-style-type: none"> <li>• Oils used for cooking</li> <li>• Avocado</li> <li>• Nuts/Seeds</li> <li>• Dressing (oils)</li> <li>• Hummus</li> <li>• Nut butter</li> </ul>
<b>D</b>	<ul style="list-style-type: none"> <li>• Chicken</li> <li>• Fish</li> <li>• Turkey</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables</li> <li>• Rice</li> <li>• Potatoes</li> <li>• Pasta</li> </ul>	<ul style="list-style-type: none"> <li>• Oils used for cooking</li> <li>• Avocado</li> <li>• Nuts/Seeds</li> <li>• Dressing (oils)</li> </ul>



*Water...a cup before & after meals!*