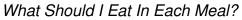
3-Meal Reference Guide



- Have at least 1 item from each of the four food groups (Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives). At least two colors of fruit/vegetable at each meal!
- ✓ A dark green or orange vegetable (broccoli, spinach, carrot)
- ✓ A whole grain choice
- ✓ Lower fat meat, or meat alternative (eggs, chickpeas)
- ✓ Water, milk or 100% fruit juice
- ✓ Foods higher in fat, calories, sugar (not part of four food groups) are absent or only a small portion of my meal

GRAIN	PROTEIN	FRUIT & VEGETABLES	DRINKS	SNACKS
🔲 Pita	Lean deli slices	Banana	☐ Milk, white or chocolate	Yogurt
🗖 Wrap	🔲 Chicken, beef, pork	Apples	🔲 100% fruit juice	🔲 Granola bar
🔲 Whole Wheat Bread	🔲 Tofu	🗖 Grapes	Vegetable juice (V8)	🔲 Homemade trail mix
🔲 English Muffin	Salmon	Pear	Yogurt and fruit shakes	Raisins
Pasta	🗖 Tuna	Strawberries	U Water	Homemade cookies, muffins
🔲 Rice	Eggs	Celery		Applesauce
Noodles	Cheese	Baby Carrots		
Couscous	🔲 Hummus	Cherry Tomatoes		
🔲 Half bagel	🔲 Chickpeas	🔲 Spinach		
		🔲 Corn		
		Bell Peppers		

Employee Wellness