### Dining Made Easy

#### Balanced Breakfast at Corcoran
- ½ c. Granola + 1 c. Greek yogurt + 2 eggs + fruit + veggies in omelet *

#### Balanced Breakfast Ideas *
- 1 Bagel + 2 packets peanut butter + banana
- 2 c. high fiber cereal + ¼ cup nuts + 1 cup 1% milk + fruit
- 10 oz oatmeal + 2 peanut butter packets + fruit
- 2 egg omelet with cheese + 2 slices toast + 2 peanut butter packets + fruit
- 1 Muffin + fruit + 2 hardboiled eggs

#### Balanced Lunch at Corcoran
- Rice + beans + salsa + roasted vegetables + guacamole *

#### Balanced Lunch Ideas
- Turkey + cheese + 2 sl. toast + medium salad with dressing + 1 cookie
- Grilled chicken + 1 c. grain salad + veggies
- Vegan Falafel and Tahini Mayo on Grilled Pita + fruit *
- 16 oz Vegetarian chili + tortilla chips + fruit + salad with dressing + soft-serve ice cream *
- 1 sl. pizza + medium salad with dressing + fruit*

#### Balanced Dinner at Corcoran
- Holy Grain bowl with 1 c. quinoa + 1 egg + ¼ c. shrimp or tofu + vegetables + sauce *

#### Balanced Dinner Ideas
- Kale & Beet veggie burger + bun + medium side salad with dressing*
- Meatballs + 1 c. pasta + parmesan + side veggie
- Salmon + 1 c. quinoa + kale + peanut dressing
- Vegetable Lo Mein with 1 c. noodles + vegetables + sauce + fruit*
- Grilled Portobello mushroom sandwich with bun + 10 oz lentil soup + brownie*

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**These are MINIMUM portions. Snacks are not included, but necessary!**

Fruits = 1 cup fruit; 1 medium fruit; ¼ c. dried fruit  
Veggies = 2 cups cooked; 4 cups raw veggies  
* indicates vegetarian options
Key Messages of Balanced Eating:

- Eat foods closest to their natural form
- Drink water instead of sugary beverages
- Make half your plate fruits & veggies
- Go lean with protein
- Weight is not worth
- Make at least half your grains whole
- Get your calcium rich foods

Balanced eating includes eating adequately and having variety and moderation through giving yourself permission to eat any foods you like, in any amounts, at any time. Having foods with carbohydrates + protein + dietary fat + fruits/veggies + ‘fun’ foods like desserts and chips at meals and snacks is balanced, and will provide essential nutrients, satisfaction, and a healthy relationship with food.

To learn about balanced eating, or if you have questions about dining with food allergies, Gluten-free (GF) or as a vegetarian/vegan, meet with Kate, the campus nutritionist. There is a GF freezer with GF products in the 3 main dining halls.

For more information, contact the Office of Health Promotion 617-552-9900 | bc.edu/healthpro | healthpromotion@bc.edu