



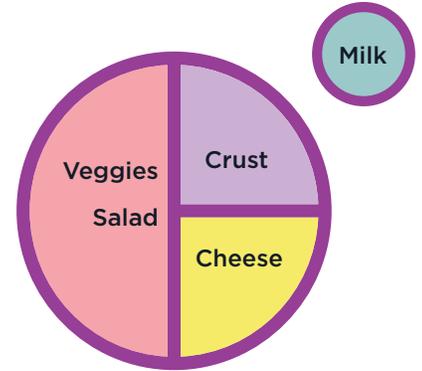
Healthy Dinner Plate

Tip Sheet



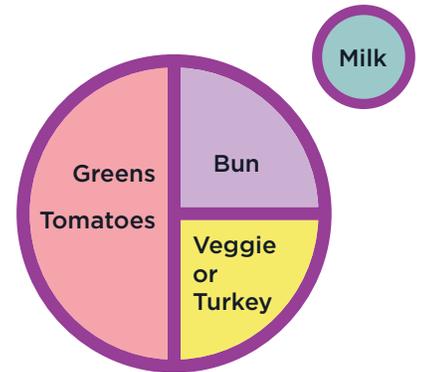
Good-for-You Pizza – Milk | Veggies, Salad | Crust | Cheese

- Pizza crust topped with tomato sauce, cheese, mushrooms, broccoli, peppers, spinach, and olives (1 slice)
- 1 cup side salad, 1 tbps vinaigrette dressing
- 1/2 cup orange juice



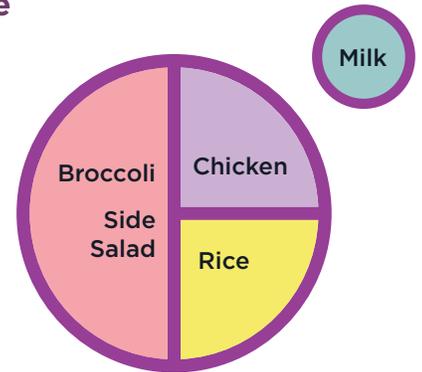
Veggie or Turkey Burgers – Milk | Greens, Tomatoes | Bun | Veggie or Turkey

- 1 whole wheat bun
- 1 veggie or turkey burger
- Salad greens and 2 tomato slices
- 1 tbsp vinaigrette dressing
- 1 tsp Dijon mustard
- 1 cup low-fat milk



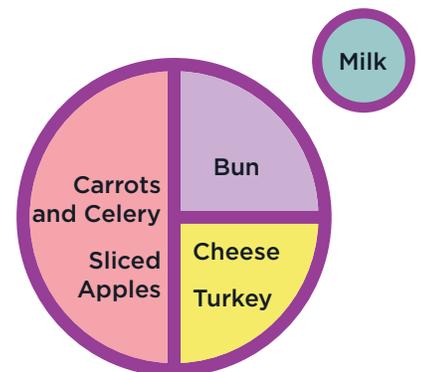
Chicken Dinner – Milk | Broccoli, Side Salad | Chicken | Rice

- 3-oz baked or grilled chicken breast (no skin) seasoned with lemon juice or herbs
- 1/2 cup brown rice
- 1 cup steamed broccoli
- 1 cup side salad with light dressing
- 1 cup low-fat milk



Hot Turkey Sub – Milk | Carrots and Celery, Sliced Apples | Bun | Turkey, Cheese

- Whole wheat bun with hot turkey and cheese
- 1 cup baby carrots and celery sticks
- 1/2 - 1 cup apple slices
- 1 cup low-fat milk





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Make Your Own Healthy Dinner Plate

