

Building Balanced Plates

To create healthier and more balanced meals, it is important to have a combination of foods from various food groups. When choosing foods from the food pantry, be sure to choose items from several food groups so that you can make balanced meals and snacks at home!

1



Carbohydrates

Some examples of carbohydrate foods that you may find here in the NJIT Food Pantry are pasta, crackers, Matzos, rice, oatmeal and cereal.

2



Protein

Some examples of protein foods that you may find here in the NJIT Food Pantry are canned chicken, canned tuna, canned beans, nuts and peanut butter.

3



Fruits & Vegetables

Some examples of fruits you may find here in the NJIT Food Pantry are dried fruits and canned fruits. Some examples of vegetables you may find here in the NJIT Food Pantry are canned vegetables and vegetable soups.

4



Dairy

Some examples of dairy products that you may find here in the NJIT Food Pantry are powdered milk. Keep an eye out for refrigerated dairy products like milk or yogurt when available.

5



Healthy Fats

Some examples of healthy fats that you may find here in the NJIT Food Pantry are nuts, peanut butter, protein bars, canned chicken and tuna.

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Did you know?

Some foods fit into more than one food group!
These foods are called **combination foods**.

Some examples of combination foods are fruit, cheese, peanut butter, beans, soups, pizza, etc.

Fruits fall into the fruit and carbohydrate food groups. Cheese falls into the dairy and protein foods groups. Nuts and nut butters fall into the protein and healthy fats food groups. Beans fall into the protein and carbohydrate food groups. Pizza and soups can vary based on what ingredients are in them, they may contain carbohydrates, vegetables, and/or protein.

Including combination foods in your diet can make it easier to hit your food group goals when building balanced plates!



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To create healthier and more balanced meals, it is important to have a combination of foods from various food groups. Take a look at the MyPlate structure pictured below to see how much of your plate should consist of each food group. Examples of foods you can find from each food group in the NJIT Food Pantry are listed below!

Let's Build Your Plate!

Choose one food from each food group to build a balanced plate!

Fruits:

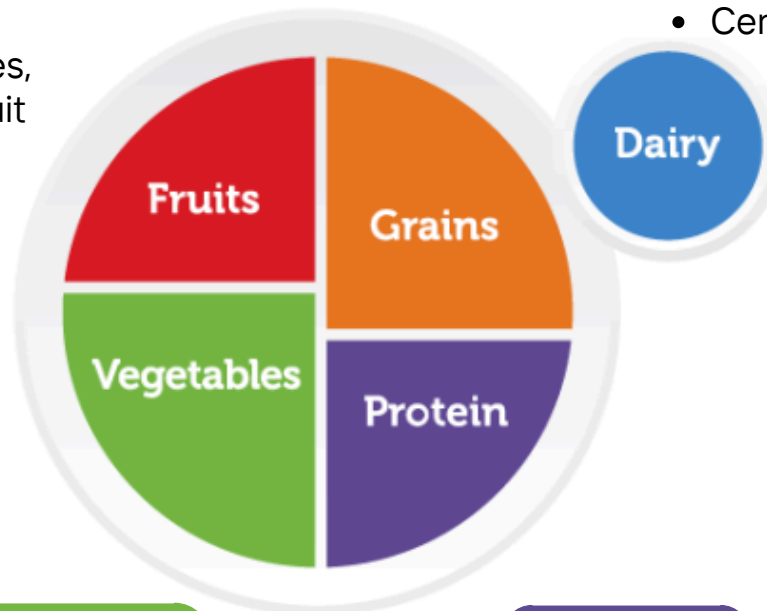
- Dried Fruit - Raisins, Apple Chips
- Canned Fruit - Peaches, Pineapples, Mixed Fruit

Dairy:

- Powdered Milk

Grains:

- Pasta
- Rice
- Crackers
- Matzos
- Cereal



Vegetables:

- Canned Vegetables - Beans, Peas, Corn, Mixed Vegetables

Protein:

- Peanut Butter
- Canned Tuna
- Canned Chicken
- Beans