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Garden Salad with Tuna



7

A salad with lots of colorful vegetables is a healthful choice any time. More color provides a variety of vitamins, minerals, and antioxidants. Try adding some tuna to the next salad you make. Tuna is low in calories and provides a moderate amount of omega 3 fat. This type of fat is important for the body to have and helps reduce cholesterol. Drizzle with olive oil and balsamic vinegar. Olive oil contains omega 6 fat, also important for the body.



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Fruit and Yogurt



9

The sweet and tangy flavor of yogurt is a great way to start the day and end any meal. Yogurt is high in calcium and low in fat. Try adding mixed fruit such as pineapple or banana slices to your next bowl of yogurt for more nutrients and flavor. A sprinkle of granola or grape nuts adds a little crunch to this satisfying and already delicious treat.

8



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Cheerios



One can never go wrong with a bowl of heart healthy Cheerios. Made from whole grains, this cereal contains fiber and is also low in sugar. When enjoyed with half a cup of skim milk and fruit slices, you have yourself a complete and balanced meal. Skim milk provides calcium and fruit increase the amount of fiber, vitamins, and minerals while also adding a hint of sweetness.

10



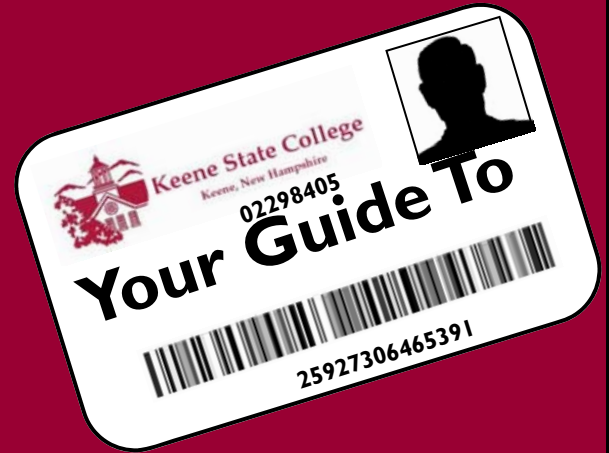
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Look for the Apple



Did you know that all entrees served in the Keene State Dining Commons have specified symbols indicating their health benefits? Next time you look at the weekly menu or signage found at the entrée stations, look for foods listed with an apple symbol next to it. The apple means that the entree is well balanced.



The Top Ten Most Healthful Options at the Keene State Dining Commons



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Turkey on Whole Wheat Bread



1

Turkey is both low in fat and calories. This sandwich is a great option because the whole wheat bread contains fiber and trace minerals. Skip the mayonnaise; all this sandwich needs is a drizzle of honey mustard, some lettuce, and tomatoes for a delectable taste.



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Tart 'n Tangy



3

Looking for a sweet treat to end your meal? Try Tart 'n Tangy soft serve frozen yogurt. A serving (1/2 cup) is low in calories and fat and contains active yogurt cultures. It provides three grams of protein and by adding mixed fruit, you can increase it's flavor as well as vitamins and minerals. YUM!



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Pasta with Marinara Sauce



5

Keep an Eye Out for Whole Wheat Pasta!

Along side a tossed salad or steamed vegetables, a serving of pasta (one cup cooked) with marinara sauce is both satisfying and good for your health. Pasta contains carbohydrates which gives our bodies, especially our brains, needed energy throughout the day. Marinara sauce is a concentrated source of lycopene, the antioxidant found in red tomatoes. Lycopene helps prevent cancer and other chronic disease.

2



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Stir Fry



The Dining Commons offers 13 choices of vegetables that can be added to any stir fry. When picking vegetables, choose ones that provide a variety of colors. Eating a variety of colors gives you a variety of nutrients. Flavor your meal with a small amount of teriyaki or sweet and sour sauce. These sauces are low in fat and calories and very satisfying to the taste buds.

4



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Omelet



Low in calories, high in protein, omelets are a great way to start the morning. Try an omelet made with egg whites. With no yolk, egg whites are low in fat and cholesterol. Add spinach, tomatoes, onions, and a sprinkle of cheddar cheese for a more fiber, calcium, vitamins and minerals.

6



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Hummus on Whole Wheat



Hummus is not only pleasing to the taste buds but also a great way to add fiber to any meal. Eaten on whole wheat bread, the combination of hummus and whole wheat provides a good source of protein as well. The addition of lettuce, tomatoes, onions, and pickles makes this sandwich filling, delicious, and healthful.