Nutritional needs are individualized based on many factors like medical conditions, activity level, and body weight. Remember, everyone is different! Here you will find tips to help you meet your nutritional needs while navigating the dining hall.

**What does a balanced meal look like?**

A balanced meal focuses on providing a variety of food groups to ensure our bodies get the macro- and micro- nutrients we need to function properly.

**Recommend serving:**
- **DAIRY**
  - Cheese or dairy spread: 1 tbsp, ~the size of your thumb
  - Milk: 1 cup ~the size of your fist

**Recommend serving:**
- **GRAINS**
  - 1/2 cup, ~the size of half of your fist

**Recommend serving:**
- **VEGETABLES**
  - 1 cup, ~the size of your fist

**Recommend serving:**
- **FRUITS**
  - 1 cup, ~the size of your fist

**Recommend serving:**
- **PROTEIN**
  - 3 oz of animal or plant-based product, ~the size and thickness of your palm

*What about fats?* A small amount of fat is an essential part of a healthy, balanced diet.
<table>
<thead>
<tr>
<th>Category</th>
<th>Animal-Based</th>
<th>Plant-Based:</th>
<th>Recommended Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>• Fresh or dried; found in juices, smoothies, sauces, jams, and jellies</td>
<td>• Soy milk, Oat milk, Almond milk, Coconut milk</td>
<td>1 cup, ~the size of your first</td>
</tr>
<tr>
<td>Vegetables</td>
<td>• Fresh or found in juices, smoothies, sauces, jams, and jellies</td>
<td>• Beans, Nuts, Seeds, Tofu, Tempeh, Seitan, TvP, Seaweed</td>
<td>1 cup, ~the size of your first</td>
</tr>
<tr>
<td>Dairy</td>
<td>Animal-Based: • Low fat milk, Yogurt, Cheese, cream cheese</td>
<td>Plant-Based: • Soy milk, Oat milk, Almond milk, Coconut milk</td>
<td>Cheese or dairy spread: 1 tbsp, ~the size of your thumb&lt;br&gt;Milk: 1 cup, ~the size of your fist</td>
</tr>
<tr>
<td>Protein</td>
<td>Animal-Based: • Chicken, Beef, Seafood, Eggs</td>
<td>Plant-Based: • Beans, Nuts, Seeds, Tofu, Tempeh, Seitan, TvP, Seaweed</td>
<td>3 oz of animal or plant-based product, ~the size and thickness of your palm</td>
</tr>
<tr>
<td>Grains</td>
<td>• Whole wheat bread, Whole wheat tortillas, Whole wheat pasta</td>
<td>• Rice, Quinoa, Corn (including popcorn), Oats, Various cereal</td>
<td>1/2 cup, ~the size of half of your fist</td>
</tr>
<tr>
<td>Fats</td>
<td><strong>High unsaturated:</strong> • Olive oil, Canola oil, Sunflower oil</td>
<td><strong>Low unsaturated:</strong> • Palm oil, Coconut oil, Butter</td>
<td>1 tsp, ~the tip of your pointer finger to the first knuckle</td>
</tr>
</tbody>
</table>