Imagine this: You enter the dining hall doors and begin to peruse the stations of food, wondering what your next meal will be. You then smell the delicious scent of savory soy sauce garlic glaze and tangy sweet and sour sauce wafting from the stir-fry station. Alas, there are so many choices... How will you ever figure out how to create the perfect meal? The Healthy Dining Team is here to help. Follow the flow of the chart below to decide which stir-fry to try!

Eating healthy is a wok in the park.

**Your Guide to Stir-Fry**

- **How is your appetite?**
  - Hungry
  - Starving

- **Feeling saucy?**
  - Yes
  - No

- **How many vegetables?**
  - Yes
  - No

- **Land or sea?**
  - Land
  - Sea

- **Are you a plant-based eater?**
  - Yes
  - No

### General Tso's Chicken Stir Fry
- Load up your stir-fry with broccoli, bell peppers and onions, and ask for General Tso’s sauce and chicken.

### Garlic Shrimp Stir Fry
- Add onions and bell peppers to your bowl and ask for shrimp and sesame garlic sauce.

### Teriyaki Tofu Stir Fry
- Include broccoli in your stir-fry and ask for tofu and Teriyaki sauce.

**Works Cited:**
EATING 101
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Works Cited: