

# Plus! it up!™

## WITH PROGRESSO™

Looking for simple and nutritious meal inspiration? Give Progresso™ soup a starring role, then plus up your meal with fruit, low-fat dairy, whole grain and veggies for the win!



+ Fruit, like apple or banana

+ Glass of low-fat milk

+ Handful of whole grain crackers



+ Side of pre-made salad loaded with veggies and leafy greens



For more nutrition information and resources, visit [BellInstitute.com](https://BellInstitute.com)



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