



# PLUS UP YOUR DAY WITH



Looking for mealtime inspiration without all the hassle? Creating nutritious meals can be easier with Annie's™. Choose from a variety of products that can be customized to help meet your family's nutritional needs – any time of day.

Most Americans struggle to meet daily recommendations for vegetable, fruit, dairy and whole grain intake.<sup>1</sup> With these Annie's™ meal product pairings, you can "Plus Up" your plate to help achieve those hard-to-meet food group goals, all while keeping convenience front and center.

## BREAKFAST

Start the day off right with [Annie's™ Frozen Waffles](#) — complete with 9 grams of whole grain — topped with greek yogurt and fruit to add protein, extra fiber and a little sweetness.



WHOLE GRAIN

DAIRY

FRUIT

## LUNCH

Pair your bowl of [Annie's™ Tomato soup](#) with delicious sides that add texture and extra nutrition like [Annie's™ Cheesy Crackers](#) — with 4 hidden veggies baked in — alongside string cheese and fruit.



VEGGIE

DAIRY

FRUIT

## DINNER

On nights you're pressed for time, turn to the mealtime staple everyone loves. [Annie's™ Grassfed Mac & Cheese](#) — complete with 9 grams of whole grain per serving — paired with your kids favorite protein and veggies.



WHOLE GRAIN

PROTEIN

VEGGIE

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



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General Mills

1. Dietary Guidelines for Americans, 2020-2025