

HEALTHY EATING PLATE

Use healthy oils
(like olive and canola oil)
for cooking, on salad,
and at the table.
Limit butter.
Avoid trans fat.

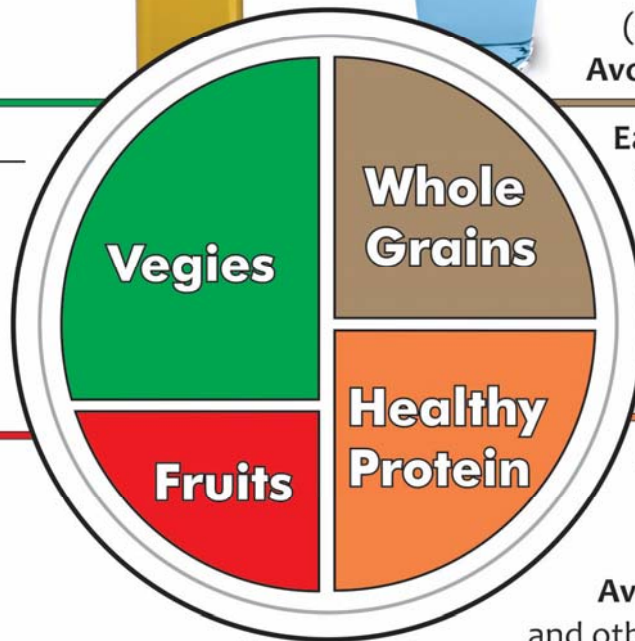


Drink
water, tea, or coffee
(with little or no sugar).
Limit milk/dairy
(1-2 servings/day).
Avoid sugary drinks.



The more veggies—
and the greater
the variety—
the better.
Potatoes and fries
do not count.

Eat plenty of
fruits of **all colors**.



Eat whole grains (like
whole-grain pasta,
whole-wheat bread,
and brown rice).
Limit refined grains
(like white rice
and white bread).

Choose fish, poultry,
beans, and nuts.
Limit red meat.
Avoid bacon, cold cuts,
and other processed meats.



Harvard School
of Public Health

Vegies

Variety is as important as quantity.

Benefits

- Lower risk of cardiovascular disease:
 - Lower blood pressure
 - 8 or more servings = 30% less likely to have a heart attack or stroke
- Consumption of fruits and vegetables is associated with a reduced risk of diabetes.
- Produce can displace less-healthy fare in your diet.
- Prevent some types of cancer
- Lower risk of eye and digestive problems
- Have a positive effect upon blood sugar which can help keep appetite in check.

Make it a meal. Try cooking new recipes that include more vegetables. Salads and stir fries are two ideas for getting tasty vegetables on your plate.

Healthy Eating Plate

The Healthy Eating Plate was created by Harvard Health Publications and nutrition experts at the Harvard School of Public Health. It offers more specific and more accurate recommendations for following a healthy diet than MyPlate, developed by the U.S. Department of Agriculture and the Department of Health and Human Service. In

addition, the Healthy Eating Plate is based on the most up-to-date nutrition research, and it is not influenced by the food industry or agriculture policy.

<http://www.health.harvard.edu/plate/healthy-eating-plate>