

HEALTHY EATING PLATE

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



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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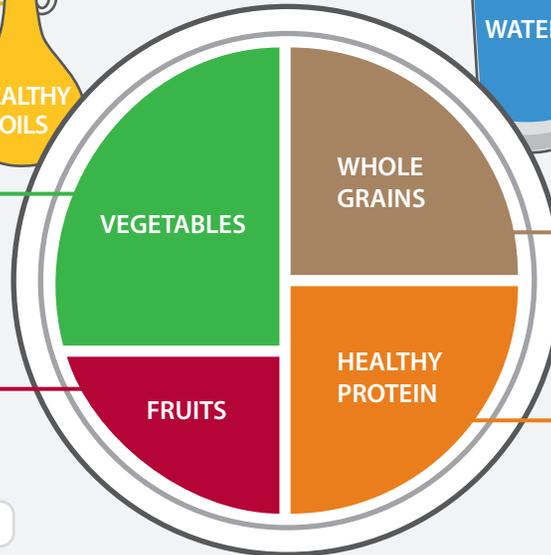
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Drink water, tea, or coffee (with little or no sugar).
Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day).
Avoid sugary drinks.

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



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