

HEALTHY EATING PLATE

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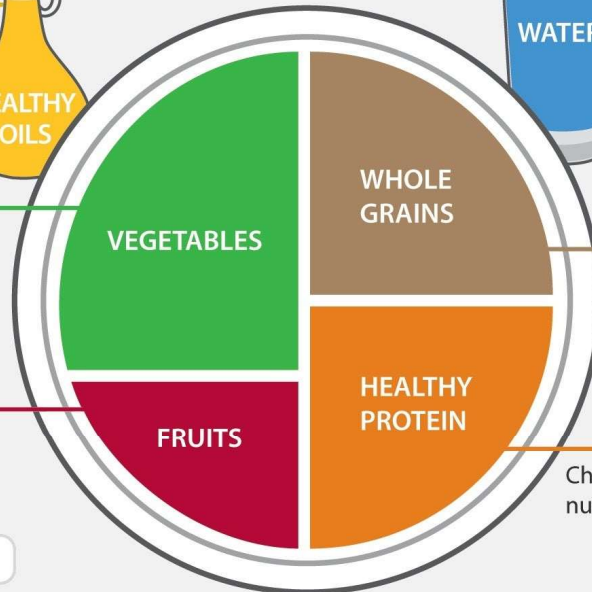
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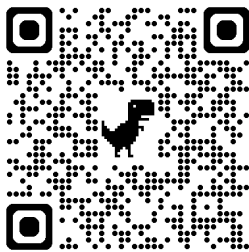
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

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

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



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Building a Healthy and Balanced Diet

<https://nutritionsource.hsph.harvard.edu/healthy-eating-plate/>

Make most of your meal **vegetables and fruits** – 1/2 of your plate. Aim for color and variety, and remember that **potatoes** don't count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.

Go for **whole grains** – 1/4 of your plate. Whole and intact grains – whole wheat, barley, wheat

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berries, [quinoa](#), [oats](#), [brown rice](#), and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.

[Protein power](#) – 1/4 of your plate.

Fish, poultry, [beans](#), and [nuts](#) are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Limit red meat and avoid processed meats such as bacon and sausage.

[Healthy plant oils](#) – in moderation.

Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that [low-fat does not mean “healthy.”](#)

[Drink water, coffee, or tea.](#)

Skip [sugary drinks](#), limit [milk](#) and [dairy products](#) to one to two servings per day, and limit juice to a small glass per day.

[Stay active.](#)

The red figure running across the Healthy Eating Plate’s placemat is a reminder that staying active is also important in [weight control](#).

The main message of the Healthy Eating Plate is to focus on diet quality:

- The *type of carbohydrate* in the diet is more important than the *amount of carbohydrate* in the diet, because some sources of carbohydrate—like vegetables (other than potatoes), fruits, whole grains, and beans—are healthier than others.
- The Healthy Eating Plate also advises consumers to avoid [sugary beverages](#), a major source of calories—usually with little nutritional value—in the American diet.
- The Healthy Eating Plate encourages consumers to use [healthy oils](#), and it does not set a maximum on the percentage of calories people should get each day from healthy sources of fat.