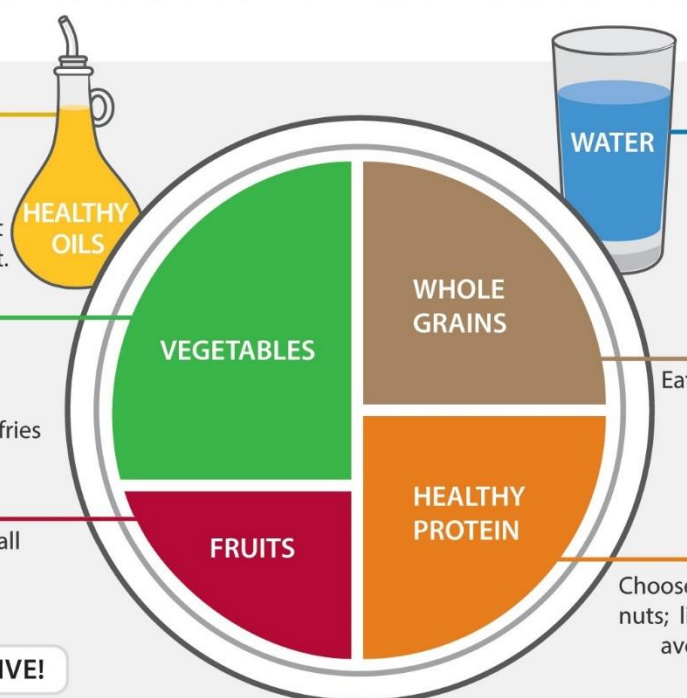


## Healthy Eating Portion Plates

### Harvard School of Public Health Plate:

## HEALTHY EATING PLATE



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

**VEGETABLES**  
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

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

**WHOLE GRAINS**  
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).

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

**WATER**  
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.

**STAY ACTIVE!**  
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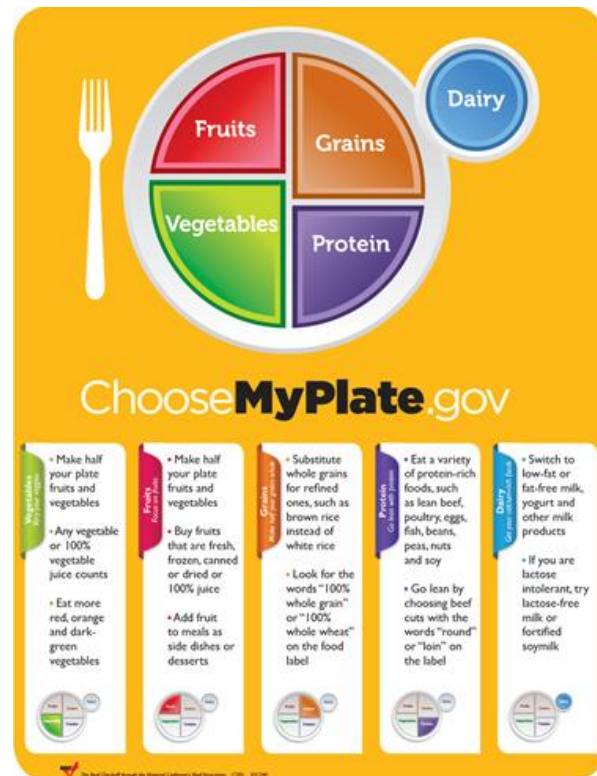
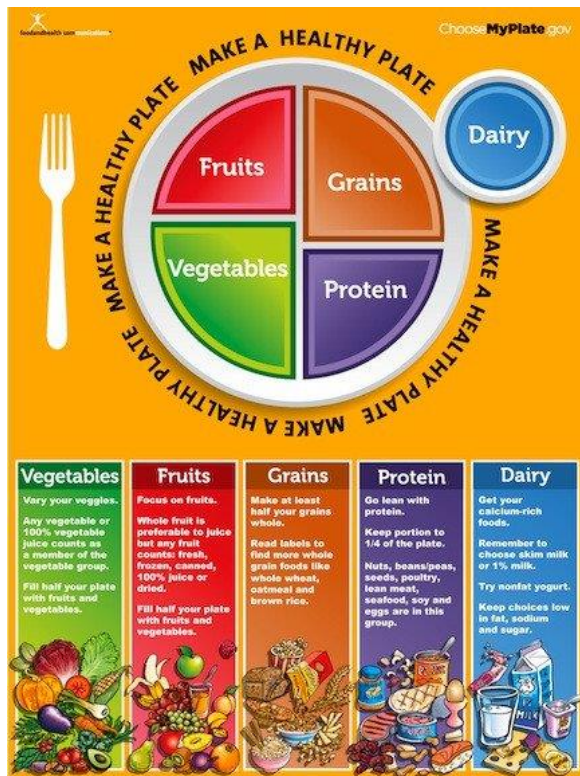
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For more information, visit:

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

## MyPlate.gov Healthy Plate:



Images courtesy of MyPlate.gov

For more information, visit:

- <https://www.myplate.gov/>
- <https://www.everydayhealth.com/diet-nutrition/myplate-the-ultimate-guide-to-healthy-eating/>