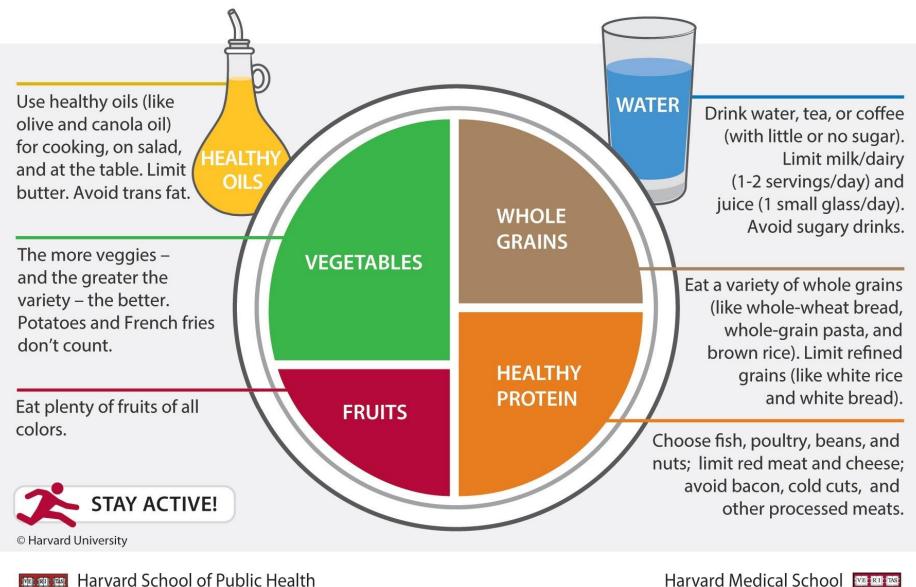
HEALTHY EATING PLATE





Harvard Medical School Harvard Health Publications www.health.harvard.edu



Nonstarchy Vegetables

- fresh and frozen are best, if eat canned get low sodium options when available and wash before cooking
- · artichoke, asparagus
- beets, bok choy, broccoli
- cabbage, carrots, cauliflower, cucumber
- eggplant
- green beans, greens
- kale
- leeks, lettuce
- mushrooms
- okra, onion
- parsley, peppers
- radishes
- salsa, sauerkraut, spinach, summer squash, swiss chard
- · tomatoes, turnips
- zucchini

Whole Grains and Starchy Vegetables

- whole grain breads, where "whole" is the first ingredient: whole wheat, whole oats, whole grain etc.
- whole grain, high fiber cereal
- oatmeal
- brown rice, whole grain pasta, barley, quinoa, farro
- whole grain tortillas and whole grain naan
- cooked beans and peas, such as pinto beans or blackeyed peas
- potatoes, green peas, corn, lima beans, sweet potatoes, winter squash

whole grain crackers and fat-free popcorn

Fruit

- Citrus fruits: oranges, grapefruit, tangerines, lemons and limes
- Berries: strawberries, blueberries, blackberries, raspberries and cranberries
- Apples, pears, grapes, peaches, plums, apricots, nectarines and kiwi
- Melons: cantaloupe, honeydew and watermelon.
- Tropical fruits: bananas, mangos and pineapple

Healthy Protein

- chicken or turkey (without the skin)
- fish: tuna, salmon, cod, or catfish
- other seafood: shrimp, clams, oysters, crab, or mussels
- tofu, eggs
- beans, seeds and nuts
- dairy: fat-free, skim or 1% milk; low-fat or non-fat yogurt (greek yogurt is great)
- lean beef (93% lean) and pork, such as loin cuts

*Choose healthy fats in small amounts. For cooking, use oils.

*For salads, nuts, seeds, avocados, and vinaigrettes are healthy choices.