

# 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) and juice (1 small glass/day). Avoid sugary drinks.

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

VEGETABLES

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).

Eat plenty of fruits of all colors.

FRUITS

HEALTHY PROTEIN

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



**STAY ACTIVE!**

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### 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 black-eyed 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.**