

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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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



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.

Harvard Medical School
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Kid's Healthy Eating Plate



Frills



Banana



Cherries



Strawberries



Blueberries



Watermelon



Pineapple



Orange



Kiwi



Peach



Pear



Pomegranate



Grapes



lemon



Apple

vegetables



Spinach



Carrot



Garlic



Mushrooms



Radish



Eggplant



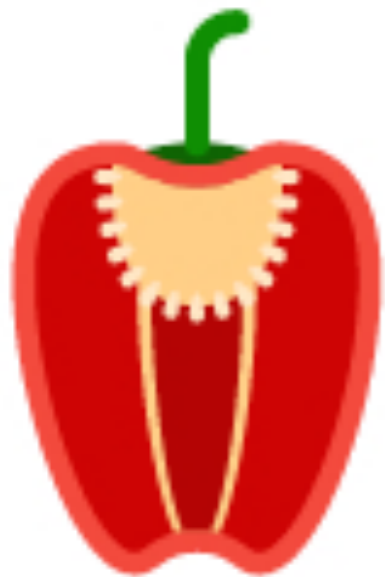
Pepper



Leek



Artichoke



Red Pepper



Peas



Avocado



Brocoli



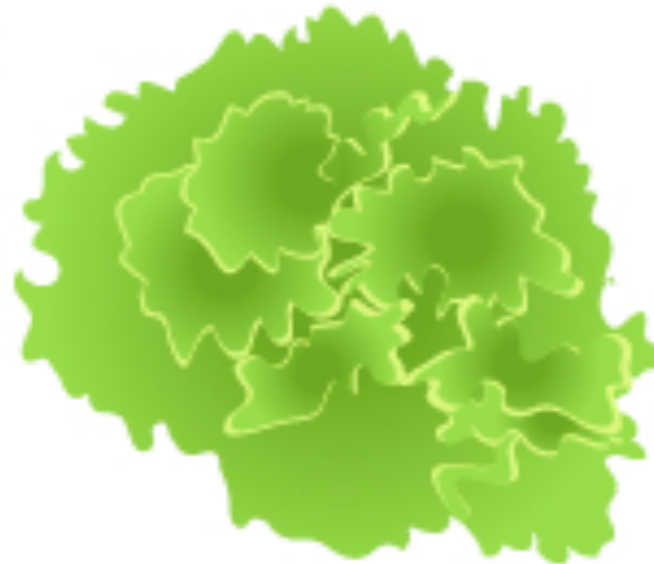
Cauliflower



Cabbage



Onion



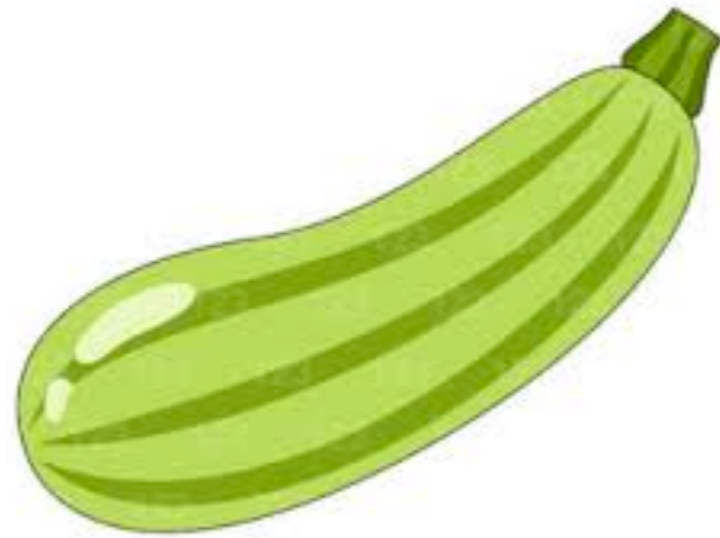
Lettuce



Tomato



Potato



Zucchini



Cucumber

Healthy Protein



Fish



Egg



Nuts



Squid



Prawns



Hazelnuts



Tuna



Chicken



Turkey



Cashew



Chestnut



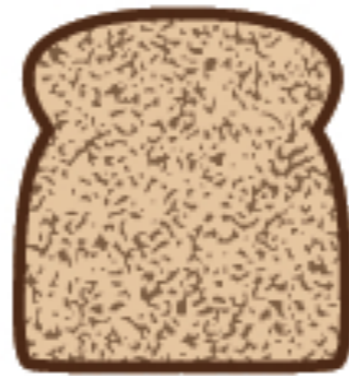
Pistachios

Whole

Grains



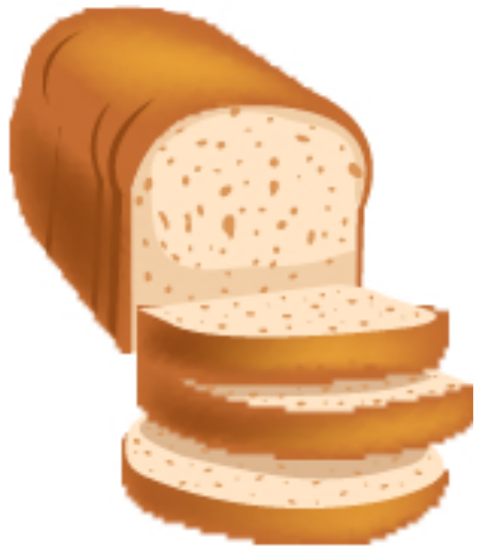
Rice



Wholemeal
Bread



Pasta



Wholemeal
Bread



Pasta



Quinoa / Couscous

Healthy fats



Water



Olive Oil



Milk

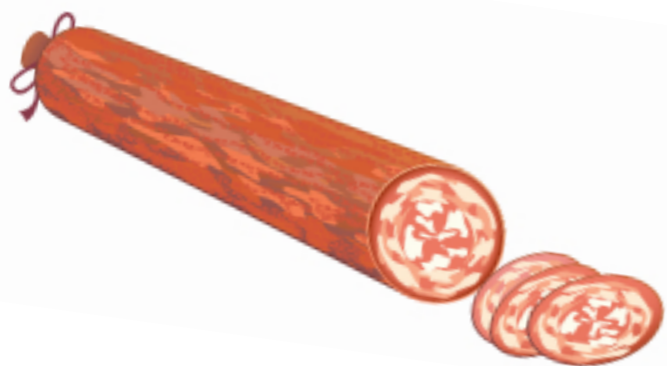


Yogurt



Cheese

Unhealthy
Food



Chorizo



French Fries



Chocolate



Hot Dog



Hamburger



Donut



Cake



Candy



lollipop



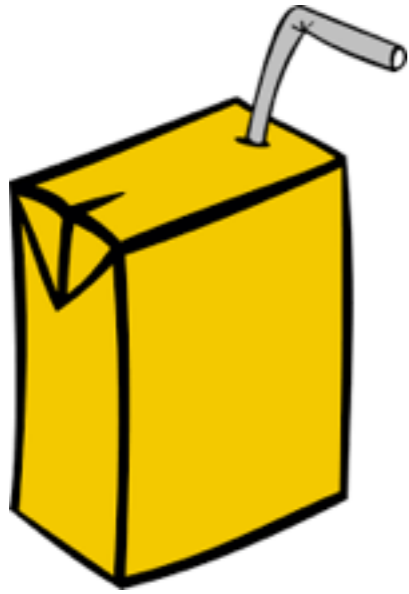
Beer



Alcohol



Ice Cream



Packed Juice



Ketchup

Kid's Healthy Eating Plate

Healthy fats

Vegetables

Healthy
Protein

Water

Dairy



Fruits

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Whole Grains

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