

The **Healthy Eating Plate**, created by nutrition experts at the Harvard T.H. Chan School of Public Health and editors at Harvard Health Publications, was designed to address deficiencies in the U.S. Department of Agriculture's MyPlate. The Healthy Eating Plate provides detailed guidance, in a simple format, to help people make the best eating choices.

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.

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.

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

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).

FRUITS
Eat plenty of fruits of all colors.

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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The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
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Use the Healthy Eating Plate as a guide for creating healthy, balanced meals—whether served on a plate or packed in a lunch box. Put a copy on the refrigerator as a daily reminder to create healthy, balanced meals!

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

Make most of your meal vegetables and fruits – ½ of your plate:

Aim for color and variety. Remember that potatoes don't count as vegetables on the Healthy Eating Plate due to their negative impact on blood sugar.

Go for whole grains – ¼ of your plate:

Whole and intact grains—whole wheat, barley, wheat 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 – ¼ 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. The Healthy Eating Plate does not set a maximum on the percentage of calories people should eat each day from healthy sources of fat. Limit butter 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, a major source of calories in the American diet with little nutritional value. Limit milk and dairy products to one to two servings per day and limit juice to one 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.

For more information, visit Harvard T.H. Chan School of Public Health's nutrition hub: [The Nutrition Source](#).