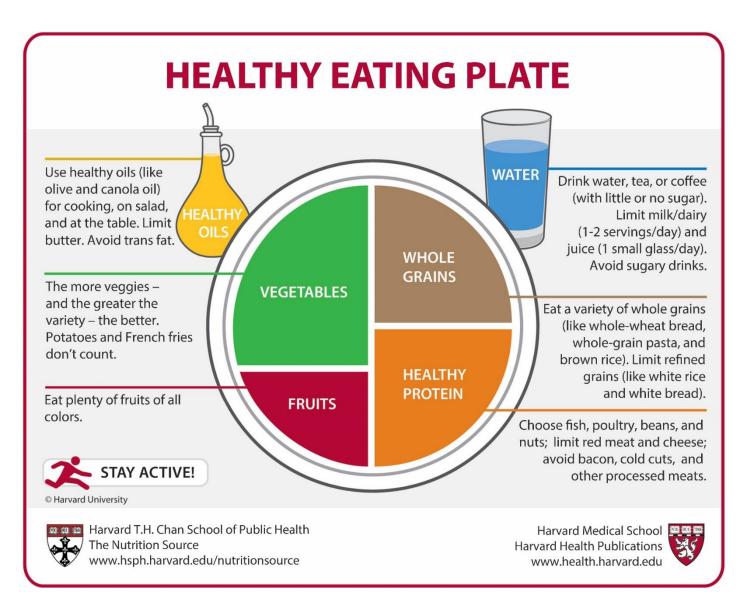
The Healthy Eating Plate, created by nutrition experts at the Harvard T.H. Chan School of Public Health and editors at Harvard Health Publications, was designed to address deficiencies in the U.S. Department of Agriculture's MyPlate. The Healthy Eating Plate provides detailed guidance, in a simple format,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



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.