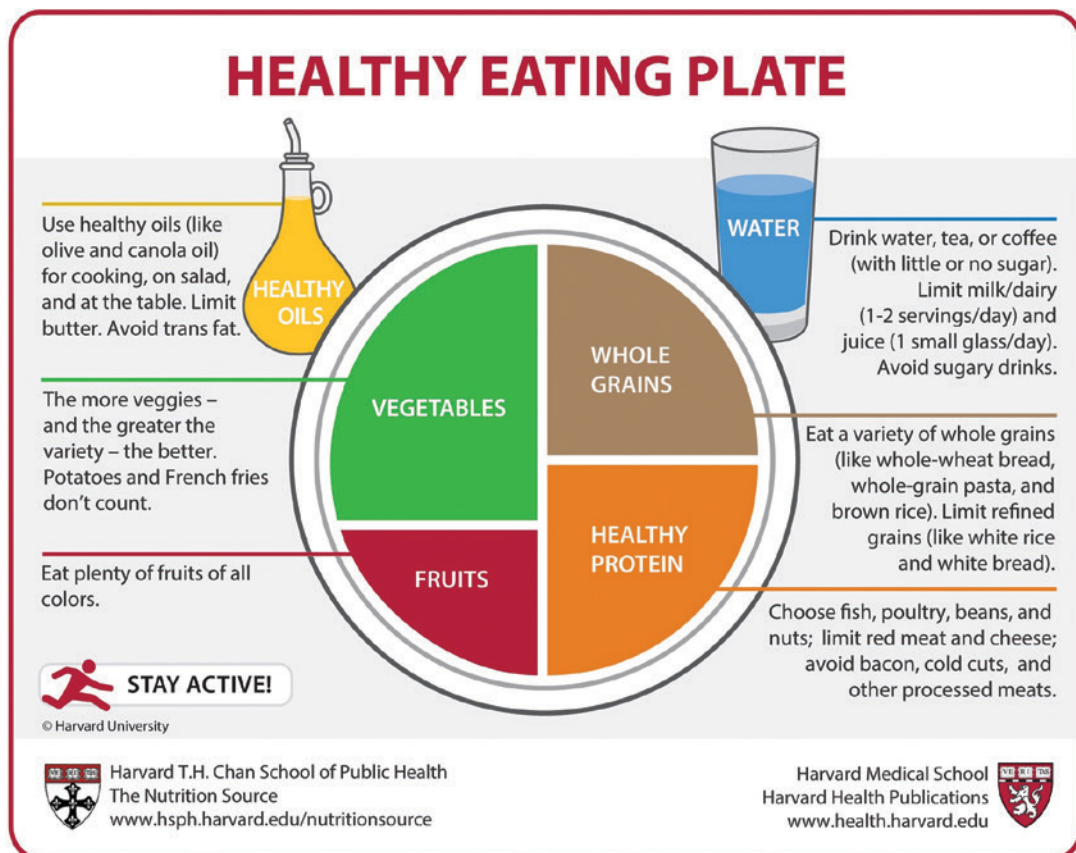


HEALTHY EATING PLATE

For more information about The Healthy Eating Plate visit <http://www.hsph.harvard.edu/nutrition-source>.

Try using The Healthy Eating Plate as a guide for creating healthy, balanced meals and snacks—whether served on a plate or packed in a lunch box.

- Make most of your meal vegetables and fruits – ½ of your plate
- Go for whole grains – ¼ of your plate
- Don't skip the protein – ¼ of your plate
- Healthy plant oils – in moderation
- Drink water, coffee, or tea
- Stay active



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