



Nutrition



Vegetables

Fresh, frozen, canned and dried¹

5 servings per day

Examples:

1 cup raw leafy greens

$\frac{1}{2}$ cup cut-up vegetables

$\frac{1}{2}$ cup cooked beans or peas²

$\frac{1}{4}$ cup 100% vegetable juice³

Fruits

Fresh, frozen, canned and dried

4 servings per day

Examples:

1 medium whole fruit

$\frac{1}{2}$ cup cut-up fruit

$\frac{1}{4}$ cup 100% fruit juice³

$\frac{1}{4}$ cup dried fruit¹

Grains

At least half should be whole grain/high in dietary fiber

6 servings per day

Examples:

1 slice bread

1 small tortilla

1 cup ready-to-eat cereal flakes

1 oz ($\frac{1}{8}$ cup) uncooked pasta or rice

$\frac{1}{2}$ cup cooked rice, pasta, or cereal

$\frac{1}{2}$ cup popped popcorn

Diary

- Low-fat and fat-free

- 3 servings per day

- Examples:

- 1 cup milk

- 1 cup yogurt

- 1.5 oz cheese

Poultry, Meat, Eggs

Lean and extra-lean; skin and visible fat removed

8-9 servings per week

Examples:

3 oz cooked meat or poultry

1 egg or 2 egg whites

Fish, Seafood

Preferably oily fish that provide
omega-3 fatty acids

2-3 servings per week

Example:

3 oz cooked fish or seafood

Nuts, Seeds Beans

5 servings per week

Examples:

Tbsp peanut butter

2 Tbsp or 1/2 oz nuts or seeds

1/4 cup cooked beans or peas²

Oils and Fats

Preferably unsaturated

3 servings per day

Examples:

1 Tbsp vegetable oil (canola, corn, olive, soybean, safflower)

1 Tbsp soft margarine

1 Tbsp low-fat mayonnaise

1 Tbsp light salad dressing

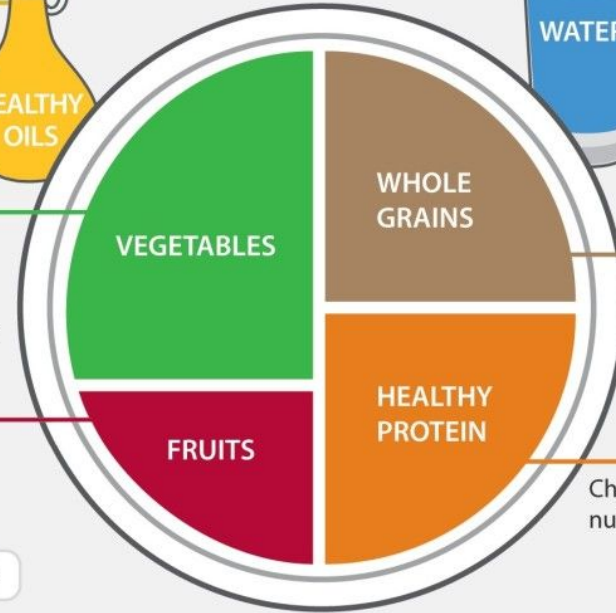
HEALTHY EATING PLATE

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.



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.



STAY ACTIVE!

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

Harvard Medical School
Harvard Health Publications
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Local Food Pantries

<http://ocfoodbank.org/>

http://www.needhelppayingbills.com/html/orange_county_food_pantries.html

<http://factoc.org/elmodena/>

Easy Recipes

<http://eatfresh.org/recipe?gclid=CKHiwOjcs9QC FQyAfgodUzAKZg>

<http://www.cookinglight.com/food/everyday-me nus/healthy-budget-recipes>

<https://www.nhlbi.nih.gov/health/educational/w ecan/eat-right/fun-family-recipes.htm>

<https://health.gov/dietaryguidelines/dga2005/h ealthieryou/html/recipes.html>