

HEALTHY EATING PLATE

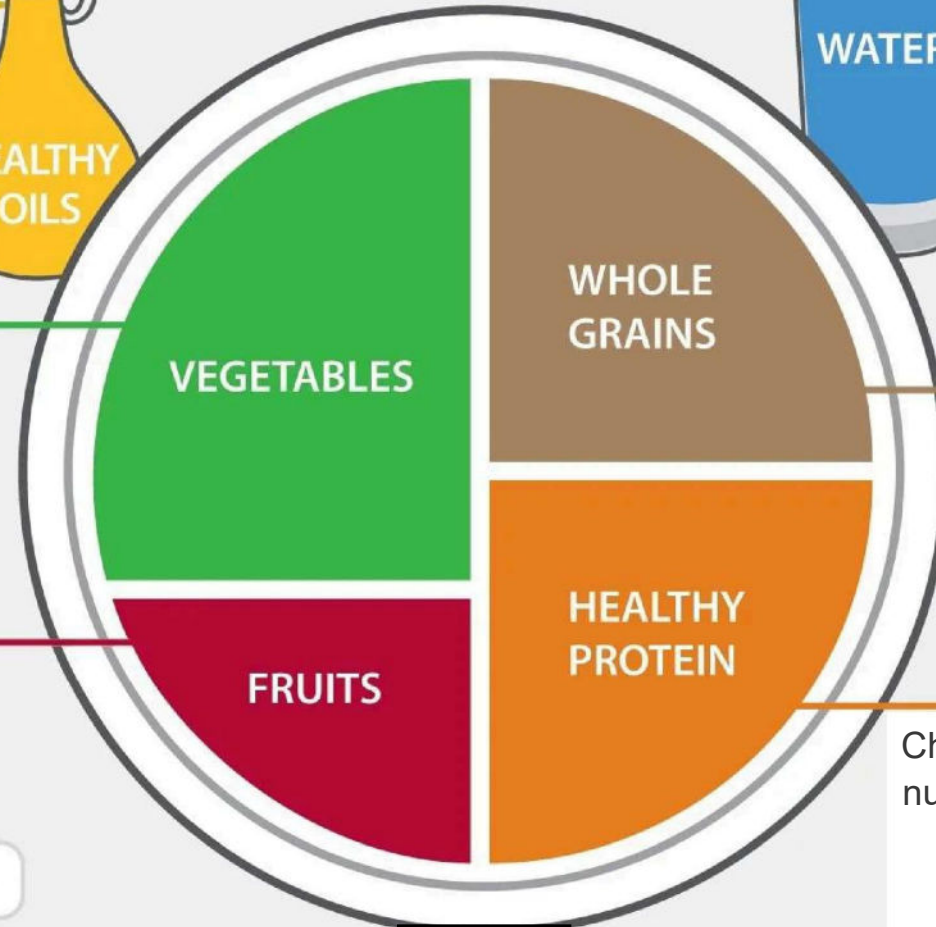
Use healthy oils (like olive and avocado oil) for cooking, on salad, Limit butter. Avoid trans fat.



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!



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 cold cuts, and other processed meats.

Building a Healthy and Balanced Diet

Make most of your meal **vegetables and fruits – ½ of your plate.**

Aim for color and variety, and remember that potatoes don't count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.

Go for **whole grains – ¼ of your plate. (or not if eating whole grains is not for you)**

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. (protein is important for building and maintaining muscle)

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 cold cuts and sausage.

Healthy plant oils – in moderation.

Choose healthy vegetable oils like olive, and avocado oil, coconut oil in moderation, 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**, limit **milk** and **dairy products** to one to two servings per day, and limit juice to a 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**.

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

- The **type of carbohydrate** in the diet is more important than the *amount of carbohydrate* in the diet, because some sources of carbohydrate—like vegetables (other than potatoes), fruits, whole grains, and beans—are healthier than others.
- The Healthy Eating Plate also advises consumers to avoid **sugary beverages**, a major source of calories—usually with little nutritional value—in the American diet.
- The Healthy Eating Plate encourages consumers to use **healthy oils**, and it does not set a maximum on the percentage of calories people should get each day from healthy

sources of fat. In this way, the Healthy Eating Plate recommends the opposite of the low-fat message promoted for decades by the USDA.

Disclaimer: *The information provided on this website, including the Healthy Eating Plate, is intended for general informational purposes only. While efforts have been made to ensure accuracy, this content should not be considered medical or dietary advice. It is recommended to consult with a qualified healthcare professional or registered dietitian before making any significant changes to your diet or lifestyle. Additionally, individual dietary needs may vary, and personal preferences should be taken into consideration when implementing dietary recommendations.*