Lesson 12
Why We Eat What We Eat
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.

STAY ACTIVE!
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BELOW ARE THE LARGEST THREE CATEGORIES OF PORTIONS ON A PLATE, EACH约占 OF WHICH SHOULD MAKE UP AT LEAST 1/3 OF THE PLATE:

HEALTHY OILS

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

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).

WHOLE GRAINS

HEALTHY PROTEIN

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

FRUITS

Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

How do typical American diets compare to U.S. dietary guidelines?

Eat more of these:
- Whole grains: 15% goal, 59% actual
- Vegetables: 42% goal, 59% actual
- Fruits: 40% goal, 59% actual
- Fiber: 28% goal, 59% actual
- Potassium: 75% goal, 59% actual
- Vitamin D: 15% goal, 59% actual
- Calcium: 15% goal, 59% actual

Eat less of these:
- Calories from solid fats and added sugars: 280% limit
- Refined grains: 200% limit
- Sodium: 149% limit