

Nutrition experts from the Harvard School of Public Health created the Healthy Eating Pyramid, and updated it in 2008. In September 2011, working with colleagues at Harvard Health Publications, they created the Healthy Eating Plate. The Healthy Eating Pyramid and the Healthy Eating Plate are based on the best available scientific evidence about the links between diet and health. When it's time for dinner, most of us eat off of a plate. So think of the Healthy Eating Plate as a blueprint for a typical meal, for yourself and your family.

- ✓ **fill half of your plate with vegetables and fruits:** The more colour, and the more variety, the better. Most of us don't get enough vegetables, especially the dark green and red-orange types, or fruits. On the Healthy Eating Plate, just like the Healthy Eating Pyramid, potatoes and French fries don't count as vegetables.
- ✓ **save a quarter of your plate for whole grains – not just any grains:** It's very important to make any grains you eat *whole grains*, since these have a gentler effect on blood sugar and insulin than refined grains. Whole grains include whole wheat, brown rice, oats, barley, and the like, as well as foods made with them, such as whole wheat pasta. The less processed the whole grains, the better: Finely ground grain is more rapidly digested, and in turn, has a greater impact on blood sugar than more coarsely ground or intact grains. So choose steel cut oats instead of instant, sugared oats or choose whole wheat berries instead of whole wheat bread.
- ✓ **pick a healthy source of protein to fill one quarter of your plate:** The Healthy Eating Plate highlights that some protein sources (fish, chicken, beans, nuts) are healthier than others (red meat and processed meat).
- ✓ **enjoy healthy fats:** The glass bottle near the Healthy Eating Plate is a reminder to use healthy oils like olive, canola (rapeseed), sunflower, safflower, corn & soy in cooking, on salad, and at the table. Limit butter & avoid unhealthy trans fats (found in processed foods).
- ✓ **drink water, coffee or tea:** On the Healthy Eating Plate, complete your meal with a glass of water, or if you like, a cup of tea or coffee (which also are low calorie and have health benefits). Limit milk and dairy products to one to two servings per day and limit juice to a small glass per day. Skip the sugary drinks.
- ✓ **stay active:** The figure scampering across the bottom of the Healthy Eating Plate's placemat is a reminder that staying active is half of the secret to weight control. The other half is eating a healthy diet with modest portions that meet your calorie needs. Since 2 out of 3 U.S. adults (and 60% of UK adults) and 1 in 3 children are overweight or obese, one thing is clear: Many of us have been choosing plates that are too large

Let the Healthy Eating Plate be your guide to planning a healthy, balanced meal and serving it on a dinner plate – or packing it in a lunch box. Put a copy on the fridge at home or at work, to give you a visual guide to portioning out a healthy plate & a reminder to pump up the produce.

This very helpful nutritional advice & many more suggestions can be found at "The Nutrition Source" – www.hsph.harvard.edu/nutritionsource/
