

Healthy Eating Plate



The **more veggies** – and the **greater the variety** – the **better**.



Use healthy oils from plants like extra virgin olive, canola, corn, sunflower, and peanut oil in cooking, on salads and vegetables, and at the table.

Limit butter to occasional use



Go for whole grains

The less processed the grains, the better.



Water is the best choice for quenching our thirst

Water is sugar-free



Eat plenty of fruits of all colors



Dairy foods are needed in smaller amounts than other foods on our plate



Choose unflavored milk, plain yogurt, small amounts of cheese, and other unsweetened dairy foods



Incorporating physical activity into our day by **staying active** is part of the recipe for keeping healthy



Choose beans and peas, nuts, seeds, and other plant-based healthy protein options, as well as fish, eggs, and poultry.

Limit red meat (beef, pork, lamb) and avoid processed meats (bacon, deli meats, hot dogs, sausages).