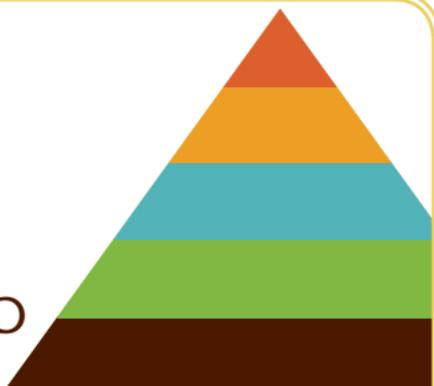


5 QUICK TIPS

THE HEALTHY EATING PYRAMID



by the Harvard School of Public Health, Department of Nutrition

- ▶ **Start with exercise.** A healthy diet is built on a base of regular exercise, which keeps calories in balance and weight in check.
- ▶ **Focus on food, not grams.** The Healthy Eating Pyramid doesn't worry about specific servings or grams of food, so neither should you. It's a simple, general guide to how you should eat when you eat.
- ▶ **Go with plants.** Eating a plant-based diet is healthiest. Choose plenty of vegetables, fruits, whole grains, and healthy fats, like olive and canola oil.
- ▶ **Cut way back on American staples.** Red meat, refined grains, potatoes, sugary drinks, and salty snacks are part of American culture, but they're also really unhealthy. Go for a plant-based diet rich in non-starchy vegetables, fruits, and whole grains. And if you eat meat, fish and poultry are the best choices.
- ▶ **Take a multivitamin, and maybe have a drink.** Taking a multivitamin can be a good nutrition insurance policy. If you are of legal age, moderate drinking for many people can have real health benefits, but it's not for everyone. Those who don't drink shouldn't feel that they need to start. For more information, read "Alcohol: Balancing Risks and Benefits."

To learn more about THE HEALTHY EATING PYRAMID explore "The Nutrition Source" online at: www.hsph.harvard.edu/nutritionsource/what-should-you-eat/pyramid-full-story/index.html

SEE REVERSE FOR suggestions for Young Adults from HUHS

TIPS

4 YOUNG ADULTS

SUGGESTIONS FROM
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- ▶ **Carbs** Optimal brain function requires carbohydrates. Include them at each meal or snack and make it a whole grain choice whenever possible. Whole grain options include: barley or quinoa salad, oats, 100% whole wheat wraps and brown rice.
- ▶ **Healthy Proteins** Including protein, even a small amount, with each meal helps you feel satisfied longer. This works for snacks intended to carry you several hours as well.
- ▶ **Fruits & Vegetables** Never been a big vegetable eater? Keep trying – it may take up to 10 tastings of a food to realize it's quite palatable after all. Try seasoning them with a drizzle of olive oil or balsamic vinegar or a sprinkle of dried spices or herbs. You might also discover that you like something raw that you don't enjoy in its cooked form.
- ▶ **Fiber** Unaccustomed to the texture and flavor of brown rice, whole wheat bread or multi-grain pasta? Over time, your palate may prefer their nutty, chewy flavor. Aim to make at least half of your grains whole.
- ▶ **Healthy Fats** Include some healthy fat in your diet every day. Your brain and your immune system will both thank you. Options include: nuts, peanut butter, olives and olive oil, avocado, fatty fish such as salmon, sunflower seeds, canola oil.
- ▶ **Healthy Drinks** Pay attention to the sugar content in what you drink. Also, remember calories are not the only consideration in choosing a beverage. Fat-free skim milk provides protein, potassium, calcium, B vitamins and vitamin D. Low-fat chocolate milk is an excellent post work-out beverage.
- ▶ **Build Strong Bones** Young adults are still building bones, up until about age 25. If you don't drink milk, you likely need a supplement to get enough calcium.