

At *Sebastian's Café*
AT THE HARVARD SCHOOL OF PUBLIC HEALTH

WATCH FOR THE
SALUTÉ SIGN



SALUTÉ MENU GUIDELINES

- Fresh whole foods & whole grains
- Unsaturated fats like vegetable oils
- Added sugars kept to a minimum
- Trans fat is eliminated
- Fruits and Vegetables

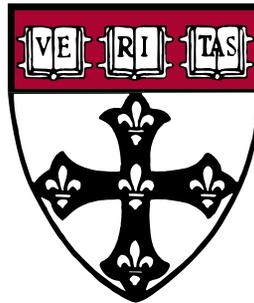
Also choose and modify from the Salads
of the Season and Bok Choy stations !



DEPARTMENT OF NUTRITION

3rd Floor, SPH-2
677 Huntington Avenue
Harvard School Public Health
Boston, MA

More information visit
www.hsph.harvard.edu/nutritionsource



STUDENT COORDINATING COMMITTEE

677 Huntington Avenue
Boston, MA

In Veritas...

What's For

LUNCH

@ HSPH ?

Department of Nutrition
**HEALTHY EATING
GUIDELINES**



Sponsored by HSPH's:
Student Coordinating Committee
Department of Nutrition
Sebastian's Café

WATCH YOUR WEIGHT.

The lower and more stable your weight, the lower your chances of chronic disease. Exercise!

EAT FEWER BAD FATS AND MORE GOOD FATS.

Good fats come from nuts, seeds, grains, fish and liquid oils (including olive, canola, soybean, corn, sunflower, peanut and other vegetable oils).

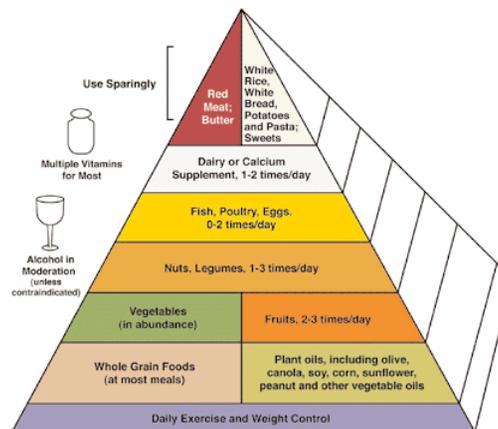
EAT FEWER REFINED-GRAIN CARBOHYDRATES AND MORE WHOLE-GRAIN CARBOHYDRATES.

Eating lots of refined-grain carbs that are quickly digested and absorbed (i.e. pasta, pastries, white bread and white rice) increases levels of blood sugar and insulin, raises triglycerides and lowers HDL cholesterol, leading to heart disease and diabetes. Try natural fibers and whole-grain alternatives.



CHOOSE HEALTHIER SOURCES OF PROTEINS.

Have more beans & nuts, along with fish, poultry and eggs. Minimize intake of red & processed meats.



EAT PLENTY OF VEGETABLES AND FRUITS, BUT HOLD THE POTATOES.

Potatoes have a dramatic effect on levels of blood sugar and insulin.



USE ALCOHOL IN MODERATION.

If you drink alcohol, 1 drink a day for women and 1-2 for men reduces the risk of heart disease. If you do not drink, don't be compelled to start.

TAKE A MULTIVITAMIN FOR INSURANCE.

A multivitamin, especially containing vitamins B6 and B12, folic acid, and vitamin D, won't make up for the sins of an unhealthy diet, but it can fill in the nutritional holes.

Source: Walter C. Willett. *Eat, Drink and Be Healthy*. 2001. Copyright New York: Simon & Schuster.