



Lunch and Learn

The Foundation

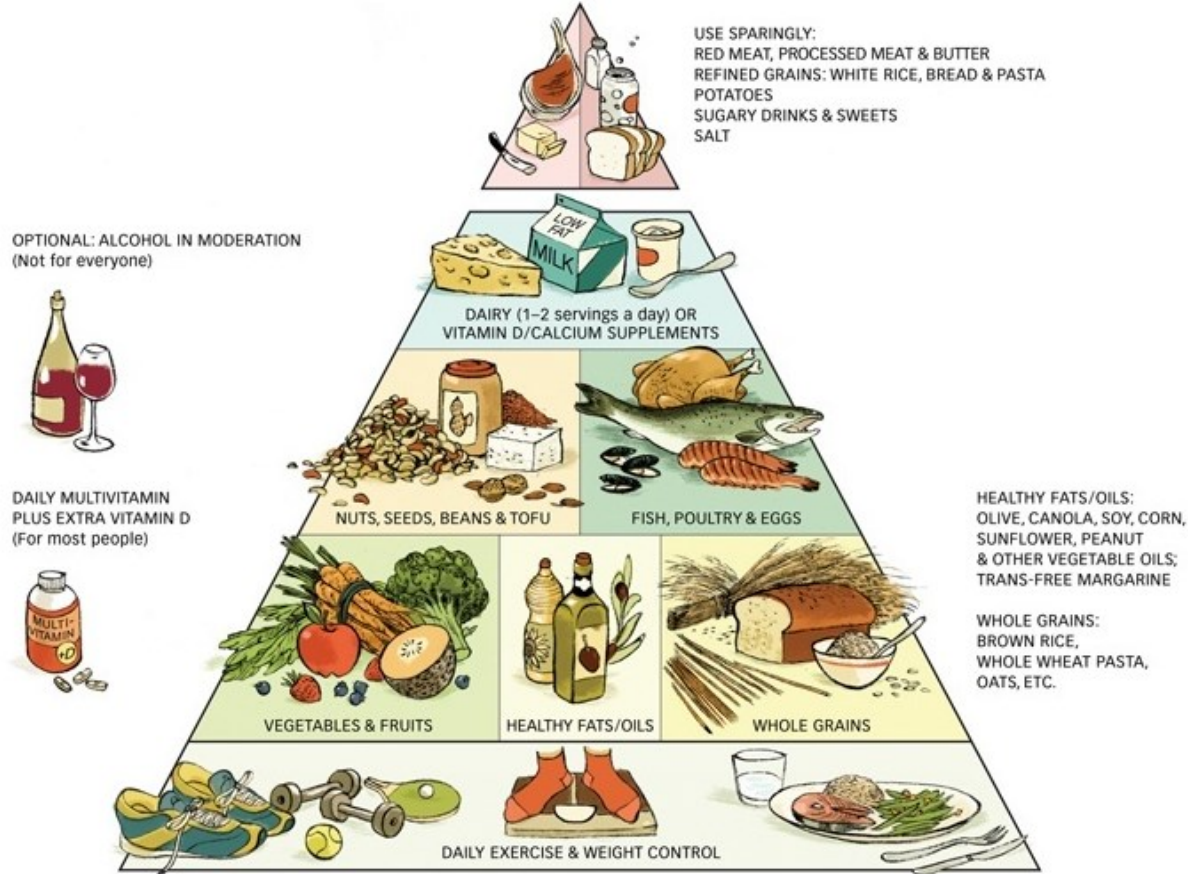




Nutrition

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



For more information about the Healthy Eating Pyramid:

WWW.THE NUTRITION SOURCE .ORG

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The Healthy Eating Plate

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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The Nutrition Source
www.hsph.harvard.edu/nutritionsource



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.

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).

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

Harvard Medical School
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Exercise

Cardiovascular exercise

- Sustained exercise
 - Interval training/short burst training
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Strength training

- Heavy lifting
 - Light lifting
 - Variety of exercise
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Training to promote bone density

- Resistance training
 - Body weight
 - Free weights and machines

Training to sustain healthy blood sugar

- Resistance training
 - Cardio training
 - Nutrition
-



Questions?
