Below is a healthy eating pyramid. Let’s see what is in your meal today. Draw an X in each of the sections that you have in your meal today. See page two for complete healthy eating pyramid.
Below is a detailed healthy eating pyramid along with some tips for healthy eating. All information below was obtained from the Harvard School of Public Health (www.thenutritionsource.org).

For more information about the Healthy Eating Pyramid:

WWW.THE NUTRITION SOURCE.ORG

Eat, Drink and Be Healthy
by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)
Free Press/Simon & Schuster Inc.

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Healthy Eating Tips:

**carbohydrates**
Choose good carbs, not no carbs. Whole grains are your best bet.

**protein**
Pay attention to the protein package. Fish, poultry, nuts, and beans are the best choices.

**fiber**
Choose a fiber-filled diet, rich in whole grains, vegetables, and fruits.

**vegetables/fruit**
Eat more vegetables and fruits. Go for color and variety—dark green, yellow, orange, and red.
Calcium is important. But milk isn't the only, or even best, source.

Water is best to quench your thirst. Skip the sugary drinks, and go easy on the milk and juice.

A daily multivitamin is a great nutrition insurance policy. Some extra vitamin D may add an extra health boost.