



Healthy lifestyle
Done by Anastasia Pockachailo

- [illegible]



5 Steps to healthy lifestyle



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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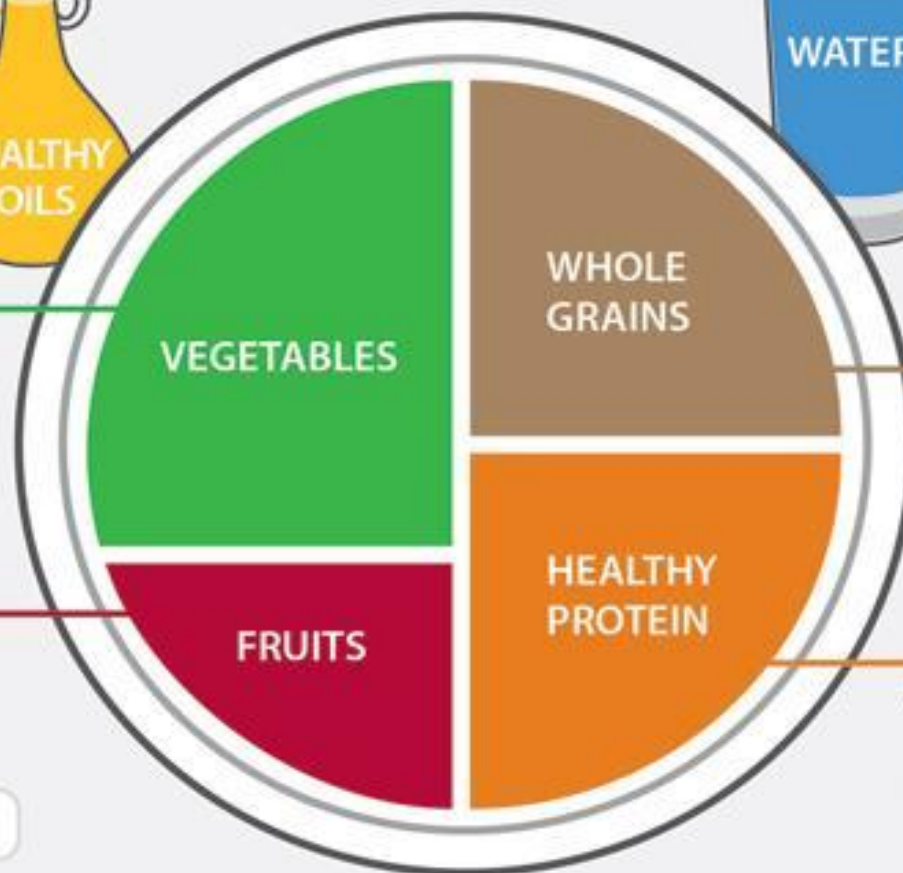
Harvard School of Public Health
The Nutrition Source
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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

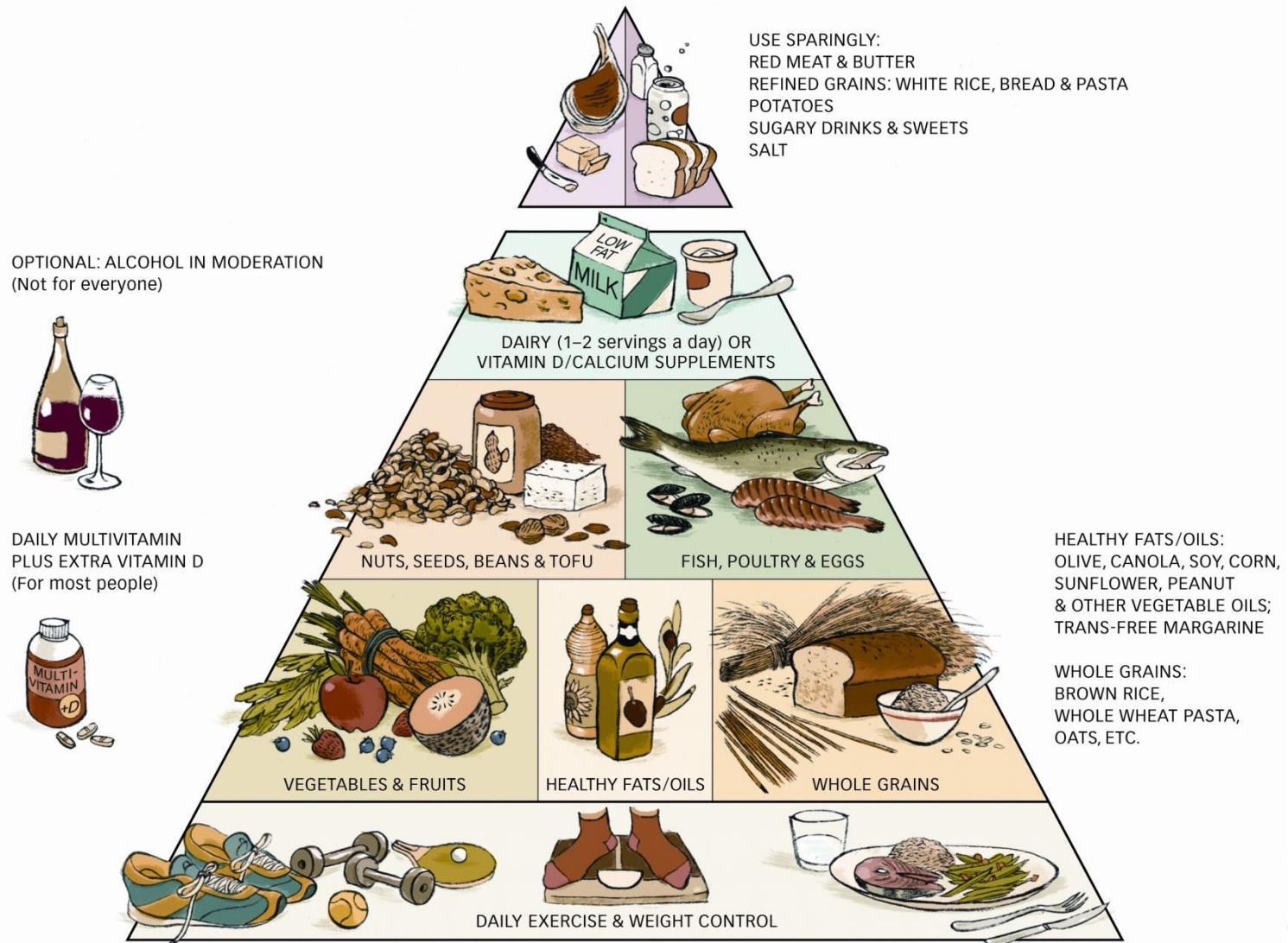
Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.



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The Healthy Eating Pyramid is a simple, trustworthy guide to choosing a healthy diet. Its foundation is daily exercise and weight control, since these two related elements strongly influence your chances of staying healthy. The Healthy Eating Pyramid builds showing that you should eat more foods from the bottom part of the pyramid (vegetables, whole grains) and less from the top (red meat, refined grains, potatoes, sugary drinks, and salt).



Healthy
Living

