



Healthy lifestyle

Done by Anastasia Pockachailo



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.

VEGETABLES

Eat plenty of fruits of all colors.

FRUITS

WHOLE GRAINS

HEALTHY PROTEIN



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.



STAY ACTIVE!

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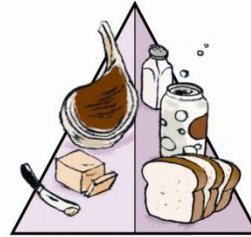


Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



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).



USE SPARINGLY:
 RED MEAT & BUTTER
 REFINED GRAINS: WHITE RICE, BREAD & PASTA
 POTATOES
 SUGARY DRINKS & SWEETS
 SALT

OPTIONAL: ALCOHOL IN MODERATION
 (Not for everyone)



DAIRY (1-2 servings a day) OR
 VITAMIN D/CALCIUM SUPPLEMENTS

DAILY MULTIVITAMIN
 PLUS EXTRA VITAMIN D
 (For most people)



NUTS, SEEDS, BEANS & TOFU



FISH, POULTRY & EGGS

HEALTHY FATS/OILS:
 OLIVE, CANOLA, SOY, CORN,
 SUNFLOWER, PEANUT
 & OTHER VEGETABLE OILS;
 TRANS-FREE MARGARINE



VEGETABLES & FRUITS

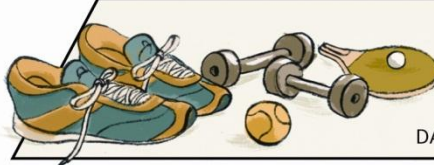


HEALTHY FATS/OILS

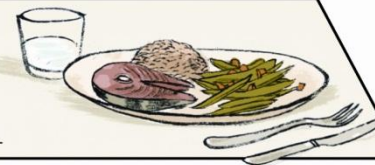


WHOLE GRAINS

WHOLE GRAINS:
 BROWN RICE,
 WHOLE WHEAT PASTA,
 OATS, ETC.



DAILY EXERCISE & WEIGHT CONTROL



Healthy



Living