

# HEALTHY EATING PLATE

## Cooking Oils

- Coconut Oil
- Avocado Oil

## Oils for Salads

- Olive Oil



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



## Salt

- Pink/Himalayan salt

## Sugar

- Stevia
- Erythritol



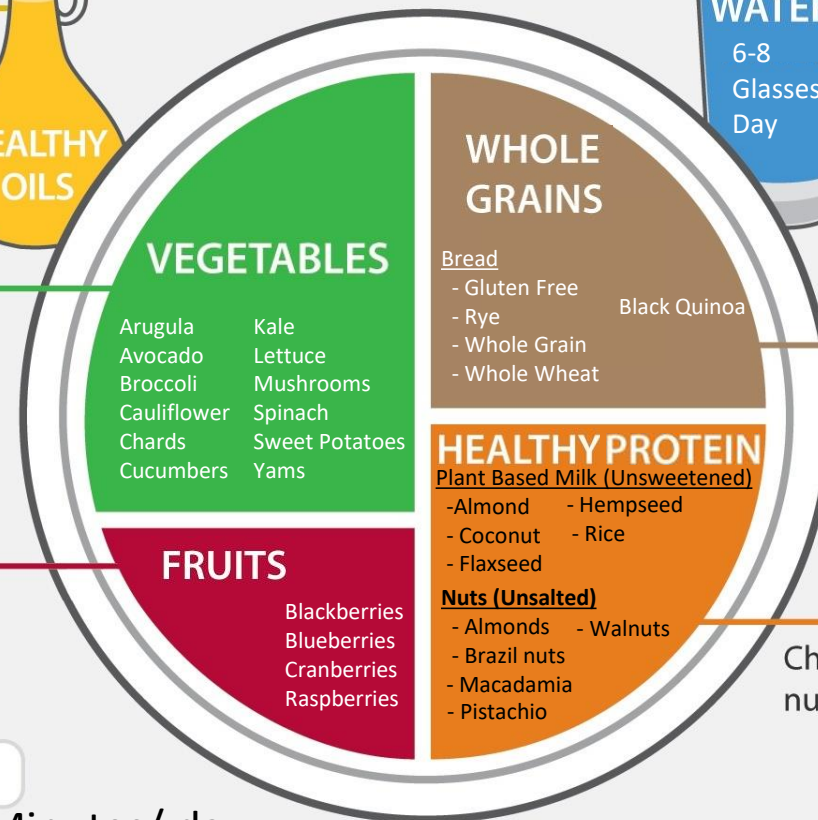
## Avoid

- Dairy (Milk & Cheeses)
- Rice
- Salt
- Sugar
- White Bread
- Soda/Pop
- Sugary Juices

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.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



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.



**STAY ACTIVE!**

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**15-30 Minutes/ day**



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