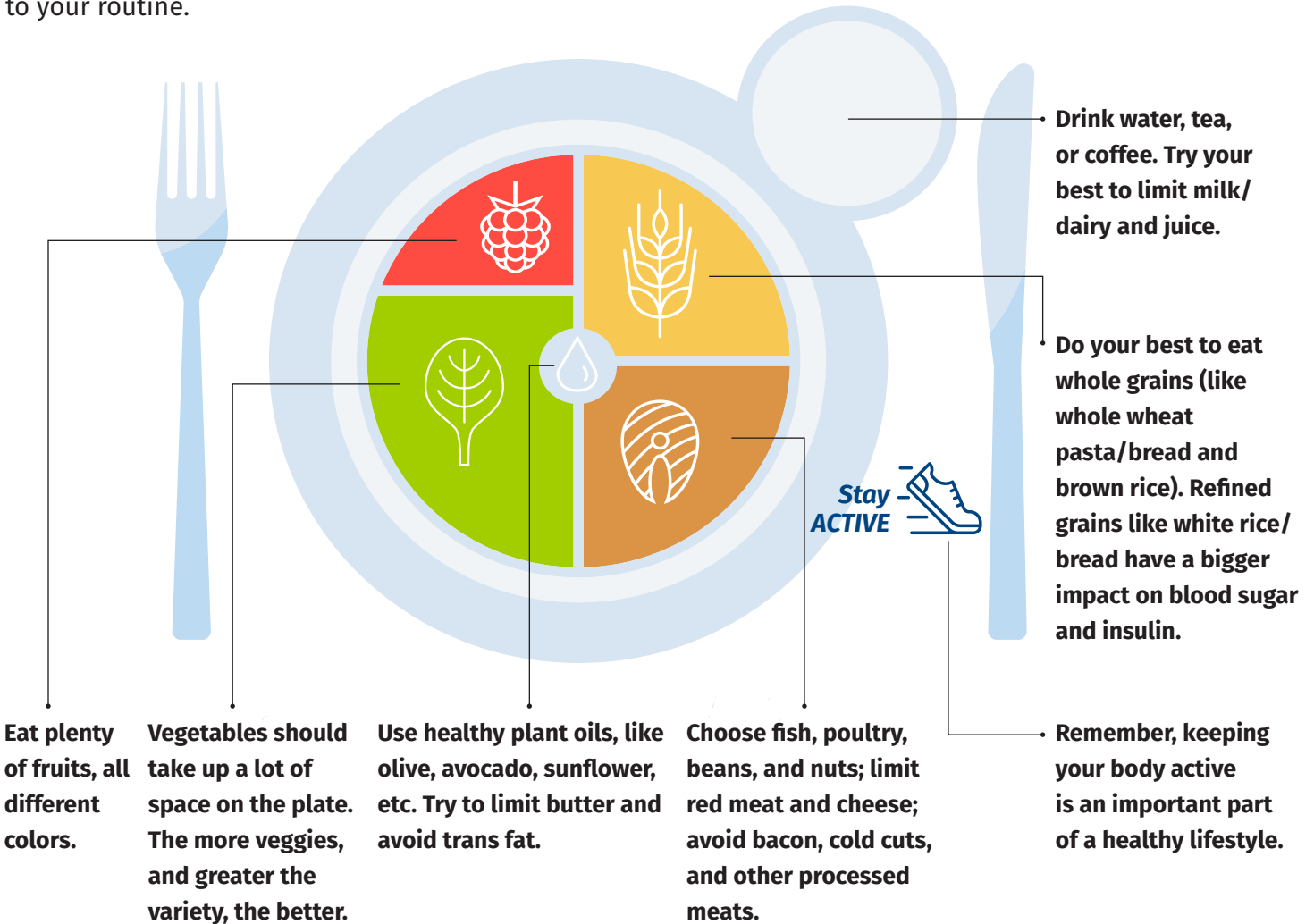


Part of feeling and being at your best is making sure what you're eating and drinking is helping you reach that goal. Take advantage of your mealtimes by seeing them as a way to recharge your body with foods that make you feel energized, alert, and engaged.

The Harvard T.H. Chan School of Public Health compiled research to create the Healthy Eating Plate seen below. This tool offers suggestions on what your plate should ideally look like when you're wanting to stay on top of your health. Always talk with your healthcare professional before making any significant changes to your routine.



If this seems a little intimidating and not always realistic depending on your schedule and/or available resources, remember that small steps can lead the way to a positive change too. A good start can be to have 1 meal a day look like the Healthy Plate, and over time maybe that increases to 2 meals a day.

There's more than one way to get the job done when you're working to improve your health!

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