

HEALTHY EATING PLATE

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



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.

VEGETABLES

WHOLE GRAINS

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).

Eat plenty of fruits of all colors.

FRUITS

HEALTHY PROTEIN

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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The Nutrition Source
www.hsph.harvard.edu/nutritionsource

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



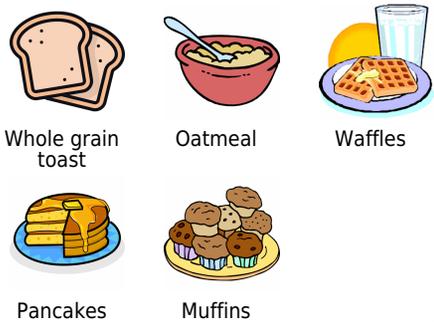
Healthy Breakfast

Pick at least one from each category!

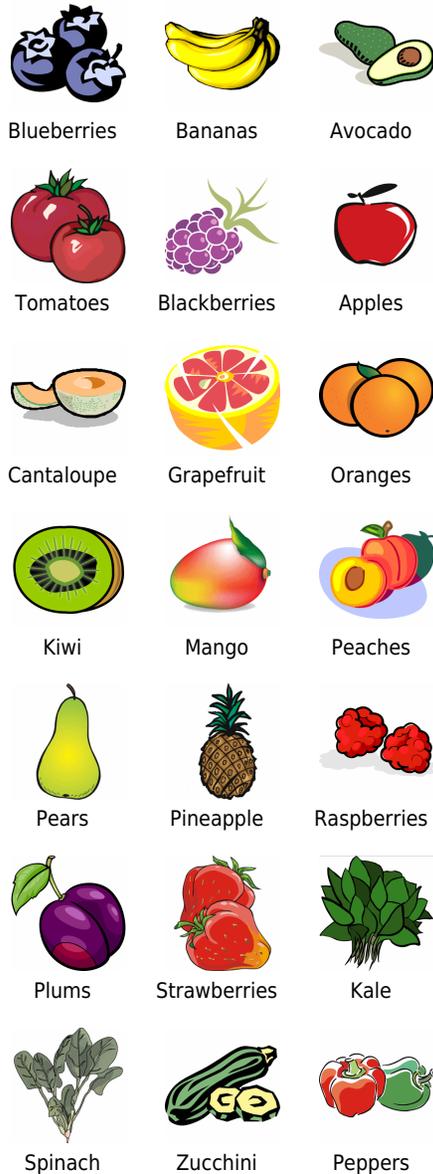
Protein



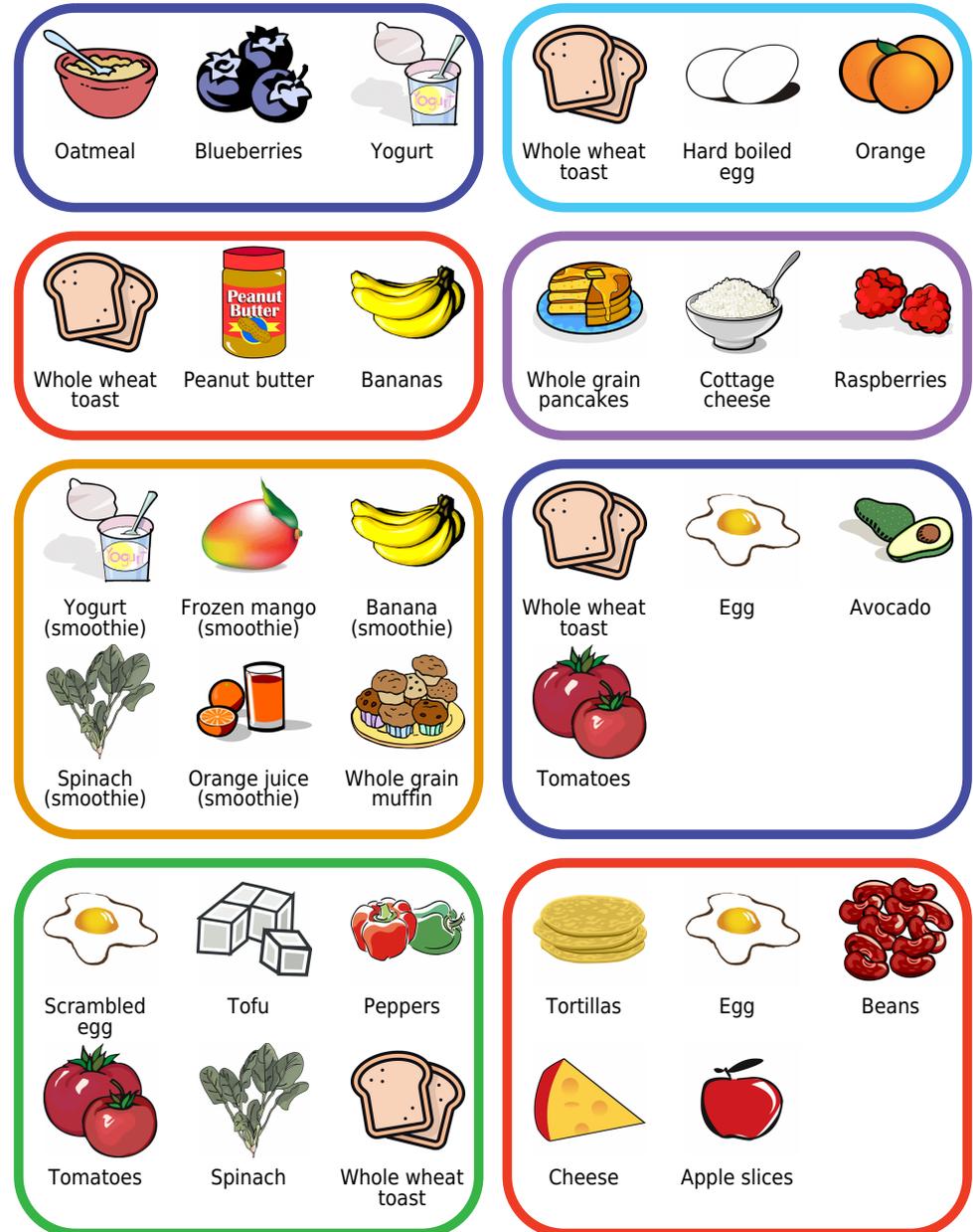
Whole Grains



Fruits & Veggies



Try These Combos





Lunch Box Checklist

Pick one from each category.
Mix & Match!

Fruits



Apples



Pineapple



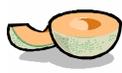
Blueberries



Oranges



Watermelon



Cantaloupe



Strawberries



Bananas

Starches



Bagel



Bread



Crackers



Pasta



Pretzels

Vegetables



Tomatoes



Broccoli



Carrots



Celery



Cucumber



Peppers



Peas

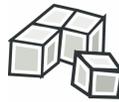
Proteins



Deli meat



Egg



Tofu



Nuts



Peanut butter

Dairy



Cheese



Milk



Yogurt



Lunch Box Ideas



Hard boiled egg



Apple slices



Cheese



Carrot sticks



Celery sticks



Bagel



Spaghetti



Meatballs



Peppers



Strawberries



Banana



Apple



Peanut butter



Cherry tomatoes



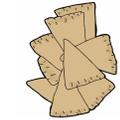
Cucumber



Pretzels



Hummus



Pita



Peppers



Carrots



Oranges



Whole wheat bread



Deli meat



Cheese



Tomatoes



Lettuce



Blueberries



Avocado roll



Almonds



Plum



Edamame



Watermelon



How to Menu Plan

-  TIP: You can encourage participation from the whole family by doing all of the below in a shared online location like Google Docs.
-  Make a list of your family's favorite meals for reference. This is key!
-  Make a list of family staples that you need to replenish each week.
-  Consider storing your recipes online for easy access by any chef in the house.
-  Choose a regular time to menu plan weekly. Try right after dinner on a consistent day of the week.
-  Create a Menu Plan document the whole family can see.
-  Write down the days of the week.
-  Check your family calendar and write down any dinnertime conflicts.
-  Brainstorm meals for the week that fit around the conflicts - the list of favorite meals from step 2 will be a huge help.
-  Write down who will cook each meal, aiming to balance the workload across the family. Encourage the chef to pick what meal they'll make on their night to cook.
-  Consider scheduling in some takeout days, especially on nights when everyone is busy.
-  Make the grocery list using the menu plan, online recipes, and the weekly staples list. Try trading off grocery shopping each week with the other household members.



Family Dinners

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
 Plan the meal							
 Buy the food							
 Cook							
 Set the table							
 Clear the table							
 Put away leftovers							
 Do the dishes							

Dinner Ideas

Mon: Chicken Penne



Chicken



Pasta



Spinach



Cantaloupe

Thurs: Beef Lo Mein



Beef



Ramen



Carrots



Bok choy



Grapefruit

Tues: Bagels



Bagel



Cream cheese



Egg



Tomatoes



Peppers



Mango

Fri: Tacos



Ground beef



Tortillas



Guacamole



Tomatoes



Lettuce



Shredded cheese

Wed: Salmon & Rice



Salmon



Rice



Broccoli



Cherries

Sat: Takeout



Pizza

Sun: Falafel



Chick peas



Wraps



Lettuce



Tomatoes



Cucumber



Healthy Snack Ideas

-  Yogurt with fresh fruit
-  Healthy granola bar
-  Veggie sticks with ranch dressing
-  Fruit and nuts
-  Ants on a log
-  Hard boiled egg and a piece of fruit
-  Cheese and crackers
-  Fruit and a piece of cheese
-  Guacamole and tortilla chips

Want to make some changes?

It's easy to edit this list at TheTripClip.com

This list is designed to fit perfectly on a kid-sized clipboard:



Or try it on any mobile device!

