Healthy Oils
Use healthy oils like olive and canola oil for cooking, on salad, and at the table.

Drinking water, tea, or coffee.
Limit milk/dairy to 1-2 servings/day, and juice to 1 small glass/day.

Vegetables
The more veggies, and the greater the variety, the better.

Whole Grains
Eat oatmeal, brown rice and whole wheat bread.

Healthy Protein
Choose fish, poultry, beans, and nuts.

Fruits
Eat plenty of fruits of all colors.

Harvard Healthy Eating Plate

Stay Happy

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get the nutrients your mind needs