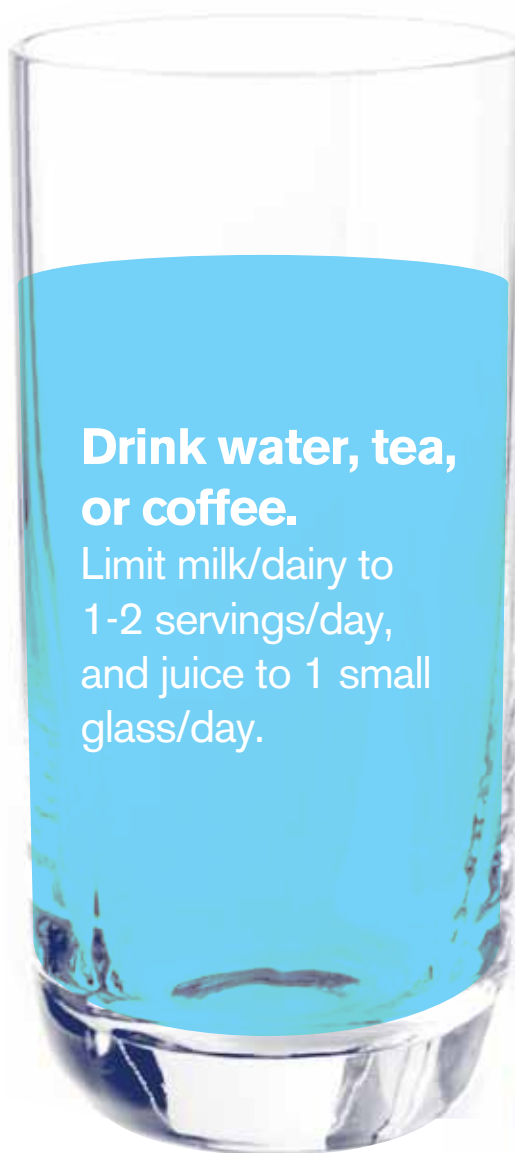


bypass the blues get the nutrients your mind needs

Harvard Healthy Eating Plate



Drink water, tea, or coffee.

Limit milk/dairy to
1-2 servings/day,
and juice to 1 small
glass/day.



Healthy Oils

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

Whole Grains

Eat oatmeal, brown rice
and whole wheat bread.



Vegetables

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



Fruits

Eat plenty of fruits
of all colors.



Healthy Protein

Choose fish, poultry,
beans, and nuts.

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Stay Happy



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