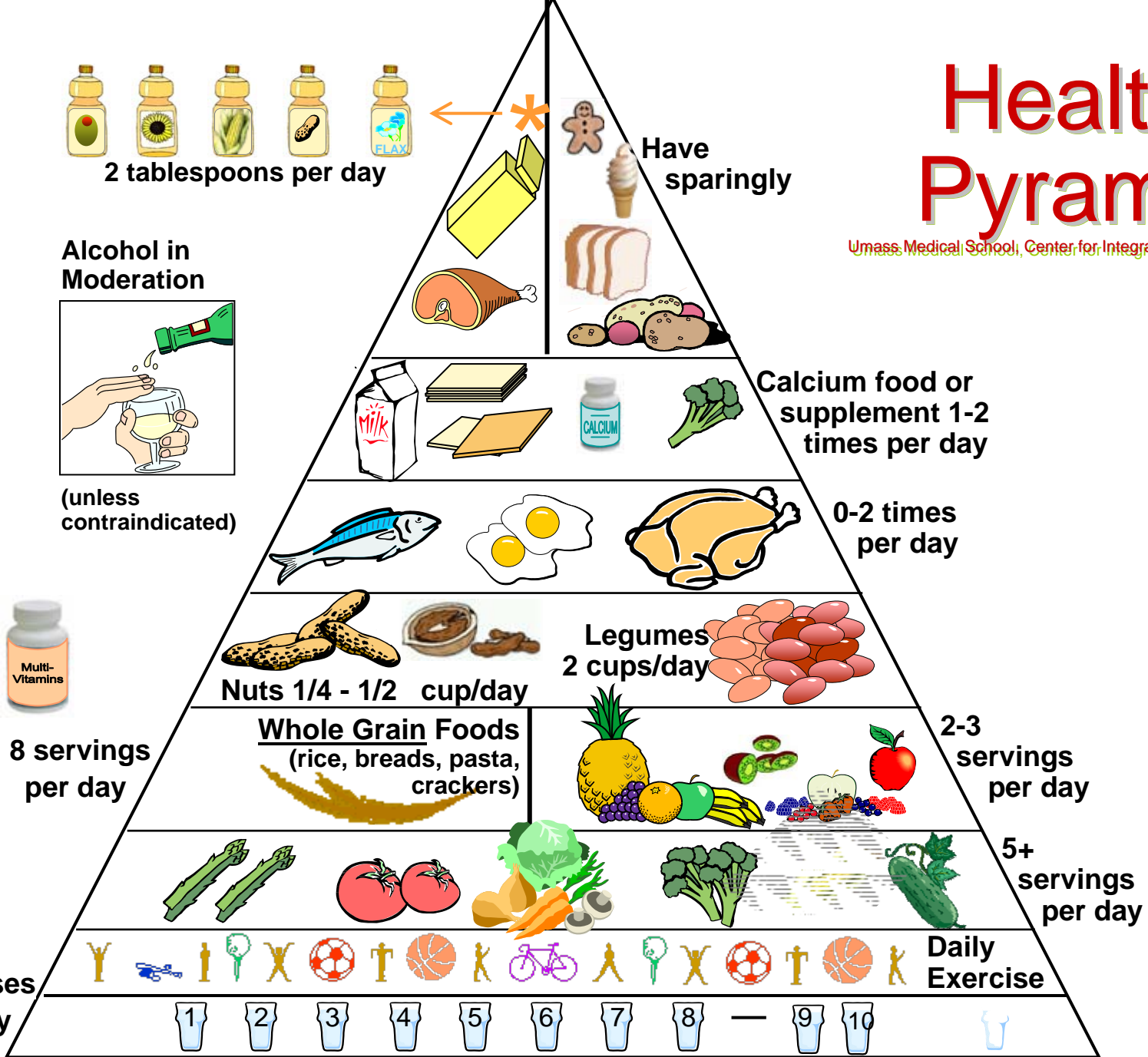


# Healthy Pyramid

Umass Medical School, Center for Integrative Nutrition



2 tablespoons per day

Have sparingly

Alcohol in Moderation



(unless contraindicated)

Calcium food or supplement 1-2 times per day

0-2 times per day

Multiple Vitamins for Most



Nuts 1/4 - 1/2 cup/day

Legumes 2 cups/day

8 servings per day

Whole Grain Foods (rice, breads, pasta, crackers)

2-3 servings per day

5+ servings per day

8-10 8oz glasses of water per day

Daily Exercise

