

# HEALTHY DIET CHART

## A Look of a Healthy Eating Plate

### Whole Grain

Eat a variety of whole grains, such as brown rice, buckwheat, oatmeal, millet, and whole-wheat bread and pasta



### Vegetables

Consume 5 - 8 portions of vegetables for your diet



### Meat and Fish

Eat fish, meat, and non-dairy sources of proteins



### Dairy Food

Consume 2 - 3 portions of milk, cheese, yogurt, or other dairy food



# Diet The

**Rikagaku Kenkyūjo (Japan)**



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