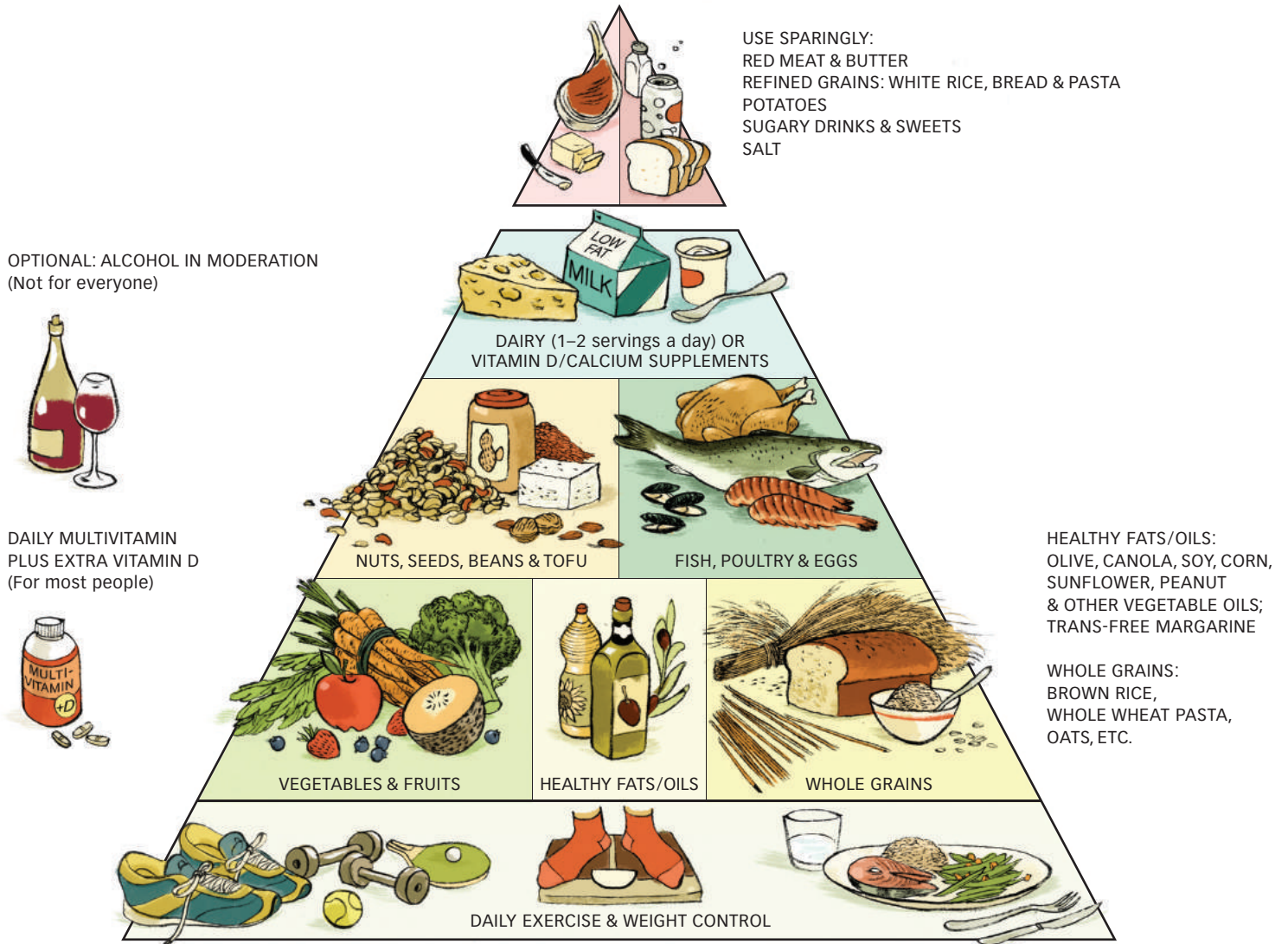


# THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



For more information about the Healthy Eating Pyramid:

[WWW.THE NUTRITION SOURCE .ORG](http://WWW.THE NUTRITION SOURCE .ORG)

*Eat, Drink, and Be Healthy*  
 by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)  
 Free Press/Simon & Schuster Inc.