

Building a healthy plate!

PENNINGTON BIOMEDICAL RESEARCH CENTER

Let's build a healthy plate

What kind of food belongs on a healthy plate?
Should it be



and



Or



and



My favorite plate has: _____



It should be chicken or fish most of the time, and every now and then a hamburger.

WHAT SHOULD I DRINK?

The healthiest drinks are water and milk. Should the drink be



or



My favorite drink is: _____

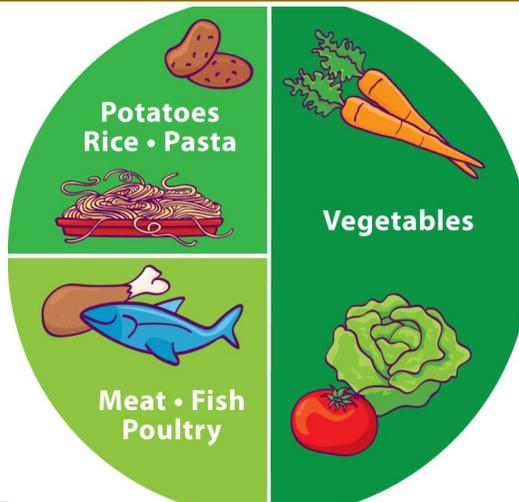
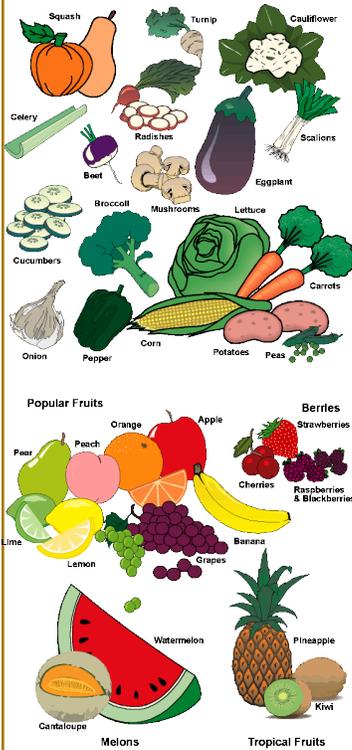
**PENNINGTON
BIOMEDICAL
RESEARCH
CENTER**

6400 Perkins Road
Baton Rouge, LA 79808

Tel: 225-763-3000
www.pbrc.edu

MY FAVORITE FRUITS AND VEGETABLES ARE:

**FOLLOW THIS PATTERN FOR BUILDING A
HEALTHY PLATE:**



The Pennington Biomedical Research Center is a world-renowned nutrition research center.

Mission:

To promote healthier lives through research and education in nutrition and preventive medicine.

The Pennington Center has several research areas, including:

- Clinical Obesity Research
- Experimental Obesity
- Functional Foods
- Health and Performance Enhancement
- Nutrition and Chronic Diseases
- Nutrition and the Brain
- Dementia, Alzheimer's and healthy aging
- Diet, exercise, weight loss and weight loss maintenance

The research fostered in these areas can have a profound impact on healthy living and on the prevention of common chronic diseases, such as heart disease, cancer, diabetes, hypertension and osteoporosis.

The Division of Education provides education and information to the scientific community and the public about research findings, training programs and research areas, and coordinates educational events for the public on various health issues.

We invite people of all ages and backgrounds to participate in the exciting research studies being conducted at the Pennington Center in Baton Rouge, Louisiana. If you would like to take part, visit the clinical trials web page at www.pbrc.edu or call (225) 763-3000.

Pennington Nutrition Series
Pub No 87

Authors:

Heli Roy, PhD, MBA, RD

Division of Education

Phillip Brantley, PhD

Director

Steve Heymsfield, MD

Executive Director

**Pennington Biomedical
Research Center**

Pub.3/11