The Health and Physical Education Division at Clark College supports these resources for healthy eating:

- **Harvard University** created their own plate and pyramid, and provides detailed evidence-based diet and nutrition information. Visit [www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

- **The University of Michigan** created a researched-based pyramid of foods that are known to have healing properties. Visit [www.med.umich.edu/umim/food-pyramid](http://www.med.umich.edu/umim/food-pyramid)

- **Center for Disease Control (CDC)** provides nutrition information designed to inform you of the role of various nutrients in a healthy diet. Visit [www.cdc.gov/nutrition/everyone](http://www.cdc.gov/nutrition/everyone)

- **The Center for Mindful Eating** provides tools and information for understanding the value and importance of mindful eating. Visit [www.tcme.org](http://www.tcme.org)

- **The Center for Science in the Public Interest** is a strong advocate for nutrition and health, food safety, alcohol policy, and sound science. Visit [www.cspinet.org](http://www.cspinet.org)

- **Michael Pollan** is an author and journalist that’s been writing about the interconnectedness of culture and nature. His website has resources and FAQs on Sustainable Eating & Nutrition, Growing Food, Politics & Policy, Animal Welfare, and Parents & Kids. Visit [www.michaelpollan.com/resources](http://www.michaelpollan.com/resources)

- **The Eat Well Guide** is a resource to help you find suppliers of locally sourced, sustainably grown food in your area, including farms, farmers’ markets, and retailers. Visit [www.eatwellguide.org](http://www.eatwellguide.org)

- **Choose My Plate** provides eating and physical activity guidelines from the USDA. Also provided are tips for weight management, healthy eating and tracking tools. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov)

- **The World’s Healthiest Food** site provides recipes and highlights health benefits of various foods. Visit [www.whfoods.com](http://www.whfoods.com)

- **Whole, as found in nature**
- **Fresh**
- **Predominately Plant-based**
- **Sustainably grown plants and animals**
- **Local**
- **Seasonal**
- **Balanced**
- **Variety**
- **Mindful Eating**
- **Yummy!**