

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



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



The Center for
MINDFUL EATING



Harvard University created their own plate and pyramid, and provides detailed evidence-based diet and nutrition information.

Visit 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



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



The Center for Mindful Eating provides tools and information for understanding the value and importance of mindful eating. Visit 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



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



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



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



The World's Healthiest Food site provides recipes and highlights health benefits of various foods. Visit www.whfoods.com