

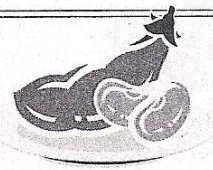
HEALTHY, SUSTAINABLE MENUS

The Plant-Forward Global 50—including José Andrés, Alice Waters, Yotam Ottolenghi, and other top chefs—support these goals. Use them as a guide to your own menus.



**MAKE WHOLE, INTACT
GRAINS THE NEW NORM**
LIMIT POTATOES

**MOVE LEGUMES AND NUTS
TO THE CENTER OF THE PLATE**



**CHOOSE
HEALTHIER
OILS**

GO "GOOD FAT," NOT "LOW FAT"

SERVE MORE KINDS OF

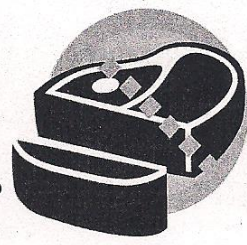
**SEAFOOD,
MORE OFTEN**



**REIMAGINE DAIRY
IN A SUPPORTING ROLE**



**USE POULTRY
AND EGGS IN
MODERATION**



**—SERVE LESS—
RED MEAT,
LESS OFTEN**

**REDUCE ADDED
SUGAR**



**CUT THE
SALT**
RETHINK FLAVOR
DEVELOPMENT
FROM THE GROUND UP

**SUBSTANTIALLY REDUCE SUGARY BEVERAGES;
INNOVATE REPLACEMENTS**

DRINK HEALTHY:
FROM WATER, COFFEE, AND TEA TO
(WITH CAVEATS) BEVERAGE ALCOHOL



MENUS@CHANGE
The Business of Healthy, Sustainable, Delicious Food Choices



SCHOOL OF PUBLIC HEALTH
Department of Nutrition

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