

PRINCIPLES

OF HEALTHY, SUSTAINABLE MENUS

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



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Department of Nutrition

BE TRANSPARENT ABOUT SOURCING AND PREPARATION

BUY *Fresh* AND SEASONAL, LOCAL AND GLOBAL



LEVERAGE **GLOBALLY**
INSPIRED, PLANT-BASED
CULINARY STRATEGIES

FOCUS ON **WHOLE, MINIMALLY PROCESSED** FOODS

GROW EVERYDAY OPTIONS,
WHILE HONORING SPECIAL OCCASION TRADITIONS

LEAD WITH
MENU MESSAGING AROUND FLAVOR

REDUCE PORTIONS,
EMPHASIZING
CALORIE QUALITY
OVER QUANTITY

CELEBRATE CULTURAL DIVERSITY & DISCOVERY

DESIGN HEALTH AND SUSTAINABILITY INTO OPERATIONS AND DINING SPACES



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

REDUCE ADDED **SUGAR**



SERVE LESS **RED MEAT, LESS OFTEN**

SUBSTANTIALLY REDUCE SUGARY BEVERAGES; INNOVATE REPLACEMENTS

CUT THE SALT; RETHINK FLAVOR DEVELOPMENT FROM THE GROUND UP

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



DESIGNED BY J. WRIGHT DOUGHERTY