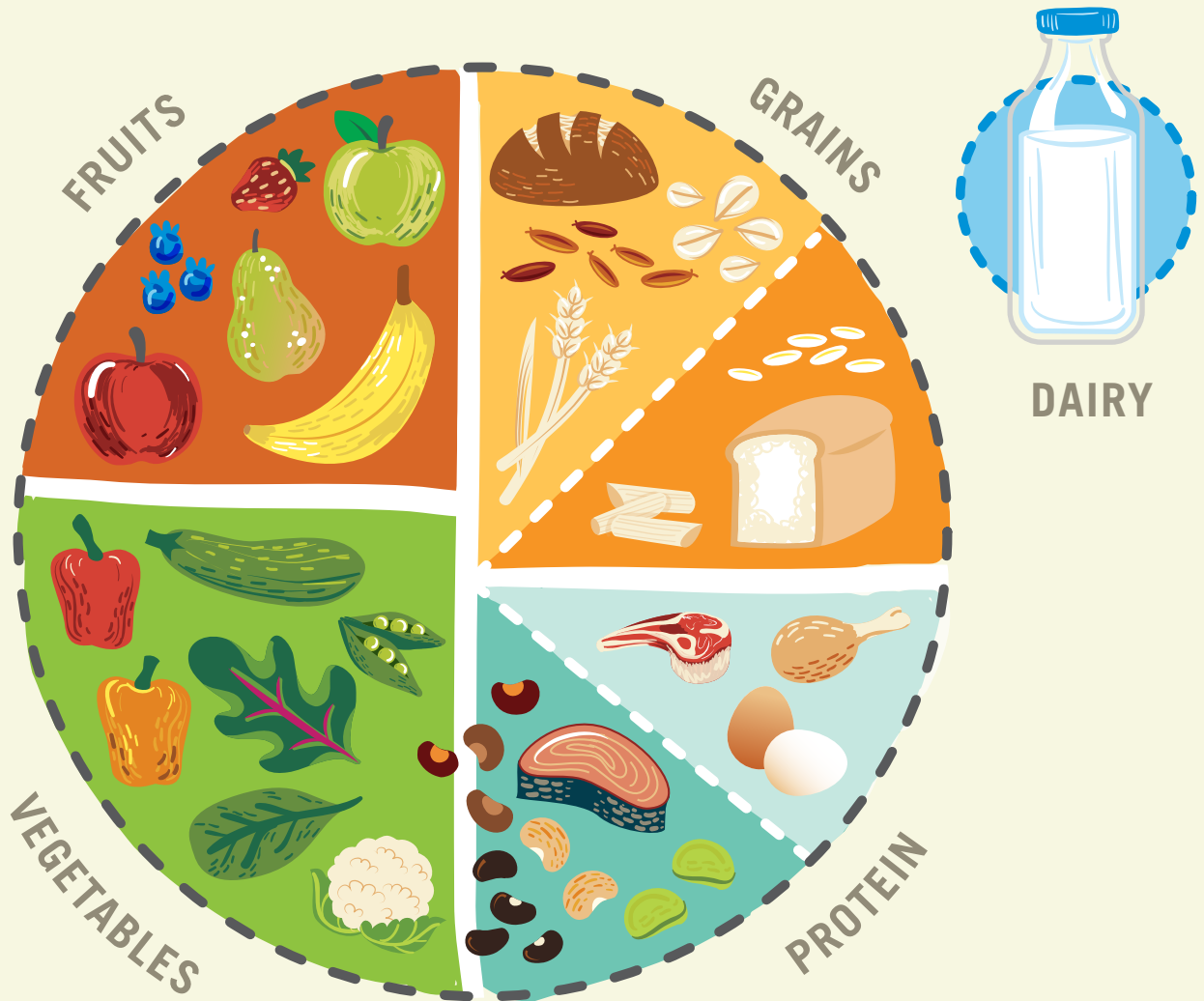


# HEALTHY DIET AND HEALTHY EATING INDEX INFOGRAPHICS SERIES

## 1. Here are the elements of a healthy diet.

A healthy diet means eating mostly  
fruits, vegetables and whole grains...



with only small amounts  
of **sodium**, **added sugars**  
and **unhealthy fats**.