

# PRINCIPLES

## OF HEALTHY, SUSTAINABLE MENUS

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

Culinary Institute of America

HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH  
Department of Nutrition

BE **TRANSPARENT** ABOUT SOURCING AND PREPARATION

# BUY



REWARD BETTER AGRICULTURAL PRACTICES

LEVERAGE **GLOBALLY INSPIRED, PLANT-FORWARD** 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

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



SERVE **LESS RED MEAT, LESS OFTEN**

SUBSTANTIALLY REDUCE SUGARY BEVERAGES; INNOVATE REPLACEMENTS

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

