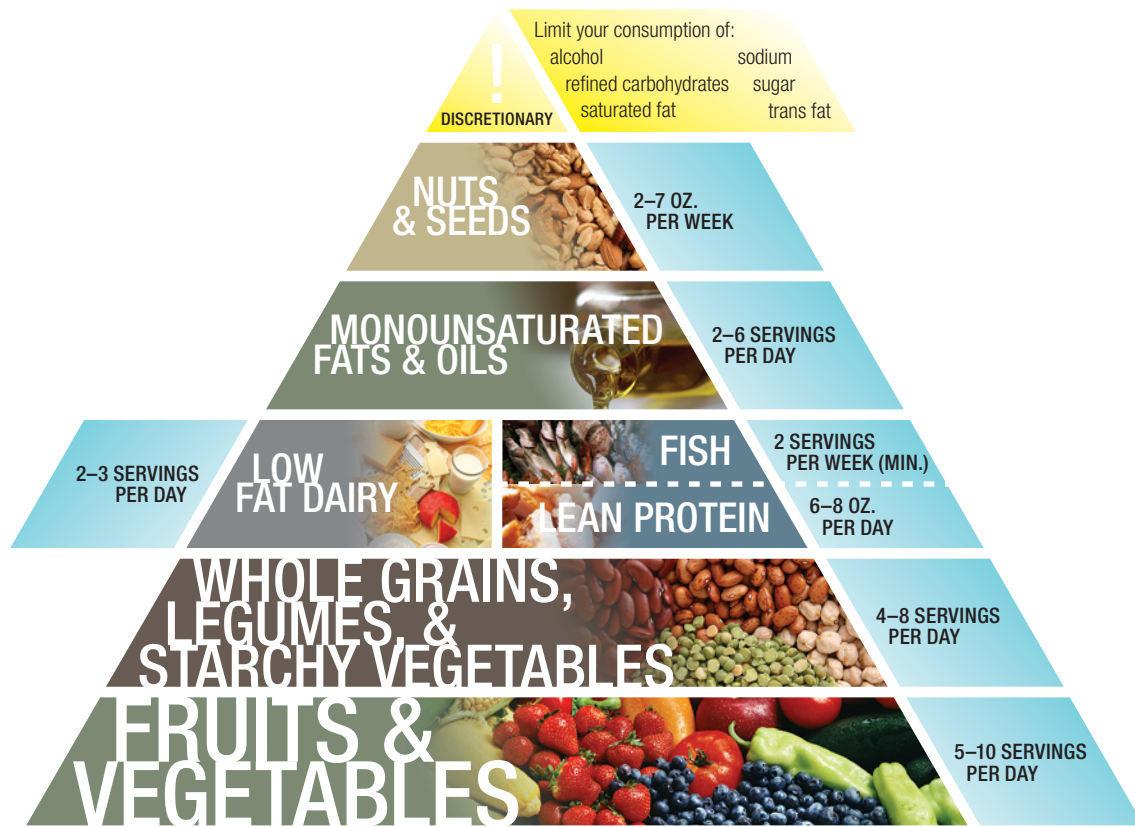


## HILTON HEAD HEALTH NUTRITION PYRAMID

The H<sup>3</sup> Nutrition Pyramid illustrates the components of a healthy diet. It is a balanced meal plan built on the foundation of fruits, vegetables and whole grains, complemented with appropriate amounts of lean protein sources, low or non-fat dairy products, monounsaturated oils, nuts and seeds. When combined with moderate physical activity and effective stress management, this nutrition plan will lead you to a healthier weight, and reduced risk for heart disease, stroke, diabetes, several forms of cancer and chronic diseases associated with aging.



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AMERICA'S PREMIER WEIGHT LOSS AND HEALTH RESORT



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