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*Listening, learning,
and living together:
it's the science of life.*

The New Food Pyramid¹

Linda Bobroff²

Nutrition educators across the country waited in anticipation for months, and finally the waiting ended in April 2005, when USDA unveiled the symbol for their new food guidance system, now called “My Pyramid.” The graphic is a three-dimensional pyramid that symbolizes both healthful eating and physical activity, and includes the slogan “Steps to a Healthier You.”

Gone are the servings and the layered food groups of the old food guide pyramid. My Pyramid has each food group, including the fats group, going from the tip to the base of the pyramid, demonstrating that each food group contains healthful and not-so-healthful choices. For good health, we want most of our choices to be at the base of the pyramid—those foods from each food group that are low in solid fats and added sugars.

The proportion of foods to be eaten from each food group is shown by the width of the colored bands that represent each food group: orange for grains, green for vegetables, and so on. The amount of food to eat from each food group depends on your calorie needs. Family members of all ages can learn to make healthier food choices using the educational materials provided by USDA on the website, <http://www.mypyramid.gov>. Also be on the lookout for community-based programs, such as your local Extension programs, using the new food guidance system to teach better nutrition. Let the experts be your guide!

Listening, learning, and living together: it's the science of life. “Family Album”

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