



The Old vs. the New Food Pyramid

Did you know that the U.S Department of Agriculture (USDA) has replaced its “Pyramid” representation of healthy eating with a plate featuring four colored sections (fruits, vegetables, grains and proteins), and a glass of milk to represent dairy. The plate emphasizes several important nutritional messages to include:

**EAT SMALLER PORTIONS, MAKE AT LEAST HALF OF
THE PLATE FRUITS AND VEGETABLES AND AVOID
SUGARY DRINKS**

More information regarding this topic can be found at www.ChooseMyPlate.gov

