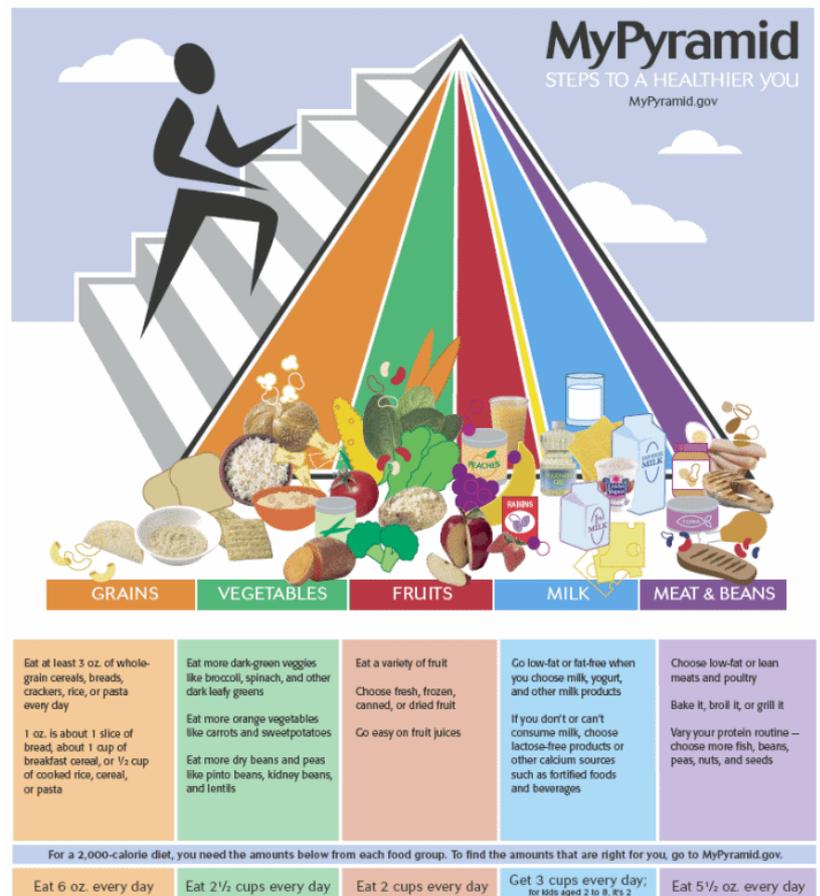
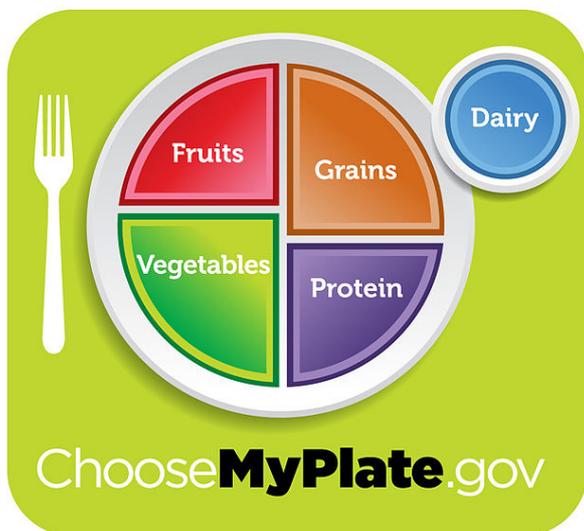


Different Images, Same Meaning

Beside the “classic” Food Pyramid, The USDA (United States Department of Agriculture) created two new images easier to read for children:

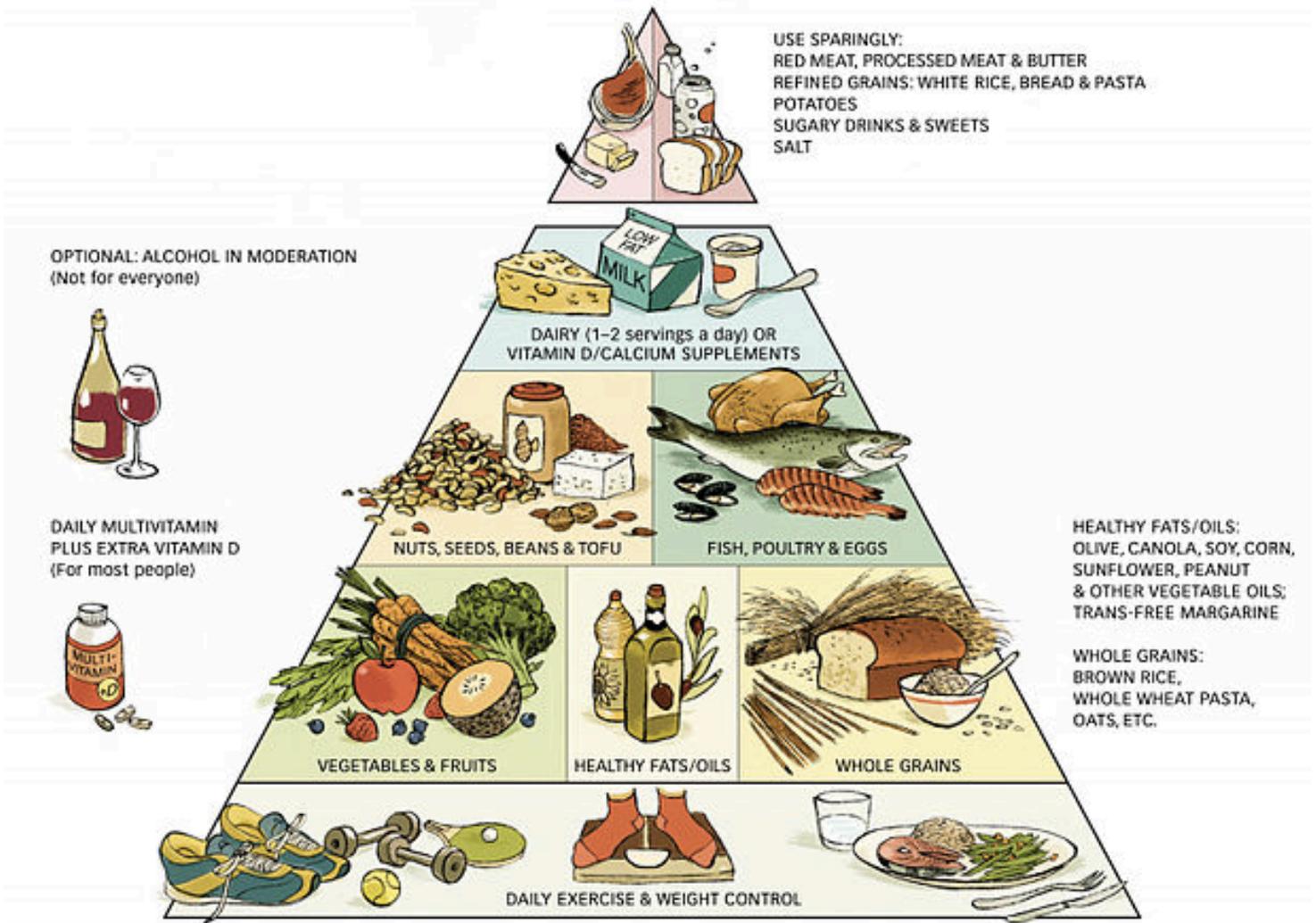
MyPlate simulates what portion size should be on your plate.

The New Food Pyramid is made of sections to determine which food should be a priority.



THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



The New Food Pyramid indicates the new guidelines for an healthy eating in modern time.

Compare this model with the classic one and find out the difference.