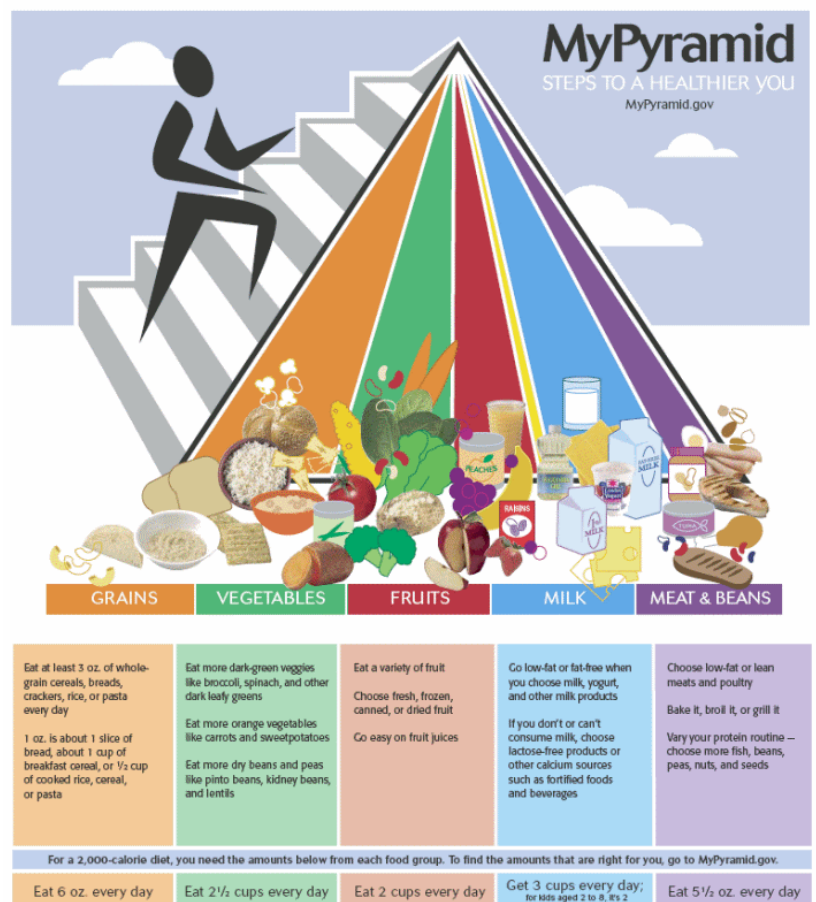
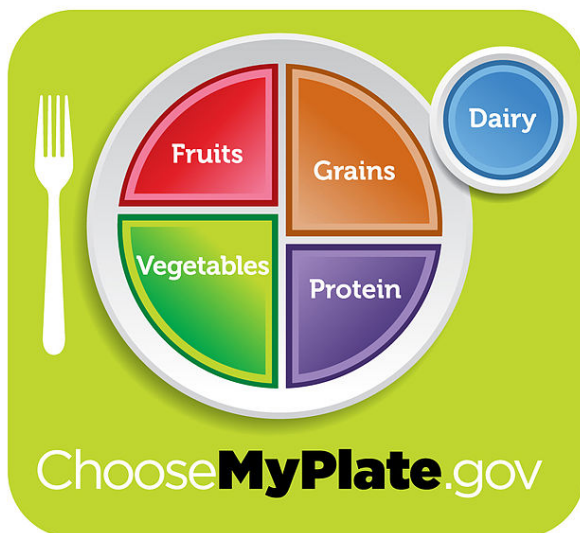


## Different Images, Same Meaning

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

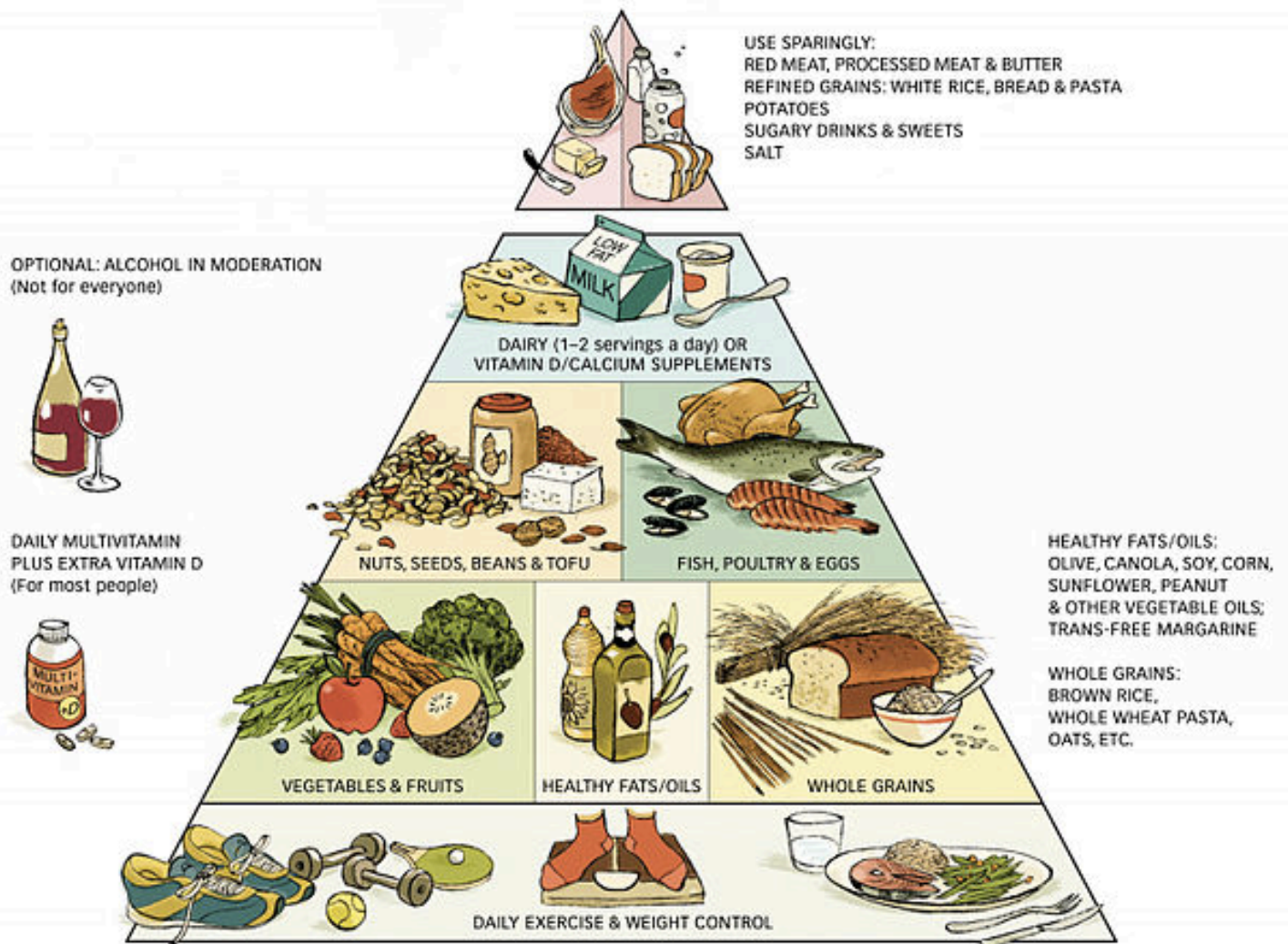
MyPlate simulates what portion size should be on your plate.

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



# THE HEALTHY EATING PYRAMID

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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.