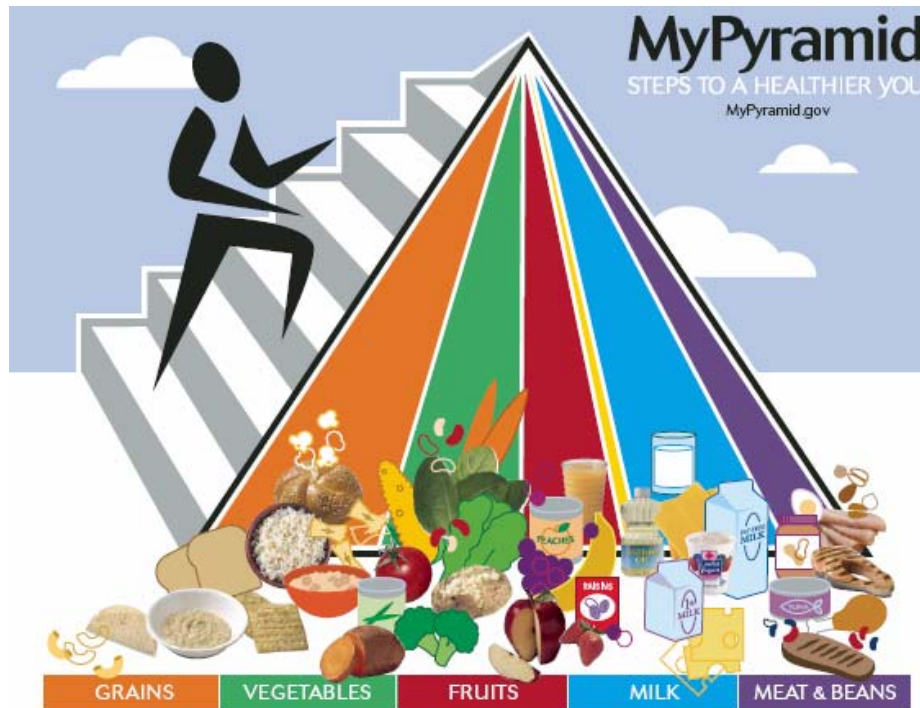


August 2006 The New Food Guide Pyramid

It is not the same old food pyramid. In 2005, the new dietary guidelines were released by the United States Department of Agriculture. To complement the new guidelines, the food guide pyramid was updated as well. Below is a picture of the new pyramid...



The new pyramid helps us...

- ❖ Make smart choices from every food group.
- ❖ Find our balance between food and physical activity.
- ❖ Get the most nutrition out of our calories.

Six food groups are included in the pyramid: grains, vegetables, fruits, milk, meats and beans, and oils. It is recommended that one have 6 oz. of grains, 2 ½ cups of vegetables, 2 cups of fruit, 3 cups of milk or milk products, and 5 ½ oz. of meat or beans each day. Oils, fats, and sweets should be used sparingly.

The most visible change to the food guide pyramid is the incorporation of physical activity into the design and recommendations offered by the pyramid. Physical activity simply means to move the body so it uses energy. For health benefits, physical activity should be moderate to vigorous for at least 30 minutes a day, 3-5 days a week.

Some physical activities include walking briskly, hiking, gardening, jogging, swimming, aerobics, basketball, golfing, and weight training.

More information concerning the Food Guide Pyramid can be found at <http://mypyramid.gov>

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More information at www.gcsnp.org

Gwinnett County School Nutrition Program