**Food Pyramids**

Many registered dieticians and nutritionists use food pyramids to show clients how to structure their diets. The larger base of any pyramid represents the kinds of foods to be found most frequently in the diet, while the smaller tip of the pyramid represents the kinds of foods to be found less frequently in the diet. Food pyramids, particularly the USDA food pyramid, have been receiving a lot of unfavorable publicity over the last few years. Much of the publicity comes from the limited amount of information one might obtain from a food pyramid. For example, the well-recognized USDA food pyramid includes a recommendation to consume fat "sparingly" without an explanation of saturated, unsaturated and trans fats. While many nutritionists and healthcare workers contend a low-fat diet tends to be associated with decreased risk of cardiovascular disease, they also recognize the kind of fat present in the diet is important. Harvard University, for example, developed a new pyramid to distinguish foods containing healthier unsaturated fats from less healthy foods containing saturated and trans fats. Meanwhile, other organizations and institutions are busy creating other pyramids or new ways of assessing nutrition.

Food pyramids are being presented in this class as a tool one can use to evaluate his/her food intake. They are not being presented as the only means available to analyze food consumption. Please do view all of the below pyramids for general information purposes, though you will only be held responsible for specific information relating to one pyramid of your choice (R).

- **Harvard School of Public Health's Healthy Eating Pyramid**
- **Vegetarian Food Pyramid**
- **Mediterranean Food Pyramid**
- **Asian Food Pyramid**
- **University of Michigan-Integrative Medicine's Healing Foods Pyramid**

USDA's new **My Plate** (website) and **MyPlate image**

- **Vegan Peace's vegan pyramid**
- **Latin American Food Pyramid**
- **Dr. Weil's Anti-Inflammatory Pyramid**

There are also country specific food pyramids and similar tools. Please see some examples below for your reference (O).

- **Japanese Food Guide**
- **Spinning Top Health Canada Food Guide**
- **Australian Guide to Healthy Eating**

**My Healthy Plate** - Singapore

- **India's Food Pyramid**

Food and Agriculture Organization of the United Nations: **Hungary and Other Countries** (use pull-down menu to select country)