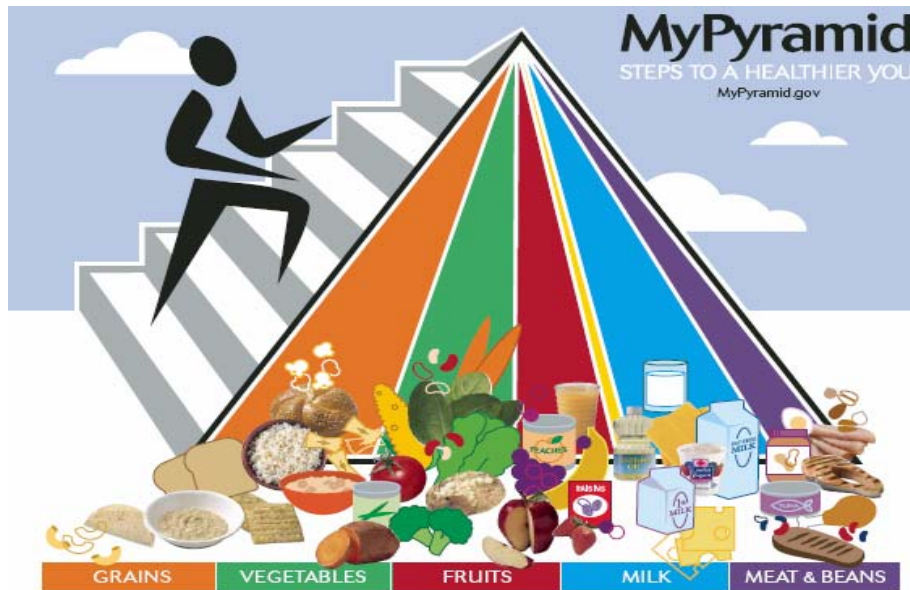


NEAT Fact Sheet

"The Food Guide Pyramid"

In 2005, the new Dietary Guidelines for Americans were released by the USDA. These new guidelines were incorporated into a new Food Guide Pyramid.



- The most visible change- Exercise has been added to the pyramid; 30 minutes per day, 3-5 days per week.
- What does the FGP Symbolize- A personalized approach is needed for healthy eating and activity. One size does not fit all.
- The goal of the FGP- Balance calorie intake with exercise, all foods can work in moderation, choose a variety of foods to eat each day, use the size of the colored bars to assist you in having proportion from each group in your diet.
- Groups represented- Grains, Vegetables, Fruits, Milk, Meat and Beans and Oils and fats.

For more information visit www.mypyramid.gov