

Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

Activity

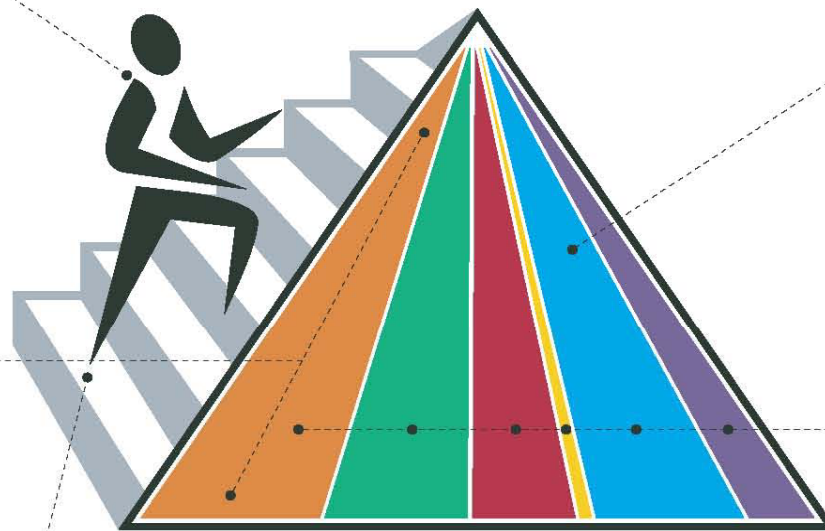
Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.



Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

MyPyramid.gov
STEPS TO A HEALTHIER YOU

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

What does this picture mean?



Get moving: The person climbing the stairs reminds us of that it's important to get some exercise on most days.

One step at a time: The steps going up the side of the pyramid, and "Steps to a Healthier You", remind us that we should improve our eating and exercise habits a little at a time.

Variety: Each color stands for a food group. The 6 different colors remind us we need foods from **all** of the food groups.

Within each food group there are foods to eat more often and foods to eat less often: The wide part of each color stands for healthy foods to eat more often. The thin top part of each color stands for foods to eat less often. Foods to eat less often have more added sugars. They also have more unhealthy kinds of fats.

Eat more from some food groups than others: We should eat more from the food groups that are wide and less from the food groups that are narrow.

Everyone is different: That's why it's called **My** Pyramid. It's also why there is a person in the picture. People come in different ages, sizes and sexes. Some get more physical activity than others. We all need different amounts of food.

