

MyPlate serves new nutrition guidelines



OUT



IN

USDA replaces food pyramid with ‘MyPlate’ in hopes to promote healthier eating.

After devoting decades to designing a pyramid, then honing and refining that design, the nation’s nutrition experts have settled on what they believe is the perfect geometry to represent what we should eat — [a plate](#).

Arriving in the midst of an obesity epidemic, this new at-a-glance guide to healthful eating is meant to remind consumers to limit heavy foods and beef up on the greens.

“MyPlate” promotes fruits and vegetables, which cover half the circle. Grains occupy an additional quarter, as do proteins such as meat, fish and poultry. A glass of milk rests to the side. Desserts have been banished to the desert.