

THE NEW AND IMPROVED
FOOD PYRAMID



High-Fat Foods



Leafy Greens



Legumes



Complex Carbohydrates



Fruits



Vegetables



HOW MUCH SHOULD WE EAT PER DAY?

Vegetables

Unlimited
(as many as possible)



Fruits

2 - 4 servings
(1 serving = 1 piece or 1/2 cup)



Complex Carbohydrates (Whole Grains)

6 - 11 servings
(1 serving = 1/2 cup cooked)



Legumes / Seeds

2 - 3 servings
(1 serving legumes = 1/2 cup cooked)
(1 serving seeds = 1 tbsp)



Leafy Greens

At least 2 - 3 servings
(1 cup raw or 1/2 cup cooked)



High-Fat Foods

Sparingly
(in moderation)



WHICH FOODS SHOULD WE EAT?

High-Fat Foods

- Nuts
- Avocados
- Olives

Leafy Greens

- Spinach
- Cabbage
- Kale
- Collards
- Lettuce
- Arugula



Legumes

- Beans
- Chickpeas
- Lentils
- Seeds
- Peas
- Edamame

Complex Carbohydrates (Whole Grains)

Here are some easy ones to remember:

- Whole Wheat Pasta
- Brown Rice
- Quinoa
- Oats
- Corn



Less popular, just as nutritious:

- Sprouted Grains
- Farro
- Hulled Barley
- Buckwheat
- Bulger
- Millet

Fruits and Vegetables

Eat the rainbow!

Different colors correspond with different nutrients. When you eat a variety of colors, you eat a diversity of important vitamins and minerals that can prevent disease.



FRUIT OR VEGETABLE... THE GREAT DEBATE!



I'm a scientist!

I put all foods with seeds in the "fruit" category. This means cucumbers, squash, tomatoes, peppers, zucchini, and eggplants are all fruits.

I'm a dietitian!

You are technically correct, but I put these foods in the "vegetable" category because their nutritional properties align more closely with vegetables.

