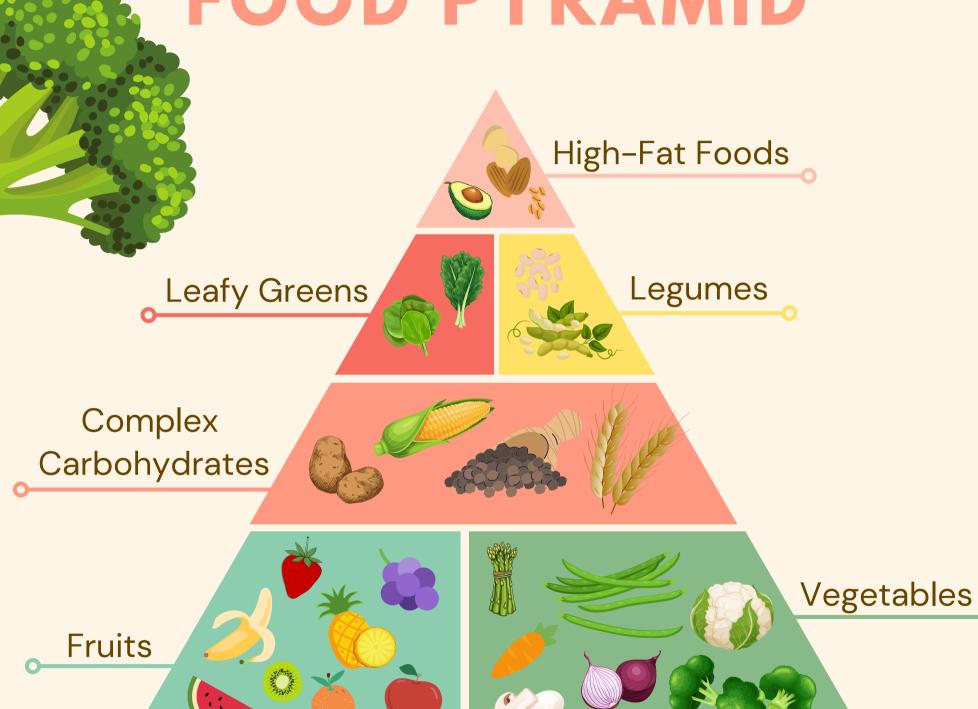
#### THE NEW AND IMPROVED

## FOOD PYRAMID



## 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.

