The New Food Pyramid is out this week and if you haven’t had a chance to view the website, it is personalized. There is an opportunity for you to find out exactly what is recommended for you and your lifestyle. The interactive website is [http://www.mypyramid.gov](http://www.mypyramid.gov). On this first page you can tour the pyramid, look inside the pyramid, and look at tips. One of the best things about this pyramid site is if you click on “My Pyramid Plan”, it will give you a chance to see what the recommendations are for your specific age and activity level. It will then allow you to keep track of your progress on the computer or on paper copies called tracker pages. Be sure to check it out.

**The Anatomy of MyPyramid**

One size doesn’t fit all, not everyone can be the same, so the new pyramid focuses on differences and what is right for each individual. The USDA’s new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. It has been designed to be simple, and remind consumers to make healthy food choices as well as be active every day. The different parts of the symbol are described below by the USDA.

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

**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** 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** 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 how much is right for you.

**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.

**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.

Find out what is right for you.

Developed by Elizabeth C. Shephard, Family & Consumer Sciences Agent I, University of Florida/IFAS – Brevard County Extension, 4/05. Adapted from U.S. Department of Agriculture Center for Nutrition Policy and Promotion. The Institute of Food and Agricultural Sciences is an equal employment opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex or national origin.