

# The New Food Pyramid is a Plate!

**After years of confusion** and an initial 2 million developing and promoting the plate logo, the new pyramid, which is actually a plate, has been released. “When it comes to eating, what’s more simple than a plate?” First Lady [Michelle Obama](#) asked this morning at the unveiling of the [U.S. Department of Agriculture’s](#) newest tool for nutritional standards, MyPlate. First Lady Obama promised that her Let’s Move initiative would continue to work to promote MyPlate in coming months.

**“We’re working to make healthy choices easy choices,”** said Surgeon General Regina Benjamin at the June 2nd unveiling. The new guide is divided into four slightly different-sized quadrants, with fruits and vegetables taking up half the space and grains and protein making up the other half. The vegetables and grains portions are the largest of the four. The simple visual is designed as a guide to help parents and children plan and eat their meals by comparison to the MyPlate icon.

**The [MyPlate.gov](#) web-site has tips and resources,** interactive tools and even recipes to assist Americans fight the rising trend of obesity. It encourages sodium reduction and drinking water instead of sugary drinks. Included here are a few links so you can take a look and see how to use the new MyPlate concept. What do you think of this simplified teaching tool?

**Here is a quick summary from the web-site:**

[ChooseMyPlate.gov](#)

“The website features practical information and tips to help Americans build healthier diets. [ChooseMyPlate.gov](#) includes much of the consumer and professional information formerly found on [MyPyramid.gov](#). It features selected messages to help consumer focus on key behaviors. Selected messages include:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Drink water instead of sugary drinks.”

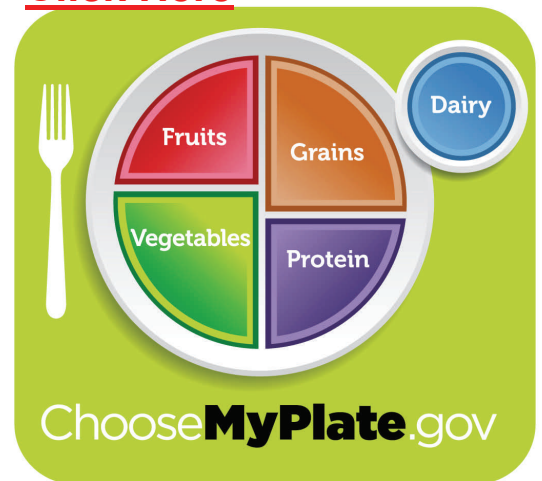
**Have you noticed that dessert is not addressed on the plate?**

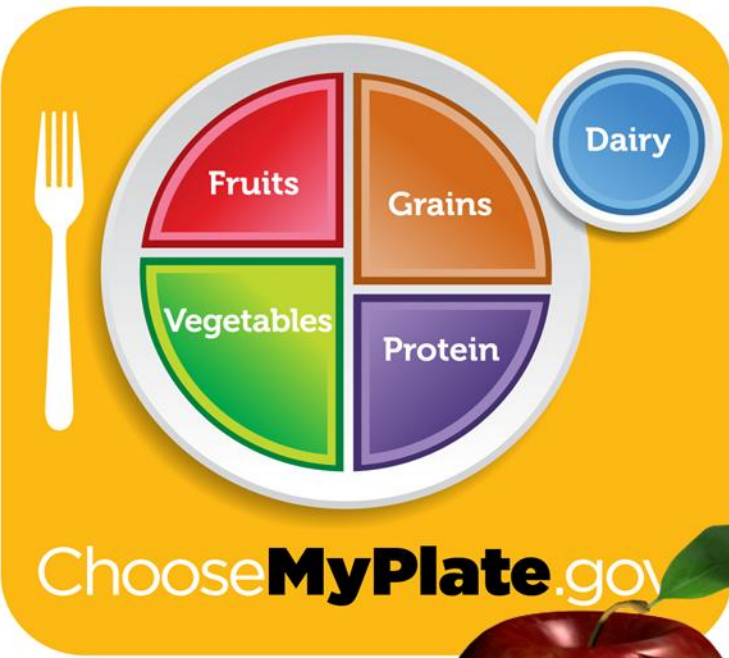
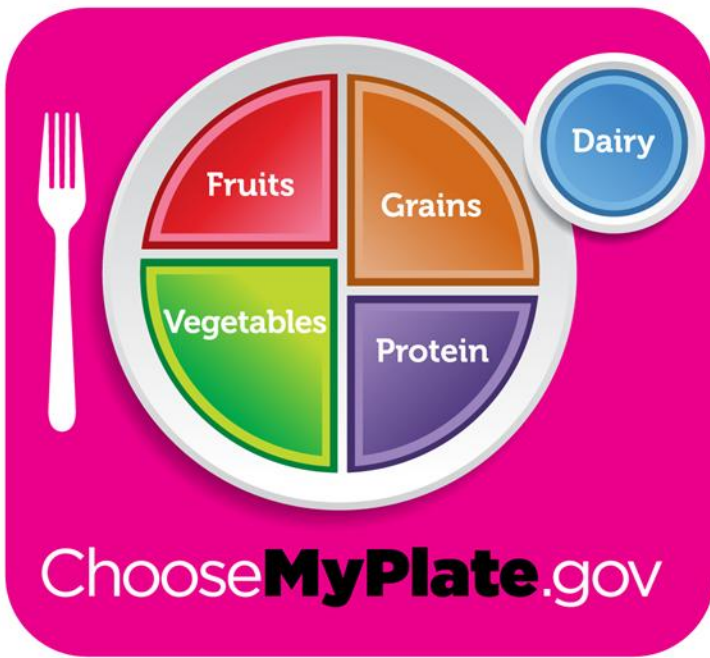
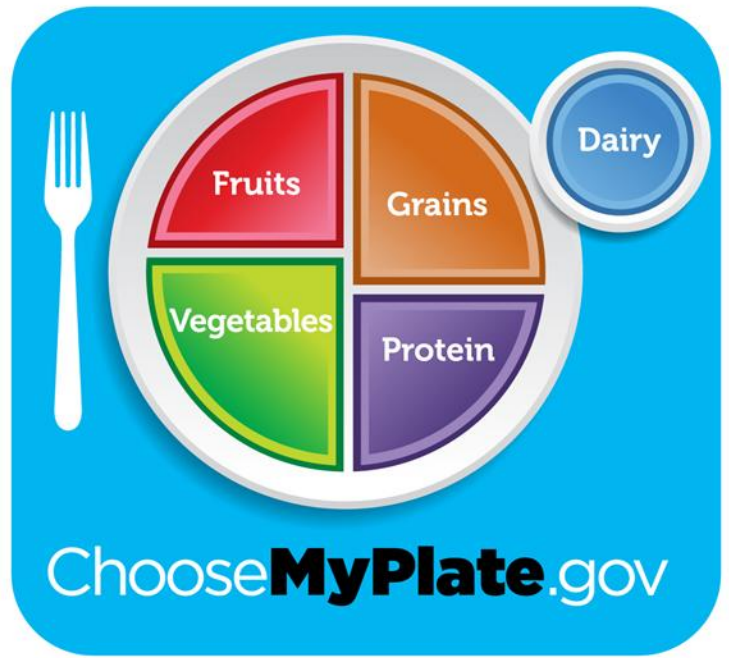
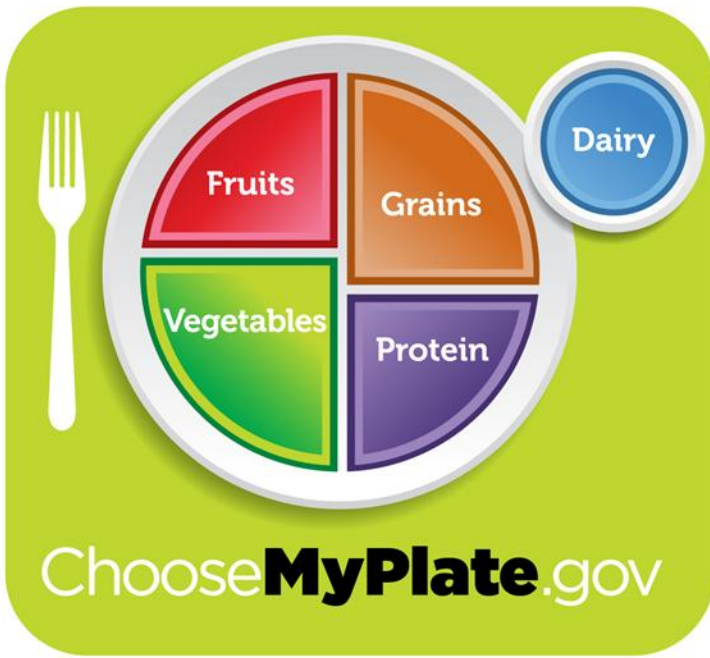
According to US Secretary Of Agriculture, Tom Vilsack, “We’re not suggesting they should not ever have a cookie or a treat or dessert or whatever...What this is about is a nation that has an obesity issue,” he said. “We are not telling people what to eat, we are giving them a guide.”

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Questions or comments? Contact Rebecca Morley, MA  
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