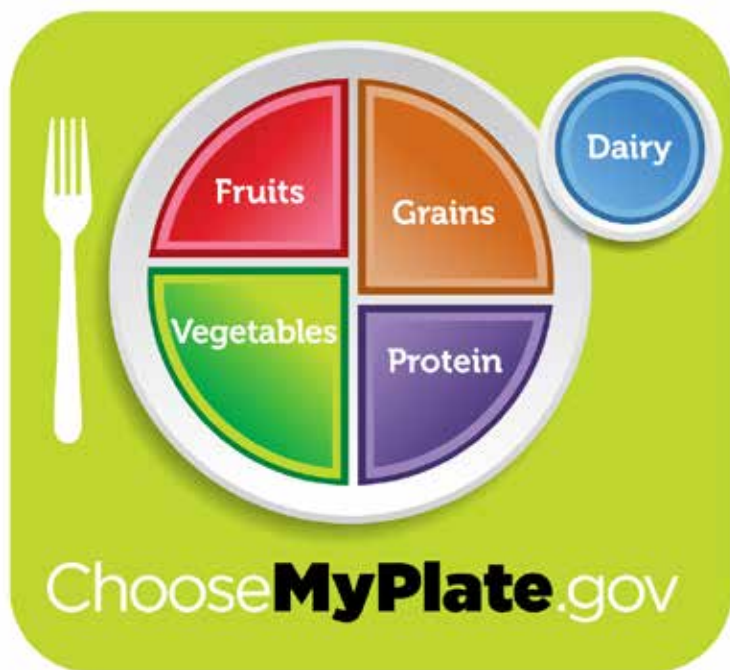


U.S. DIETARY ICONS

MyPlate is the current nutrition guide published by the United States Department of Agriculture. It replaced the USDA's MyPyramid guide in 2011. Many people agree that MyPlate is a step in the right direction towards improved health and well-being. It illustrates five food groups that are the building blocks for a healthy diet using a familiar image – a place setting for a meal.

The icon does not include physical activity as was previously emphasized in MyPyramid.



The Integrative Nutrition Plate is a dietary model which further drives upon the concept of modern nutrition – using the same helpful plate format but replacing dairy with water, grains with whole grains, including fats and oils, and addressing health more holistically than just the food on our plate.

On the outer rim of the Integrative Nutrition Plate are primary foods – relationships, career physical activity, and spirituality. Primary foods are the other components in our lives besides food; for optimal health one's primary foods must be balanced. The inner pieces of the Integrative Nutrition Plate encompass our secondary foods, which are the foods we put in our mouths. It is our primary foods that truly feed us.

