

## **TRANSCRIPTION**

After 12 years it was time for USDA to update the food guide pyramid to reflect the government's new dietary guidelines including the importance of balancing what we eat with our physical activity. To do this we tipped the pyramid on its side. Now all the food group bands run from the top of the pyramid to the base. The different sizes of the bands show the proportion of the food we should eat from each food group. The bands are much wider at the base to remind us to eat mostly foods without solid fats and added sugar. Orange is for grains. Remember to make half of them whole grains. Green is for vegetables. Don't forget to eat dark green and orange ones. Red is for fruits – fresh, canned, frozen or dried. Blue is for milk products. Go for low fat or fat free. Purple is for meat and beans. Choose lean meats and poultry and more fish, beans, nuts and seeds. Yellow is for oils. In addition to the five food groups, choose your oils carefully. Now physical activity or exercise – no matter what you call it, the steps remind us to be active every day. One pyramid does not fit all of us. So we created 12 different ones depending how many calories you need and how active you are. There is one that is just right for you at **MyPyramid.gov** for steps to a healthier you.