

# Breve Historia Moderna de la Nutrición

1992 - 2016

# The Food Guide Pyramid

## A Guide to Daily Food Choices

These symbols show fats and added sugars in foods:

### KEY

- Fat (naturally occurring and added)
- ▼ Sugars (added)

Fats, Oils, & Sweets  
**USE SPARINGLY**

Milk, Yogurt,  
& Cheese Group  
**2-3 SERVINGS**

Vegetable  
Group  
**3-5 SERVINGS**

Meat, Poultry, Fish,  
Dry Beans, Eggs, &  
Nuts Group  
**2-3 SERVINGS**

Fruit Group  
**2-4 SERVINGS**

Bread, Cereal,  
Rice, & Pasta  
Group  
**6-11  
SERVINGS**

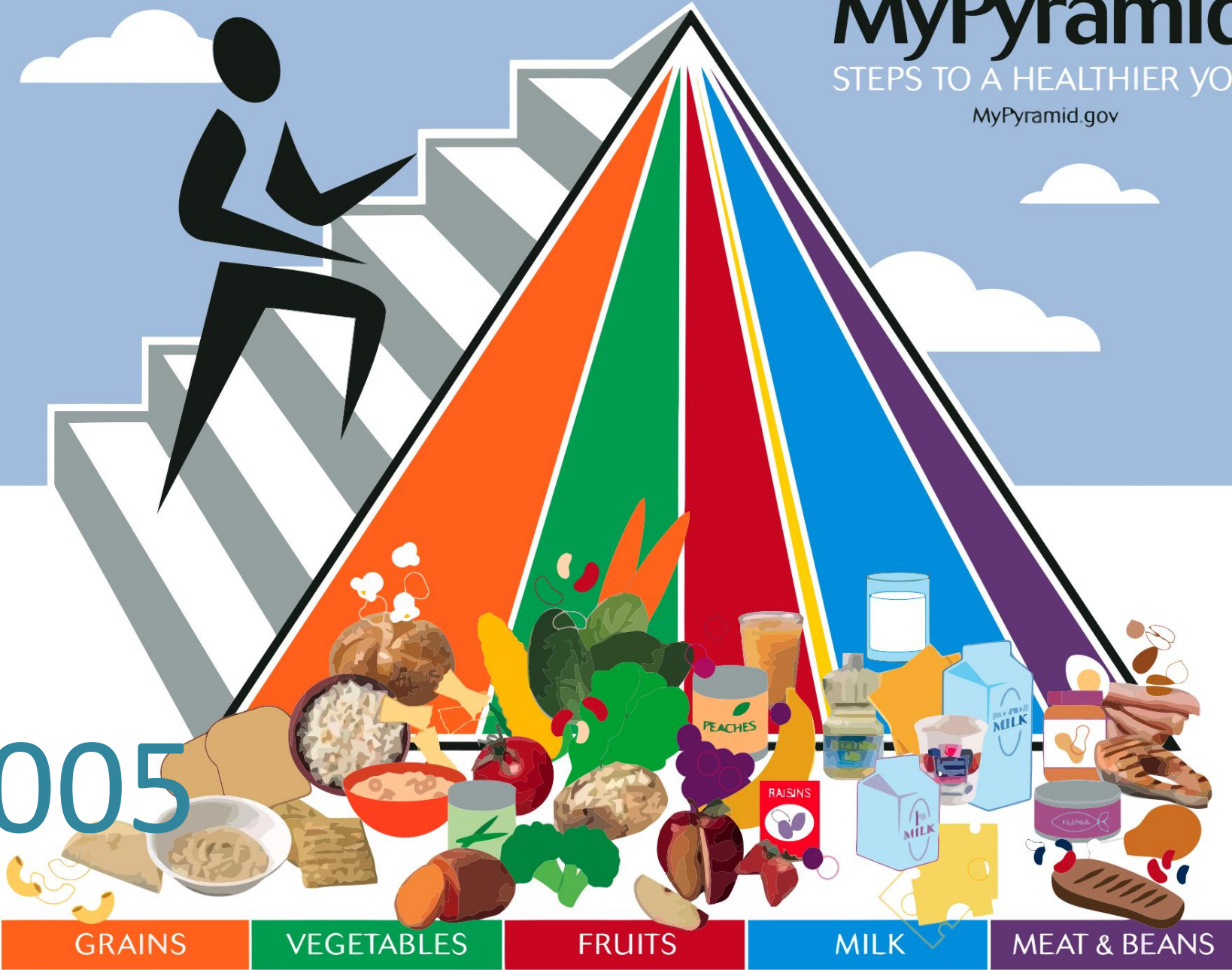
Source: U.S. Department of Agriculture. U.S. Dept. Health and Human Services.

# MyPyramid

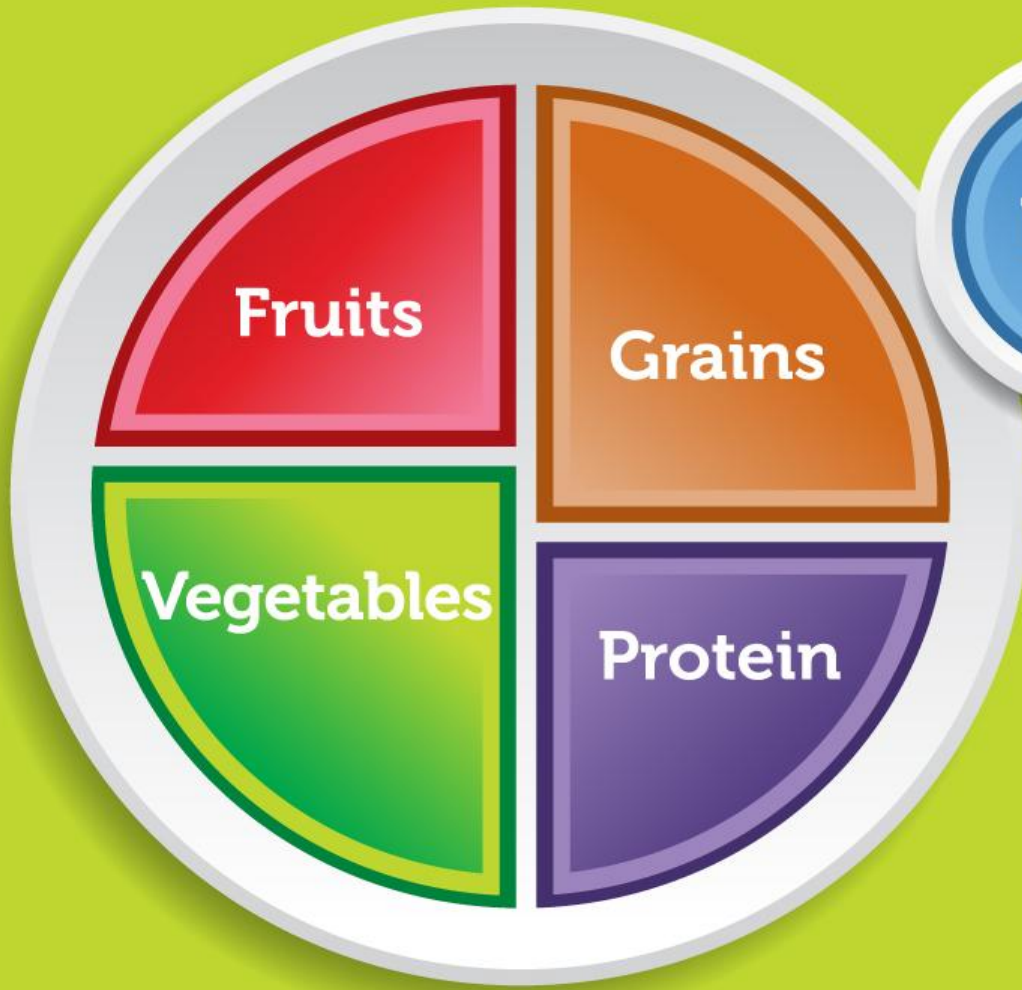
STEPS TO A HEALTHIER YOU

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# HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

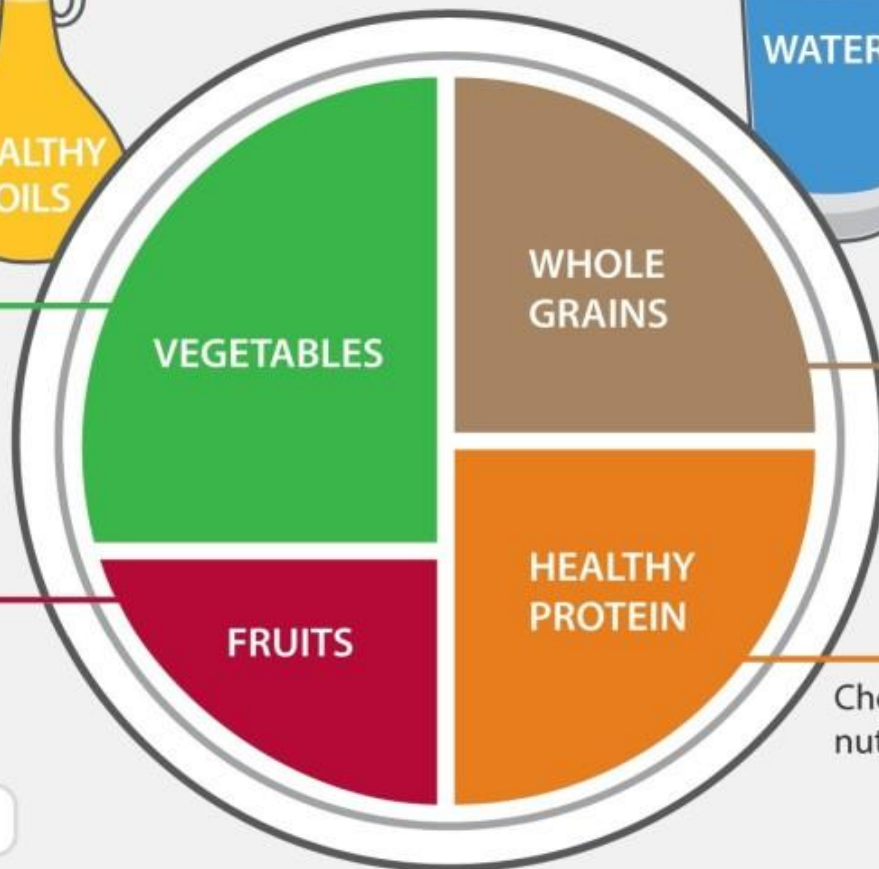


The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

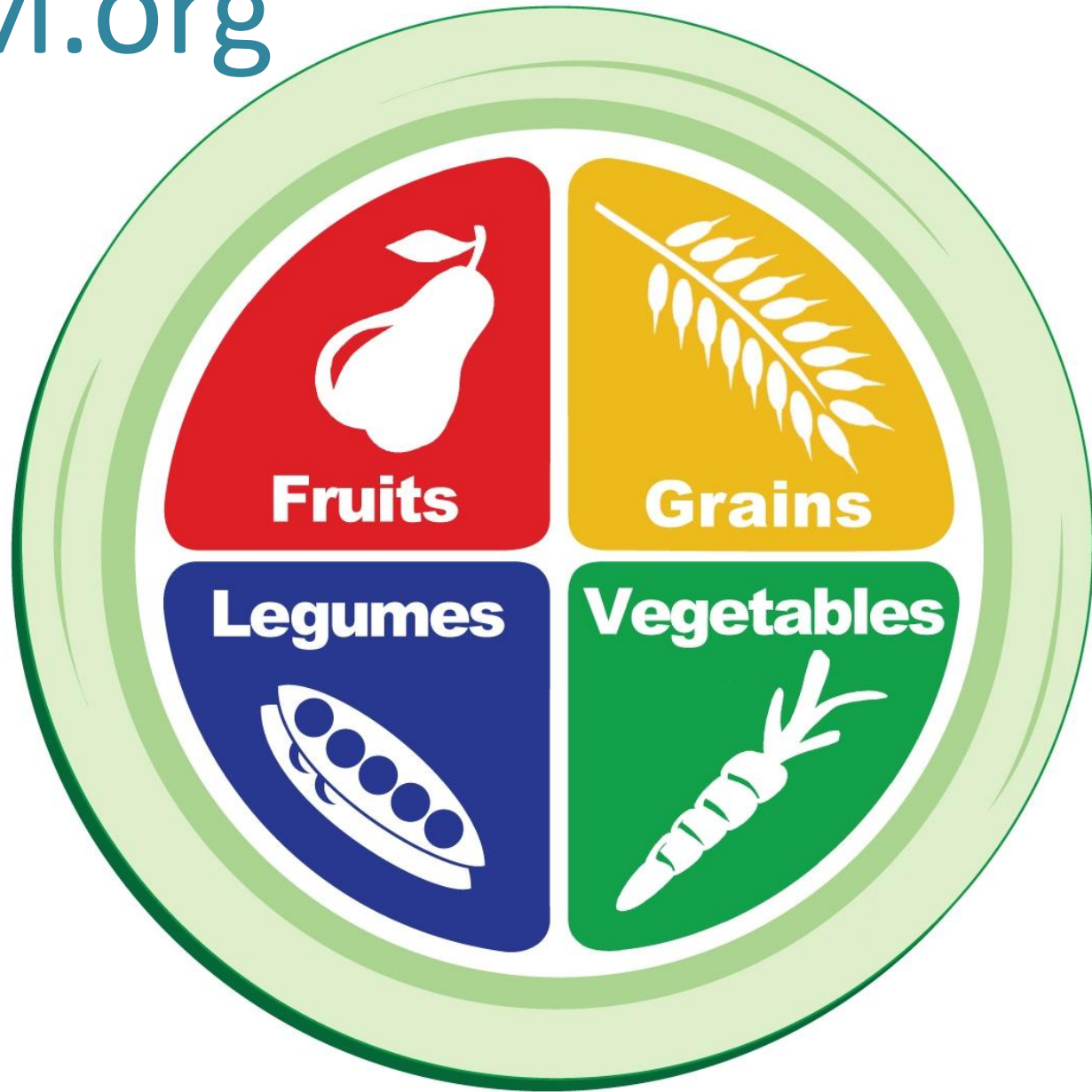


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