

USDA Revises Nutrition Guidelines

Do you want to know which foods are best for your health? Many people follow the U.S. Department of Agriculture (USDA) guidelines for healthy eating. The USDA has replaced its four basic food groups chart that stressed eating a variety of foods from each group. It now advises that some foods are better for you than others. It shows you which foods to eat more or less of in a pyramid-shaped chart.

Look first at the base of the pyramid. This is the grains group, which the USDA says should be the founda-

tion of your diet. It recommends that you eat 6 to 11 servings a day from the grains group.

On the next level of the pyramid are the vegetable and fruit groups. The USDA advises that you eat 3 to 5 servings of vegetables and 2 to 4 servings of fruit a day.

On the next level are the dairy and protein groups. The USDA recommends that you consume 2 to 3 servings of milk, yogurt, or cheese a day. You should also eat 2 to 3 servings of meat, poultry, fish, dry beans, eggs, or nuts per day.

At the top of the pyramid is the fats, oils, and sweets group. This group includes fried foods, most "fast foods," and desserts made with sugar. The USDA says that you should eat foods in this group sparingly.
