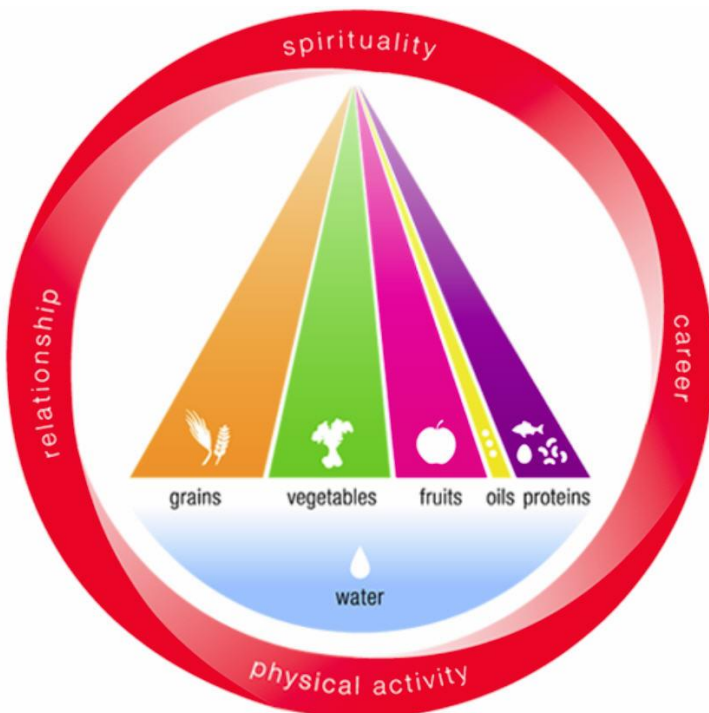




In 2005, the USDA launched **MyPyramid**. This icon better emphasized physical activity, and represents the following major food groups of the USDA dietary guidelines:

- Grains
- Vegetables
- Fruits
- Milk
- Meats & Beans



The **Integrative Nutrition Pyramid** is a dietary model to help encompass our idea of modern nutrition.

The foods you eat are secondary to all the other things that feed you – relationships, spirituality, career, and physical activity – the primary foods.

The foods we eat provide energy and dietary nourishment. Major food groups included are:

- Grains
- Vegetables
- Fruits
- Oils
- Protein
- Water