

NOURISHMENT

THE EVOLUTION OF THE PLATE: NUTRITION RECOMMENDATIONS THROUGH THE YEARS

Nutrition recommendations in the U.S. have evolved over the past few decades as nutrition and health knowledge has expanded.

1990s

USDA Food Pyramid

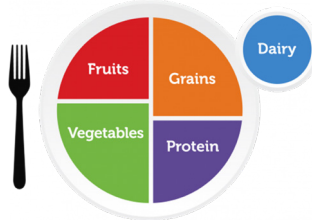
The Food Pyramid served as a daily nutrition guide, recommending we eat more of the foods toward the bottom of the pyramid and less of the foods toward the top.



2011

USDA MyPlate

This visual is meant to help consumers figure out how to model each meal, rather than looking at the day overall. Since the release of MyPlate, the Harvard Healthy Eating Plate has been released, removing the emphasis on dairy as a separate food group and increasing the recommended portion of nonstarchy vegetables.



FUTURE

Personalized Nutrition

The future of nutrition is moving toward personalized approaches that balance individual health needs with environmental responsibility. Let's embrace this change and make informed choices for ourselves and our planet!

2005

USDA MyPyramid

A modified pyramid was released to show a non-hierarchical representation of the food groups. Vegetable and fruit recommendations combined exceeded the grains, and healthy oils became part of the recommendations.



TODAY

Plant-Forward Diets & Worksite Wellness

Plant-forward diets are now mainstream due to both health and environmental concerns. Consumers are making food choices that benefit both their health and that of the planet. Food companies are responding with plant-based product innovations and worksite wellness programs are focusing on education surrounding this topic.



Scan the QR Code or visit
[WeEatLiveDoWell.com/RA-Forlife/](https://www.WeEatLiveDoWell.com/RA-Forlife/)
[#RAFORLIFE](https://twitter.com/RAFORLIFE)

FORLIFE
Cultivating wellbeing practices for life