The USDA Food Guide Pyramid (1992-2011)

and

MyPlate (2011-)

Anthropology of Food
University of Minnesota Duluth

Tim Roufs ©2014
The 1992 USDA food pyramid
the food pyramid of the United States Department of Agriculture is one of the most widely recognized logos in the world . . .

. . . right next to Coke
The nutritional guideline known as the food pyramid, and formally titled the Improved American Food Guide Pyramid, was published by the FDB in Denmark in 1978 and later adopted by the USDA (United States Department of Agriculture) in 1992 to replace the earlier food groups classification system.

This 1992 food pyramid diagram can still be found on much of the food packaging in the United States.
the 1992 “Food Guide Pyramid”
this is the old (1992) version

the 1992 “Food Guide Pyramid”
the 1992 Food Guide Pyramid was replaced by MyPyramid on 19 April 2005
The 2005 USDA food guide pyramid
the 2005 MyPyramid

was replaced by

MyPlate

on 2 June 2011
MyPyramid was replaced by MyPlate on 2 June 2011
food guide pyramids still come in all cuisines and all sizes and shapes . . .
Paleolithic Diet Food Pyramid

http://www.wineinyourdiet.com/My_own_popular_diet_articles/paleolithic_diet.php
Mediterranean Diet Pyramid*

- *Adapted from Consumer Reports, Nov94

Red meat - a few times per month in very small amounts

A few times per week

Daily

- Olive Oil
- Vegetables
- Beans, Legumes, Nuts
- Fruits
- Cheese and yogurt
- Fish
- Eggs
- Poultry
- Sweets

Bread, pasta, rice, couscous, polenta, bulgur, other grains, and potatoes
Vegetarian Food Pyramid

A vegan version of the food guide pyramid

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health

http://en.wikipedia.org/wiki/Healthy_eating_pyramid
China's Food Pagoda

Germany's 3D Pyramid

Greece's Food Pyramid

Spain's Food Pyramid

http://www.chiefdelphi.com/media/photos/22549
Mexican Food Guide Pyramid

www.semda.org/info/images/July99_new.gif
Japanese Food Guide Pyramid

www.ethnicfoodsco.com/Japan/JapaneseFoodPyramid.htm
Asian Diet Food Guide Pyramid
Slovenia's Food Pyramid

Hungary's Food House

[Image: Hungary's Food House diagram]

Spain's Food Pyramid

Japan's Spinning Top

and lots of places continue to have alternate food guide pyramids that they follow . . .
New American Food Pyramid

Level 1 - Alcohol: Beer, Wine, Whisky

Level 2 - Dessert: Pie & Icecream

Level 3 - Real Food: Big Mac, Fries, Chocolate Shake

Substitutions:
Level 1 - None
Level 2 - Cookies/Milk, Chips/Dip
Level 3 - Cheese/Port/Bread, Pizza/Pizza/Pizza, Steak/gravy/Potatoes

www.taylorjmichaels.blogspot.com

http://taylorjmichaels.blogspot.com/2013/03/new-american-food-pyramid.html
The Great FIRST Food Pyramid

Everything Else Group
Suggested Servings per day:
Just enough to keep yourself healthy with a balanced diet.

Pizza Group
Suggested Servings per day:
Minimum Three Slices Per Every Six Hours

Donut Group
Suggested Servings per day:
Minimum Three Donuts Per Day

Mountain Dew Group
Suggested Servings per day:
Minimum 12 ounces per every 4 hours of building.

If (Programmer==True)
{
    MtnDewIntake = ServingSize * 4
}

*The FIRST Food Pyramid is only applicable during the time span between the Kickoff Event and the Ship Date.*
MEXICAN FOOD

Every Thing Else

Flan, Tequila, Tres Leches, Cerveza

Tamales

Enchiladas

PYRAMID
German Food Pyramid

- Bratwurst
- Pretzels
- Bier Strüdel
- Every Thing Else
PIRATE FOOD PYRAMID

PYRAMID

RUM

SEA BISCUITS

HARD TACK, LIMES, BREAD, FRUIT, EVERYTHING ELSE
Inflatable USDA Food Guide Pyramid

www.ethnicfoodsco.com/Japan/JapaneseFoodPyramid.htm
but in one way or another . . .

Inflatable USDA Food Guide Pyramid

www.ethnicfoodsco.com/Japan/JapaneseFoodPyramid.htm
they are all basically “associated” with . . .

Inflatable USDA Food Guide Pyramid

www.ethnicfoodsco.com/Japan/JapaneseFoodPyramid.htm
the USDA whose job it is to promote U.S. agriculture
Marion Nestle provides one of the best discussions—perhaps *THE* best discussion—of the Food Guide Pyramid, and of the USDA (including the politics of the pyramid).
While MyPlate “is the latest in over 110 years of nutrition guides from the USDA”, many version of The Food Pyramid remain in use around the world.
RECOMMENDED

REALITY

http://www.pinterest.com/pin/118641771407221944/