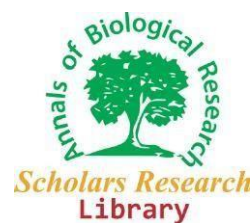




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Annals of Biological Research, 2021, 12 (S5):24
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ISSN 0976-1233
CODEN (USA): ABRNBW

A Short Note on Food Pyramid

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DESCRIPTION

A food pyramid depicts the ideal number of servings from each of the basic food groups to consume each day. In 1974, Sweden published the first pyramid. The "Food Guide Pyramid" or "Eating Right Pyramid" was introduced by the United States Department of Agriculture (USDA) in 1992. It was renamed "My Plate" in 2011 after being modified to "MyPyramid" in 2005. Based on meta-analysis, the World Health Organization and the Food and Agriculture Organization published guidelines that can be effectively represented in a food pyramid relating to objectives to prevent obesity, poor diet, chronic diseases, and dental caries, though they present it as a table rather than a "pyramid." The USDA food pyramid was designed in 1992 and is divided into six horizontal parts, each with food images from each food group. It was renamed MyPyramid in 2005, with colored vertical wedges replacing the horizontal parts. The food graphics were frequently removed from My Pyramid, resulting in a more abstract look. In June, the USDA launched its new My Plate program in an effort to revamp food nutrition guidelines. My Plate is divided into four quadrants of varying sizes, with fruits and vegetables occupying half of the space and grains and protein covering the other half. The portion of vegetables and grains seems to be the greatest of the four. In 1999, a modified nutrition pyramid for adults over age of 70 was proposed.

Vegetables

A vegetable is a savory but not sweet element of a plant that is consumed by humans. Vegetables are not grains, fruits, nuts, spices, or herbs. The stem, root, flower, and other parts of the plant, for example, can be consumed as vegetables. Plants are high in vitamins and minerals, but different vegetables have varying micronutrient balances, so it's crucial to eat a variety of them. Vitamin A is found in orange and dark green vegetables, vitamin C is found in dark green vegetables, while iron and calcium are found in broccoli and similar plants. Vegetables are low in fats and calories, but the items used to prepare them can sometimes increase these.

Grains

When unrefined, these foods provide complex carbohydrates, which are a good source of energy and nutrition. Corn, wheat, pasta, and rice just are some few examples.

Fruits

Fruits are the sweet-tasting seed-bearing parts of plants, or occasionally sweet parts of plants which do not bear seeds, in terms of food (rather than botany). Apples, oranges, grapes, bananas, and other fruits fall into this category. Fruits are a good source of natural sugars, fibre, and vitamins while also being low in calories and fat. Fruit processing, such as canning or creating juice, can result in the addition of sugars and the removal of nutrients. The fruit and vegetable food groups are sometimes mixed together. Note that a large variety of plant species produce seed pods that are regarded fruits in botany, and that some botanical fruits, such as tomatoes and avocados, are traditionally not considered fruits in food since they lack the typical sweet taste.