

## EXAMPLES OF NUTRITIONAL PYRAMIDS - CHANGES

READ THE EVOLUTION OF THE NUTRITIONAL PYRAMIDS. DISCOVER THE CHANGES AND DIFFERENCES IN THE GROUP.

1916-1940

BASIC 7- developed by the American Department of Agriculture



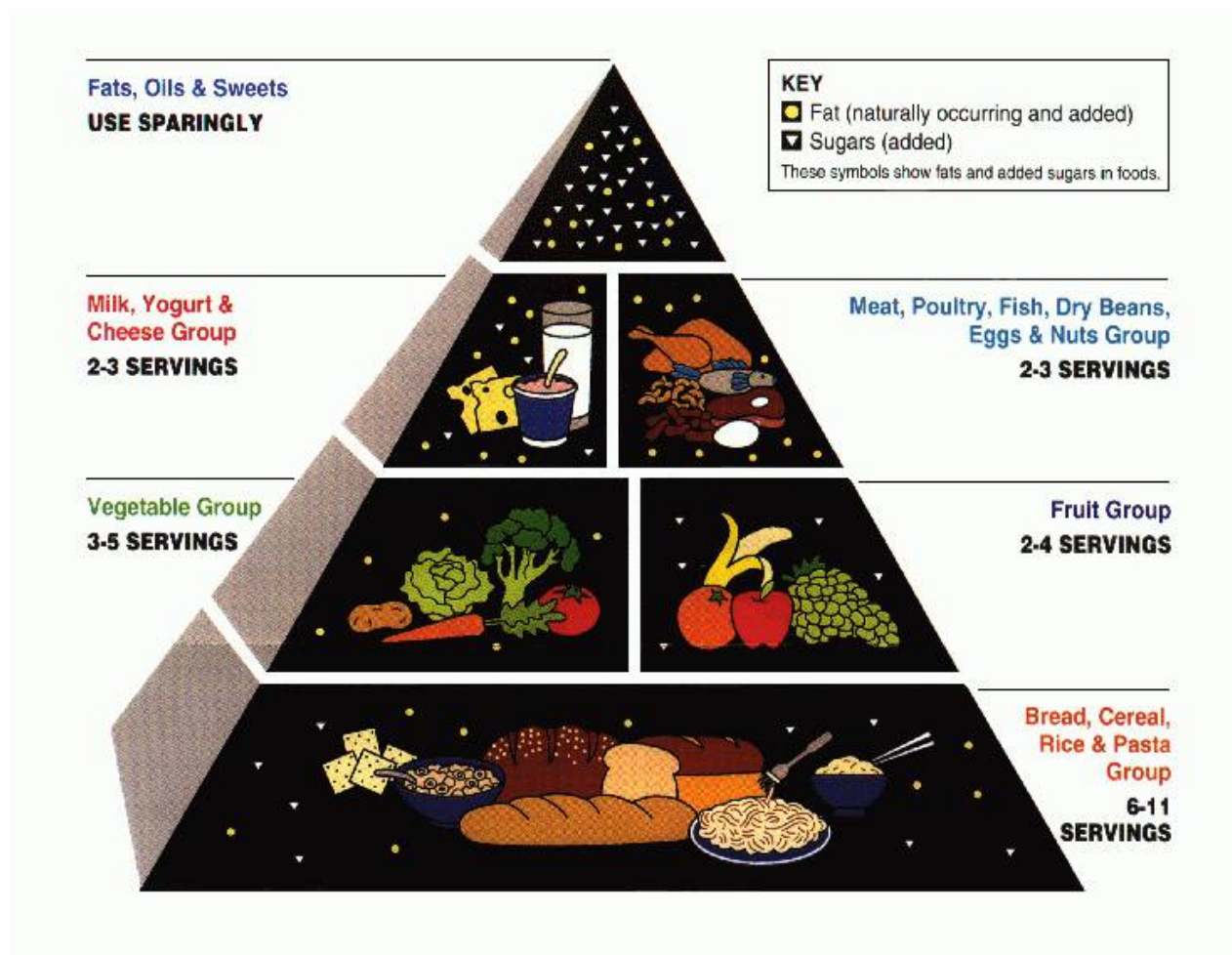
\*Basic seven - the pyramid of healthy nutrition from 1916, Wikipedia

## 1972- the first pyramid of healthy nutrition - SWEDEN



\*<http://www.todayifoundout.com/index.php/2013/09/invented-food-pyramid/>

### 1992-2005 the first pyramid of healthy nutrition in the USA



\* the first pyramid of healthy nutrition in the USA, Wikipedia ([www.pureveg.pl](http://www.pureveg.pl))

## My Pyramid- 2005-2011

Paying attention to:

- physical activity
- calories
- fiber and fatty acids



\*[www.MyPyramid.gov](http://www.MyPyramid.gov)