The New Food Guide Pyramid

The Food Guide Pyramid has gotten a face lift. Released in May 2005, The U.S. Department of Agriculture (USDA) introduced the new pyramid, entitled My Pyramid. The USDA reports that these new changes reflect the most current science and updated tools for ease of use by consumers.

The primary goal of the new pyramid is to encourage dietary and physical activity behavior change among American consumers. One new feature of the pyramid is the message that one size doesn’t fit all. My Pyramid is personalized for each person’s different dietary recommendations based on their age, gender, and physical activity. The new pyramid symbolizes a personalized approach to healthy eating and physical activity consistent with national guidelines.

According to the USDA’s new Food Guide Pyramid, a healthy diet is one that emphasizes fruits and vegetables, whole grains, and fat-free milk and milk products. In addition, you should include lean meats, poultry, fish, beans, eggs and nuts in your diet while limiting your intake of saturated fat, trans fat, cholesterol, salt and added sugars.

The Food Guide Pyramid should be used as a general guide, not a rigid prescription, to help you choose a healthful eating plan. To help you choose the foods and amounts that are right for you, visit www.mypyramid.gov.

Healthy Eating Incentives

AmeriHealth encourages members to eat, live and stay healthy by offering information and incentives such as:

- Up to 25% discount on nutritional (dietetic) counseling
- Up to $200 for the cost of Weight Watchers® or any network hospital weight management program
- Online access to educational materials on a variety of alternative health care topics

To find more information on the AmeriHealth Healthy Lifestyles℠ program, go to www.amerihealth.com and click on Wellness or visit www.amerihealthexpress.com.

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