

U.S. FOOD CONSUMPTION AS A % OF CALORIES

PLANT FOOD:

Vegetables, Fruits, Legumes,
Nuts & Seeds, Whole Grains

Fiber is found only in plant foods.

NOTE: Up to half of this category may be processed, for example almonds in candy bars, apples in apple pies or spinach in frozen spinach soufflé, and of course these would not be healthy choices. The focus should be on whole unprocessed vegetables, fruits, legumes, nuts and seeds and whole grains.

ANIMAL FOOD:

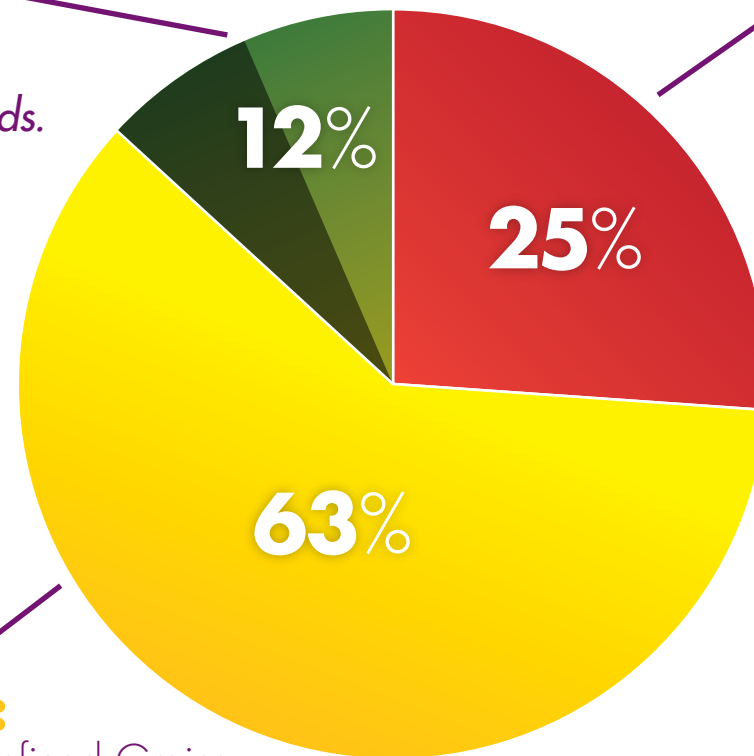
Meat, Dairy, Eggs, Fish, Seafood
Cholesterol is found only in animal foods. Animal foods are the **PRIMARY** source of saturated fat.

GUIDE TO HEALTHY EATING:

Much easier to understand than the USDA Food Pyramid, with no food industry influence.

Eat **LESS** from the animal and processed food groups and **MORE** whole foods from the plant food group.

In general, food from the animal and processed food group contribute to disease, while **WHOLE** foods from the plant group contribute to good health.



PROCESSED FOOD:

Added Fats & Oils, Sugars, Refined Grains