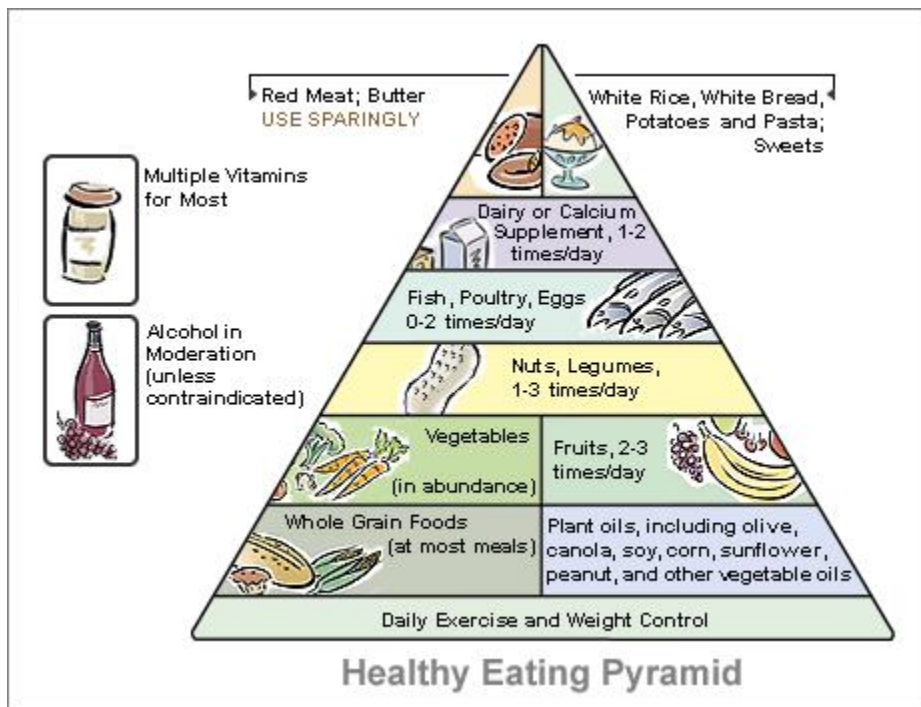


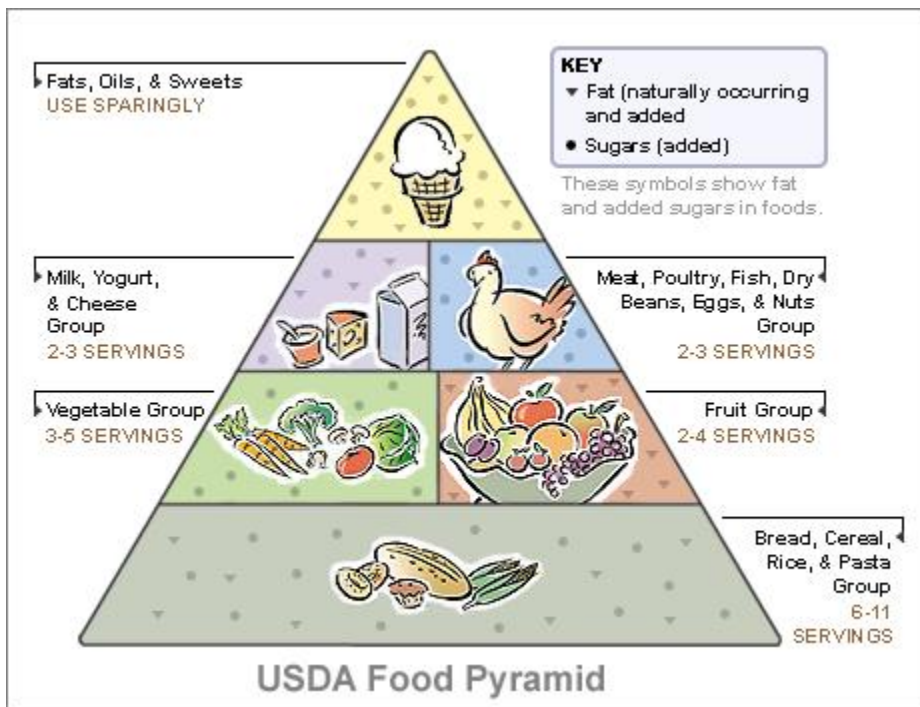
Healthy Eating Pyramid

The shape is the same, but this pyramid from Harvard Medical School makes some major changes to the inside of the structure.

The new pyramid recommends:

- Sharply restricting red meat, potatoes and refined grains, such as white bread
- Limiting dairy products to one or two servings a day
- Replacing unhealthy saturated fat with healthier unsaturated vegetable oils
- Consuming large amounts of whole grains, fruits and vegetables
- Taking a daily multivitamin
- Drinking limited amounts of alcohol





Learn More

[Rebuilding The Pyramid](#)

[How To Use The New 'Healthy Eating Pyramid'](#)

[How To Maintain A Healthy Weight](#)

[Healthy Eating: Recipes For You](#)

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