

[Español](#)

[繁體中文](#)

[简体中文](#)



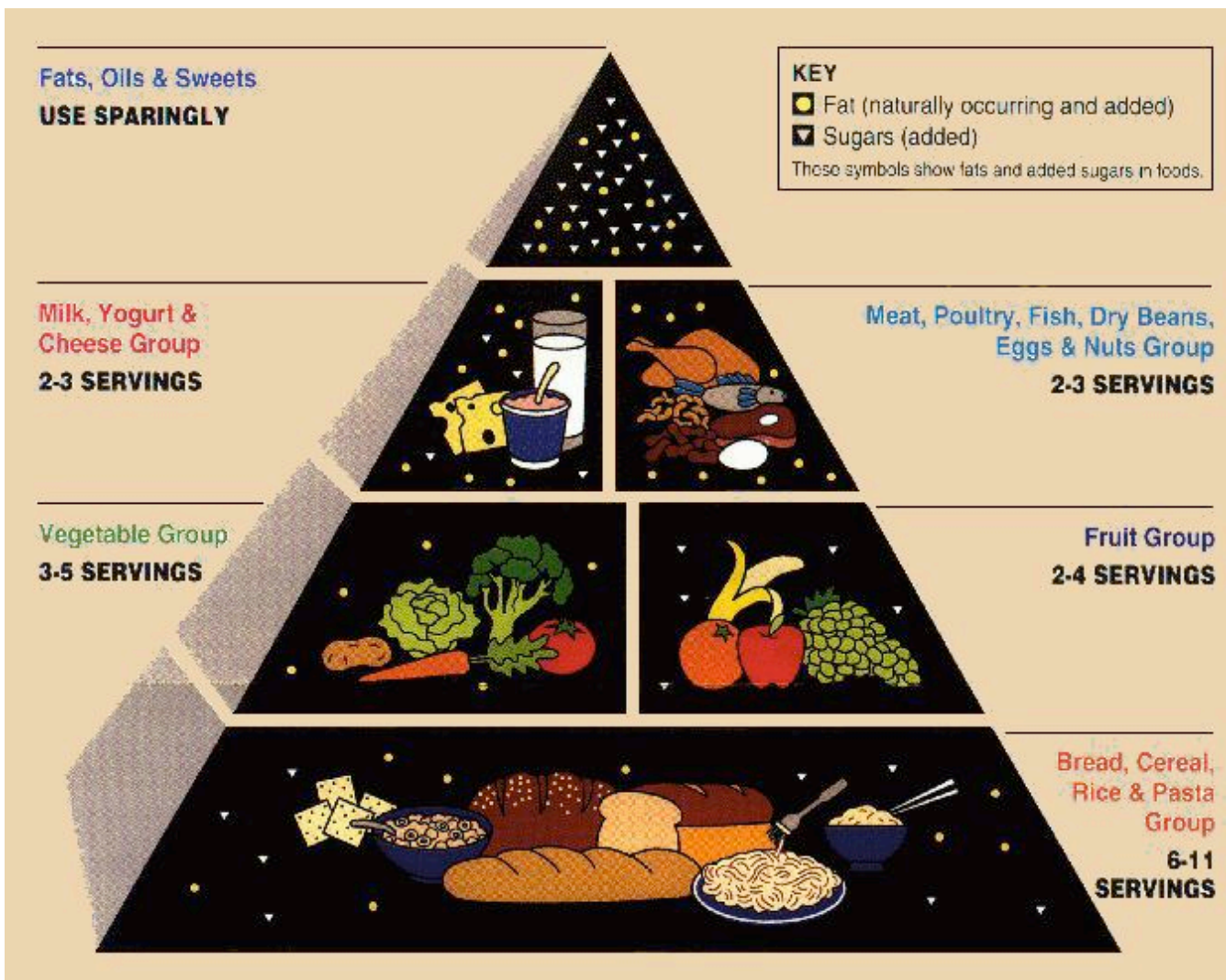
Udo's Choice™ Food Pyramids

[Pyramids Home](#) [Canada Rainbow](#) [USA Food Pyramid](#) [Recipes Section](#) [White House Report](#)

- [HOME](#)
- [PRODUCTS](#)
- [NEW](#)
- [SEARCH](#)
- [SITE-MAP](#)
- [FAQs](#)
- [AUDIO](#)
- [ARTICLES](#)
- [CONTACT](#)
- [FEEDBACK](#)
- [PODCASTS](#)
- [LINKS](#)

The USDA Food Pyramid: Guideline for American Citizens

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This information is not supported by this website. It is only provided as a comparison, so that visitors can see the differences between dietary guidelines proposed by government advisory bodies and by Udo Erasmus. You be the judge as to what is best for you!

THE DIETARY GUIDELINES FOR AMERICANS:

(quoted from the USDA website, Oct 1/2003)

usda website: http://www.pueblo.gsa.gov/cic_text/food/food-pyramid/main.htm

Eat a variety of foods to get the energy, protein, vitamins, minerals, and fiber you need for good health.

Balance the food you eat with physical activity - maintain or improve your weight to reduce you chances of having high blood pressure, heart disease, a stroke, certain cancers, and the most common kind of diabetes.

Choose a diet with plenty of grain products, vegetables, and fruits which provide needed vitamins, minerals, fiber, and complex carbohydrates, and can help you lower your intake of fat.

Choose a diet low in fat, saturated fat, and cholesterol to reduce your risk of heart attack and certain types of cancer and to help you maintain a healthy weight. Choose a diet moderate in sugars. A diet with lots of sugars has too many calories and too few nutrients for most people and can contribute to tooth decay.

Choose a diet moderate in salt and sodium to help reduce your risk of high blood pressure.

If you drink alcoholic beverages, do so in moderation. Alcoholic beverages supply calories, but little or no nutrients. drinking alcohol is also the cause of many health problems and accidents and can lead to addiction.

[BACK TO UDO'S PYRAMID INDEX!](#)

[Pyramids Home](#)

[Canada Rainbow](#)

[USA Food Pyramid](#)

[Recipes Section](#)

[White House Report](#)

[Back To Top](#)