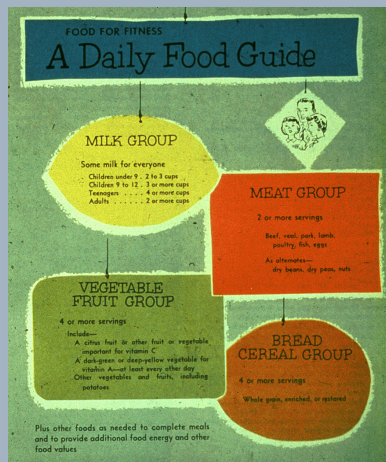


A Visual History of Food Guides



1943 > The USDA introduces the “Basic 7” food guide, aimed at maintaining nutrition standards during the wartime period of food rationing.

< 1955 HSPH researchers condense the Basic 7 food groups into a Basic Four, which the USDA subsequently adopts.

1977 HSPH professor Mark Hegsted helps map out the Dietary Goals for the United States, providing the basis for the 1979 Hassle-Free Daily Food Guide.

1992 > The Food Guide Pyramid is the USDA's first set of guidelines to include recommended servings for each of the food groups.

< 2005 The USDA unveils MyPyramid, with vertical wedges representing the food groups, and a figure scaling a set of stairs along its side to represent the importance of physical activity.

2005 > HSPH responds to the confusing new USDA pyramid with the Healthy Eating Pyramid, grounded in the best available scientific evidence about the links between diet and health.

< 2011 The USDA's MyPlate is released, replacing two decades of pyramids with a simpler approach representing an actual meal.

2011 > HSPH's Healthy Eating Plate corrects key flaws in MyPlate by focusing on whole grains, healthy proteins and oils, and vegetables other than potatoes. The red running figure is a reminder to stay active.

