U.S. FOOD CONSUMPTION AS A % OF CALORIES

PLANT FOOD:
Vegetables, Fruits, Legumes, Nuts & Seeds, Whole Grains
Fiber is found only in plant foods.

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

PROCESSED FOOD:
Added Fats & Oils, Sugars, Refined Grains

NOTE:
The shaded portion signifies the bad news that even within this category, up to half of the food consumed is in the form of less healthy choices—such as potato chips, French fries, nuts in candy bars, and apples in pies. The focus should be on whole unprocessed vegetables, fruits, legumes, nuts and seeds and whole grains.

The USDA My Plate Guide is still influenced by the food industry.

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

No animal products are necessary and an ideal diet contains none.

Source: USDA Economic Research Service | Coalition for Healthy School Food | www.healthyschoolfood.org
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