

# 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:

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.

## ANIMAL FOOD:

Meat, Dairy, Eggs, Fish, Seafood

**Cholesterol** is found only in animal foods. Animal foods are the **PRIMARY** source of saturated fat.

**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.

## PROCESSED FOOD:

Added Fats & Oils, Sugars, Refined Grains

