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The Food Guide

Pyramid is based on

the 1989 RDAs and

on the 1990 dietary

guidelines. As

explained in Section II

of this chapter, the

1989 RDAs are being

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by the USDA in 1992, was replaced on April 19, 2005, by MyPyramid. The original Food Guide Pyramid, like MyPyramid, was a widely

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It's a cute read and is
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with food names like "King Candy Bar" and "Carolina Cucumber." Great, vibrant pictures for kids to see. BTW, the book is a little dated due to the government tweaking the food pyramid in 2006. The book uses the old horizontal model and the newest pyramid has vertical divisions.

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