PYRAMIDS, PLATES, AND PAGODAS

GLOBAL GUIDELINES
From country to country, dietary guidelines vary, however they do have one constant – they all continue to evolve and change.

Think about it: We eat very differently today compared to 20 years ago. Just like hair styles and fashion trends, it’s only natural for guidelines to change in order to keep up.
The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.
CHINA - FOOD GUIDE PAGODA
Japanese Food Guide Spinning Top

Do you have a well-balanced diet?

Physical Activity

Water or tea

5-7
Grain dishes
(Rice, Bread, Noodles, and Pasta)

5-6
Vegetable dishes

3-5
Fish and Meat dishes
(Meat, Fish, Egg and Soy-bean dishes)

2
Milk
(Milk and Milk products)

2
Fruits

Enjoy Snacks, Confection and Beverages moderately!

for one day
BIEN MANGER, BOUGER,
PROTÈGE VOTRE SANTÉ.

3 par jour

1 ou 2 fois par jour

Produits laitiers

Viandes, œufs et poissons

Lait

A chaque repas selon l’appétit

Fruits & légumes

Gras

Sucré

Salé

limiter la consommation

Eau à volonté

5 par jour au moins

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USA MYPYRAMID TO MYPLATE
What would the Integrative Nutrition plate look like?

- Dairy vs. no dairy?
- Good fat vs. no fat?
- Grain vs. whole grain?
IIN PYRAMID TO PLATE
IIN PLATE

Integrative Nutrition® Plate

Fruits
Whole Grains
Vegetables
Protein

Water
Fats & Oils

Relationships
Physical Activity
Career
Spirituality

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MyPlate vs. IIN Plate

MyPlate

Integrative Nutrition Plate

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INTEGRATIVE NUTRITION PLATE

1. Do you see yourself benefiting from this tool?

2. How closely does your current diet and lifestyle reflect the IIN Plate?

3. How can you tailor the plate to meet your own needs?

Use your own interpretation of the plate as a guide to help you create more balance in your life, and experiment to see what works best for you!