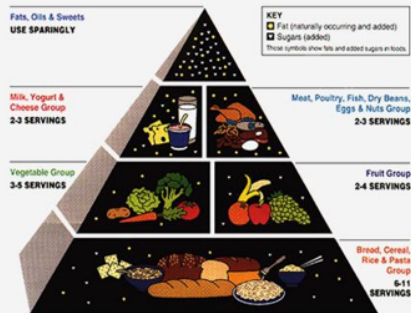


Food Pyramid



A well-recognised nutrition tool that was first introduced in 1992 by USDA (United States Department of Agriculture).

It suggests that you should eat more foods from the bottom of the pyramid (bread, cereal, rice, pasta group) and fewer from the top (fats, oils, sweets).

Eatwell Plate

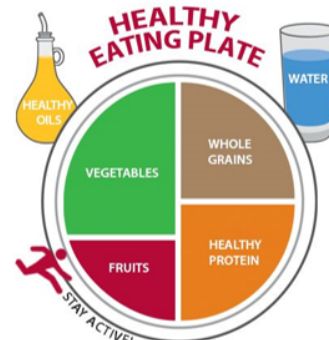


Food group recommendation by Department of Health, UK, 2012.

The plate is split into 5 segments:

- Fruit and vegetables.
- Bread, rice, potatoes, pasta and other starchy foods.
- Milk and dairy products.
- Meat, fish, eggs and/or non-dairy sources of protein.
- Small amount of fatty and sugary foods.

Healthy Eating Plate

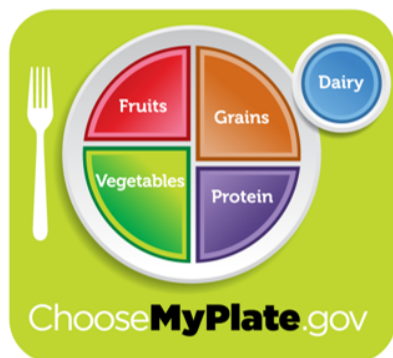


A healthy plate by Harvard T.H. Chan School of Public Health introduced in 2017.

It makes recommendations such as:

- Choose whole grains instead of refined grains.
- Eat fish, poultry, beans or nuts, and limit red meat and processed meat.
- Eat more vegetables except potatoes.
- Choose a wide variety of fruits.
- Prepare meals with healthy oils, such as olive, canola, and other plant-based oils.
- Drink more water, avoid sugary drinks including fruit juices.
- Stay active to maintain healthy BMI.

MyPlate

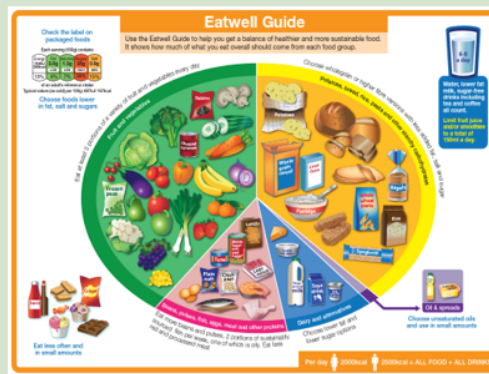


A newer version of the nutrition guide introduced by the USDA in 2011.

It focuses on grains, protein, vegetables, fruits, and dairy products.

However, certain foods such as red meat, processed meats, and potatoes are allowed.

Eatwell Guide



Updated version of healthy eating guide that replaced Eatwell Plate in 2016 with some modifications:

- High fat, salt and sugar foods are omitted.
- Included hydration message.
- Added message on food labels.
- Removal of fruit juice from the fruit and vegetable segment.

My Healthy Plate



Singapore's version of healthy plate introduced in 2014 by Health Promotion Board.

My Healthy Plate emphasises the healthy habits of:

- ½ plate with fruit and vegetables
- ¼ plate with whole-grains
- ¼ plate with meat and others
- Use healthier oils
- Choose water
- Be active