



Good Nutrition Ideas  
P.O. Box 2412  
Missoula, MT 59812



---

Learn to...  
*“Choose wisely within a  
food group\*”* using the...

## WISE CHOICES PYRAMID



© 2005 USDA  
A Department of Health and Human Services



\*USDA Dietary Guidelines for Americans

---

---

**Do you think we can't compare  
apples and oranges?**



**Think again!**



The *Wise Choices Pyramid* was created to help consumers make better dietary choices within the food groups for healthier diets.

The *Wise Choices Pyramid* ranks foods based on recommendations from the USDA *MyPyramid*, the American Heart Association, the American Dietetic Association, and other scientific organizations\* .

Then, within each food group, the ranked foods are placed according to their nutritional benefits. Your best choices are toward the left side of the *Wise Choices Pyramid*.

\*Does not imply endorsement

---

---

**Make your food choices count**

The *Wise Choices Pyramid* poster was designed for nutrition educators, teachers, health professionals and families.

**Useful for nutrition education and menu planning.** Download free education materials to teach clients and students about making *wise choices* for their diets.

The *Wise Choices Pyramid* poster measures 18x24", full color, on glossy paper, suitable for framing and display in home, clinic, classroom, or health club.

Visit our website for more information and purchasing details:

[www.goodnutritionideas.com](http://www.goodnutritionideas.com)

Or contact:

Dr. Kathy Humphries, Ph.D.

[khumphries@goodnutritionideas.com](mailto:khumphries@goodnutritionideas.com)

---