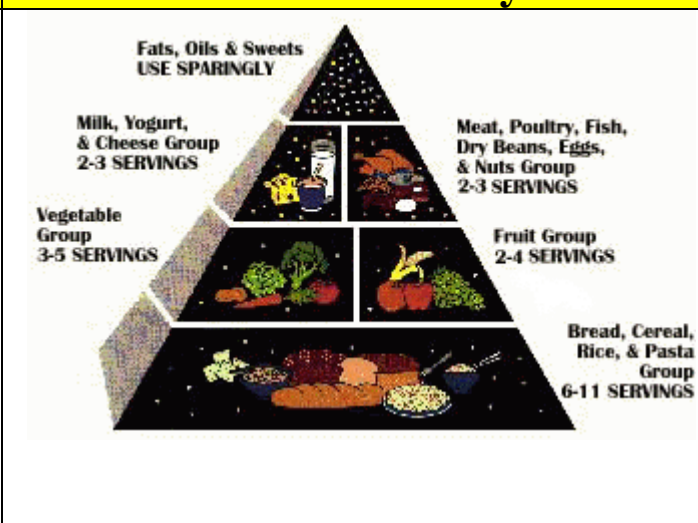
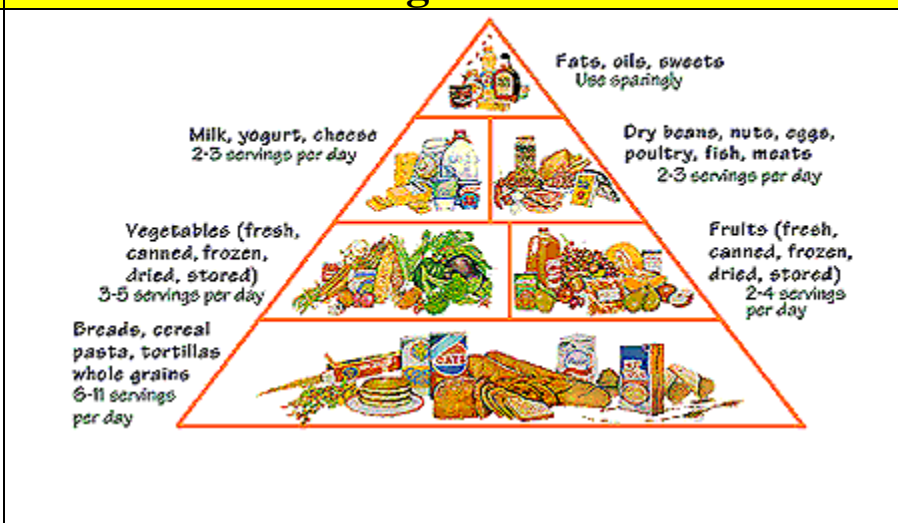


Northeast Regional Food Guide and the USDA Food Guide Pyramid: A Comparison

The Northeast Regional Food Guide and the USDA Food Guide Pyramid have several elements in common. But there are several important differences as well. Below is a comparison of these two food guides.

	USDA Food Guide Pyramid	Northeast Regional Food Guide
		
Food Guide Shape.	Pyramid shape.	Pyramid shape.
Food Groups.	Bread, Cereal, Rice & Pasta; Vegetable; Fruit; Milk, Yogurt, & Cheese; Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts; Fats, Oils, & Sweets.	Food groups are identical to the USDA Food Guide Pyramid, but the word order is changed for the high protein food to reflect an emphasis on plant foods in the diet: Dry Beans, Nuts, Eggs, Fish Poultry, & Meat.
Food images.	Foods represent variety in each group.	The number of foods pictured on the NERFG is much greater than on the USDA Food Guide Pyramid. The foods pictured on the NERFG are foods that do currently, or can potentially grow in the Northeast region.
Forms for fruits and vegetables.	Foods are pictured in their fresh form only.	The names of the fruit and vegetable group include the various forms in which these foods can be found (fresh, canned, frozen, and stored). Eating a diet based on the availability of locally grown foods means that the form in which we eat foods may change throughout the year. For example, we might not have fresh tomatoes in the winter, but canned tomatoes or sauce would be consistent with local foods.
Foods at the top of the Pyramid.	Symbols for fat and sugar, no foods pictured.	This section actually has foods pictured. These foods, such as jams, jellies, honey, butter and syrup provide little more than sugar and fat (empty calories) but they represent food products of the region that add to the agricultural economy of northeast communities.
Seasonal Availability of Produce.	None.	Contains lists of fruit and vegetable availability for each season. In the winter, the foods listed will need to be provided from storage.