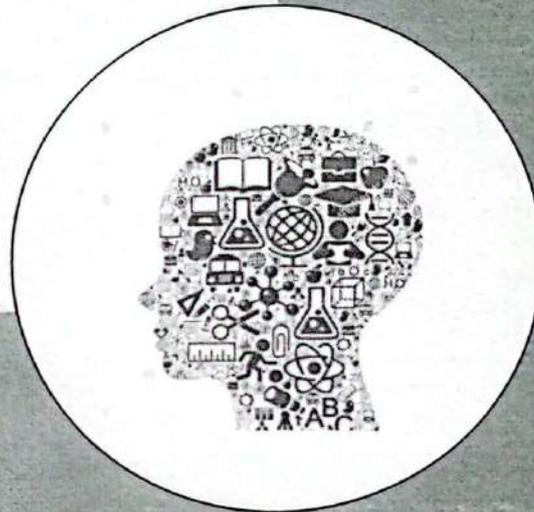


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## Food Pyramid A way to Healthy life

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### Abstract:

Food is a basic necessity of human being without food human being will not survive. In search food our ancients turned into civilize society from nomadic life. As Civilize societies progressed the enriched food culture also progressed as the relationship between food and human health recognized there is a need to make aware about the right portion of food to eat. In this view the concept of Food Pyramid was develop which helps to think about proper individual food intake.

**Key words:** Food pyramid, food

### Introduction:

Food is the most essential requirement for sustenance of human life. Human being does survive without shelter over their head or clothes over their body till they get wholesome nutrition through foods. So human history motivated in search and seek of food from the earliest cavemen who survived on hunting to the more advanced civilizations which used agriculture, food transformed human life by giving it structure. It paved way to the path of the modern civilization. We moved from caves to fertile lands near water. While adopting staple crops humans increased their chances of survival several fold. These genetic engineers laid down the tools which would shape the emergence of civilization as we know it. It resulted in families and social structure which emerged into the complex societies. Throughout history food has acted as a catalyst for societal transformation, societal organization, competition, development, conflict and expansion.

Food is any substance consumed by an organism for nutritional support. Food is usually of plant, animal or fungal origin and contains essential nutrients such as carbohydrates, fats, proteins, vitamins, or minerals. The substance is ingested by an organism and assimilated by the organism's cells to provide energy, maintain life, or stimulate growth. Different species of animals have different feeding behaviours that satisfy the needs of their metabolisms and have evolved to fill a specific ecological niche within specific geographical contexts.

Food is important for healthy and active life so enough food should be consumed. But the foods

eat should be safe and rich in all the nutrients our body needs. It should choose from a wide variety of foods and eat them regularly, throughout the day, every day of the year. But the changes in food habits and impacts of various food culture preferences of food should be based on liking of food such as taste, appearance, smell and neglected nutritious aspects. there is a need to make aware about the right portion of food to eat. In this view the concept of Food Pyramid was develop which helps to think about proper individual food intake. To understand the concept of Food Pyramid and importance for maintaining healthy life the present review study was undertaken.

### Methodology:

To carried out present study available secondary data were used.

### Result and discussion:

On the background of World War -II during the shortage of food the USDA released the Basic 7 food guide in 1943 published guidelines for rationing to common people divided foods into seven groups, among them bread and cereals, several covering fruits and vegetables, and meat and poultry.

In Sweden in the 1970s, the National Board of Health and Welfare was tasked with tackling rising food costs they recommended a dietary circle that resembled a cake divided into seven pieces. The developed food plate did not tell how much amount of food consumed. Food and nutrition are an important aspect for human being so there is necessity to understand the relationship between

food and nutrition for common people in simple way.

In 1974 Anna-Britt Agnsater, an educator who worked for a Swedish grocery cooperative, designed the food pyramid and published in an issue of the cooperative's magazine. Food Pyramid is a visual representation (in the shape of a pyramid) of the optimal number of servings of food a person should eat daily from each basic food group. She divided the pyramid into three levels. The bottom level included bread and other grains, legumes, potatoes, and milk. The middle level comprised fruits, vegetables, and juices. The top level covered eggs, meat, and fish. Agnsater used a pyramid shape so as to indicate that a person should eat more foods from the bottom of the pyramid—the widest section—than from the top.

This developed visualized food pyramid was accepted by other countries and developed their own food pyramid on the recommended nutritional requirement to ensuring healthy life of their citizen. In 1992 the USDA rolled out its version of the food pyramid. It had four levels. The bottom level included bread, cereal, rice, and pasta, with a recommended 6 to 11 servings per day. The second level was split between a vegetable group (3 to 5 servings per day) and a fruit group (2 to 4 servings per day). The third level specified 2 to 3 daily servings from a group comprising milk, yogurt, and cheese and 2 to 3 daily servings from a group comprising meat, poultry, fish, dry beans, eggs, and nuts. The top level included fats, oils, and candy, which were to be eaten sparingly.

India uses a number of graphical elements to represent the messages of its guidelines, one of them being a food pyramid. The pyramid is divided into four levels of foods according to recommended consumption: cereals and legumes/beans at the base should be eaten in sufficient quantity, vegetables and fruits on the second level should be eaten liberally, animal source foods and oils on the third level are to be eaten moderately, and at the apex, highly processed foods high in sugar and fat to be eaten sparingly. Accompanying the pyramid there is a recommendation to do regular physical activity and warnings against smoking and drinking alcohol. It also gives message to ensure enjoying healthy life

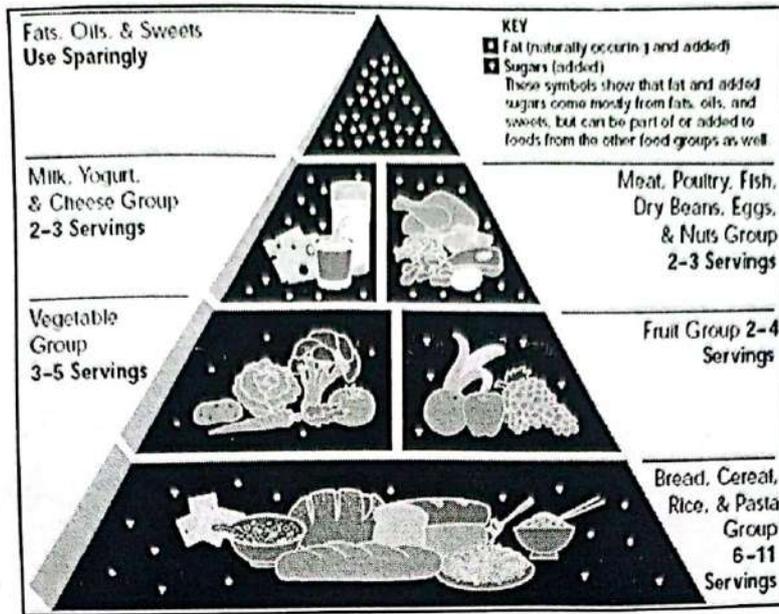
by adopting guidelines of food pyramids these messages listed are as followed

- Eat a variety of foods to ensure a balanced diet.
- Ensure provision of extra food and health care to pregnant and lactating women.
- Promote exclusive breastfeeding for 6 months and encourage breastfeeding until 2 years or as long as possible.
- Feed home-based semi-solid foods to the infant after 6 months.
- Ensure adequate and appropriate diets for children and adolescents, both in health and sickness.
- Eat plenty of vegetables and fruits.
- Ensure moderate use of edible oils and animal foods and use a minimum of ghee/butter/vanaspati.
- Avoid overeating to prevent overweight and obesity.
- Exercise regularly and be physically active to maintain ideal body weight.
- Restrict salt intake to a minimum.
- Ensure the use of safe and clean foods.
- Adopt the right pre-cooking processes and appropriate cooking methods.
- Drink plenty of water and take beverages in moderation.
- Minimize the use of processed foods rich in salt, sugar and fats.
- Include micronutrient-rich foods in the diets of elderly people to enable them to be fit and active. (2)

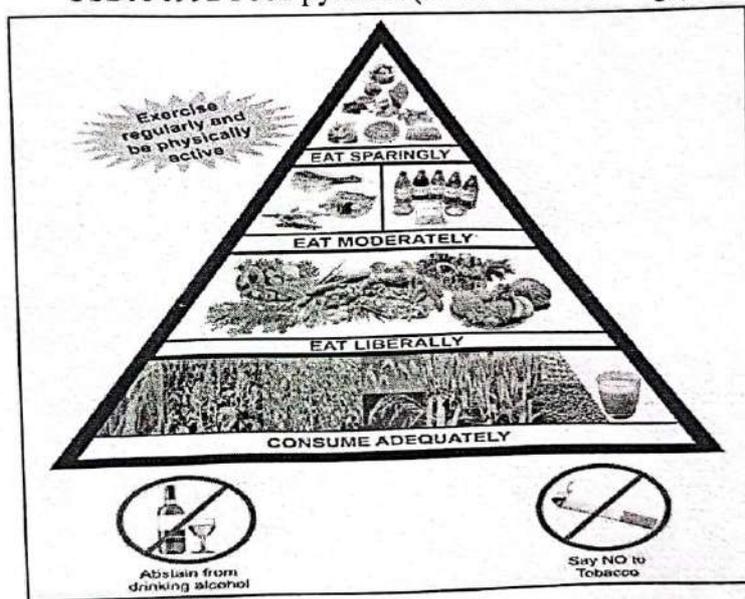
When reviewed the information about food pyramid which is now a day termed as My plate visualised representation of whole day meal plate which guides common citizen about the complex relationship of food and nutrition for maintaining of good health. These visual representation helps to ensure right choice of foods in appropriate amounts which helps to fulfil the food and nutrient requirement for active life.

#### Conclusion:

Food is a crucial factor for survival of human being. An ancient cave man turned into civilized life. Food requirements to survival of life converted into food preference which have impact on health so to ensure the healthy life of citizen it is necessary to educate common person in term of necessity of foods and nutrition in appropriate quantity through food Pyramid guidelines.



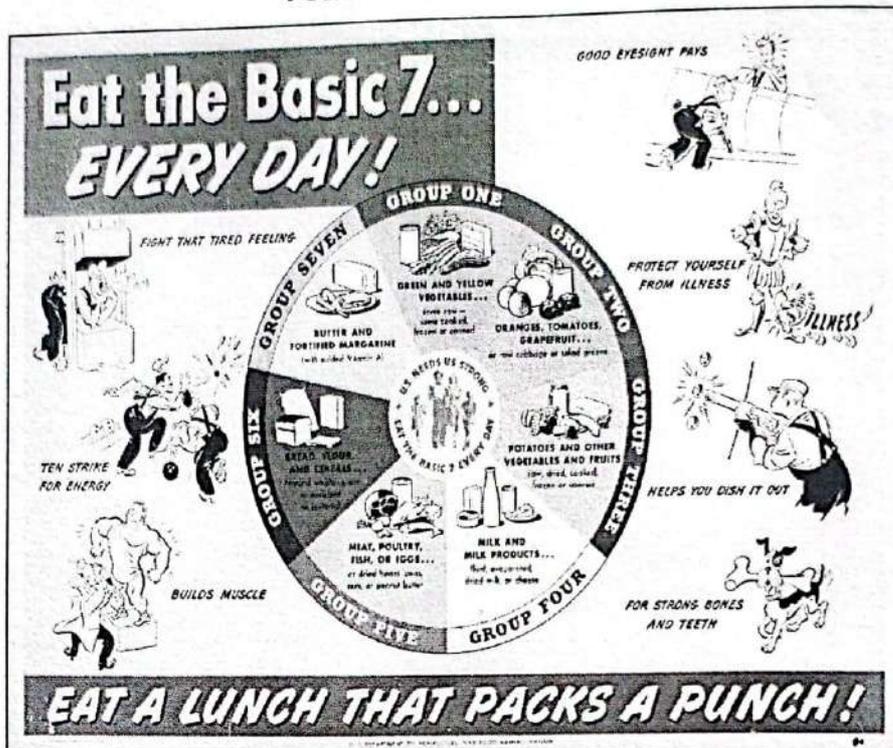
USDA 1992 Food pyramid (Source: online image)



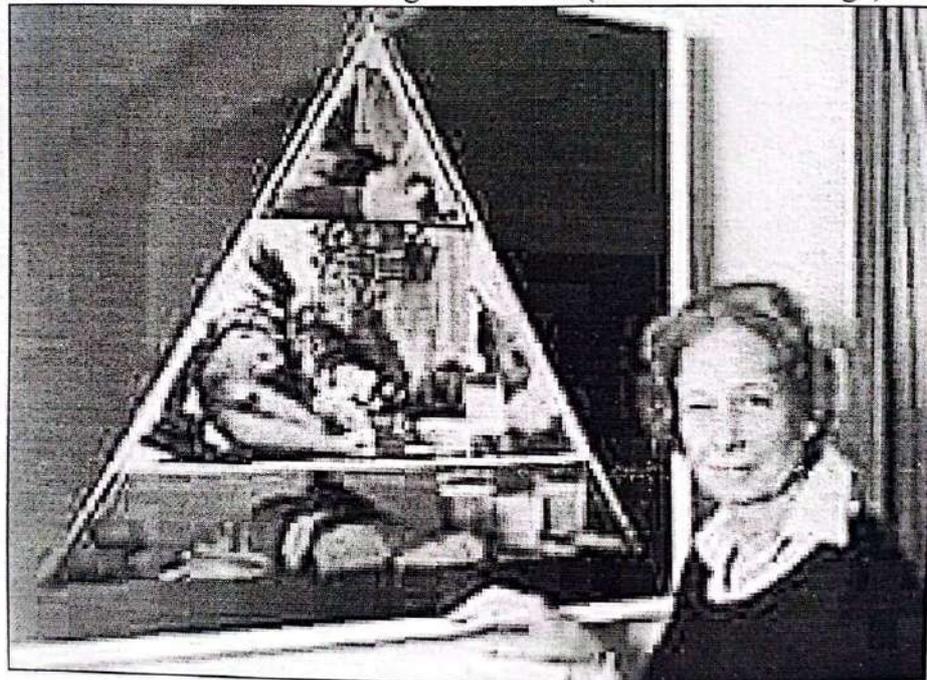
Indian Food Pyramid (source-online image)

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The USDA released the Basic 7 food guide in 1943 (Source- online image)



Food Pyramid developed by Anna-Britt Agnsater in 1974. (Source: online image)