

New Food Pyramid (2025-2030)



The food pyramid, also known as the nutritional pyramid, is a graphic guide that organizes foods according to their recommended frequency and quantity of consumption. Its purpose is to promote a balanced diet, prevent nutritional deficiencies, and reduce the risk of chronic diseases such as diabetes and obesity, among others.

General Information

The new U.S. food pyramid (2025–2030) represents a shift from the previous inverted structure, emphasizing the consumption of high-quality proteins, full-fat dairy, fruits, vegetables, and healthy fats.

What were the key changes?

- **Real food:** Prioritize the consumption of unprocessed foods (such as fruits and meats) and reduce the consumption of ultra-processed foods (such as sausages and white bread).
- **Fats and dairy products:** Previously, it was recommended to limit the intake of saturated fats; in this new pyramid, the consumption of whole dairy products (with all their fat) is encouraged, as long as they contain no added sugar.
- **Priority to protein:** One of the major changes is the increase in recommended protein intake, from 0.8 grams per kilogram of body weight to 1.2 grams and even up to 1.6 grams per kilogram.
- **Reduction of carbohydrates:** The consumption of refined grains is reduced, placing them at the lowest level of importance.
- **Inverted structure:** The new pyramid has an inverted structure, focusing on nutrient-dense foods at the top and reducing the consumption of cereals or grains at the base.



Image of the New Food Pyramid



Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

<https://www.unir.net/revista/salud/piramide-alimenticia/#:~:text=Tambi%C3%A9n%20con%20ocida%20como%20pir%C3%A1mide%20nutricional,de%20az%C3%BAcares%20y%20grasas%20saturadas.>

<https://www.elnuevodia.com/suplementos/puerto-rico-saludable/notas/asi-es-la-nueva-piramide-alimentaria/>

Prepared by Licensed Health Educators.

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