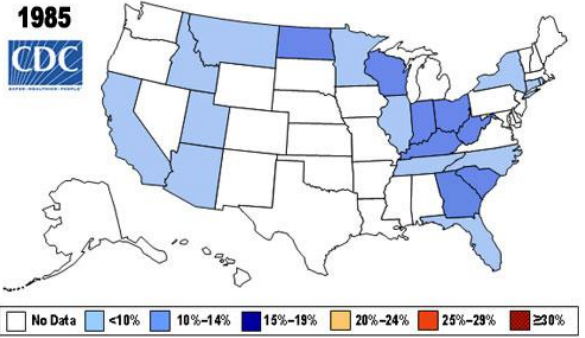
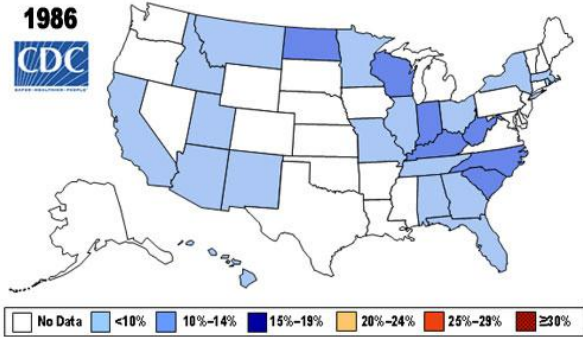


Changes in National Dietary Guidelines & Current Practical Applications of MyPlate

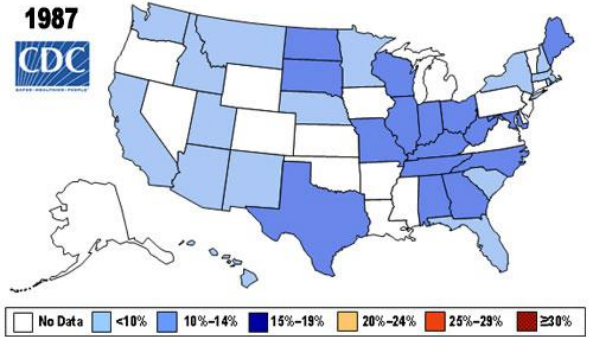
Obesity on the Rise



Obesity on the Rise

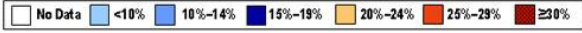
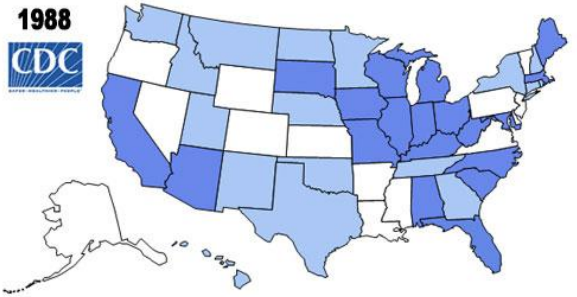


Obesity on the Rise



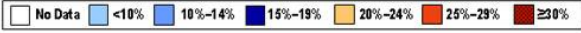
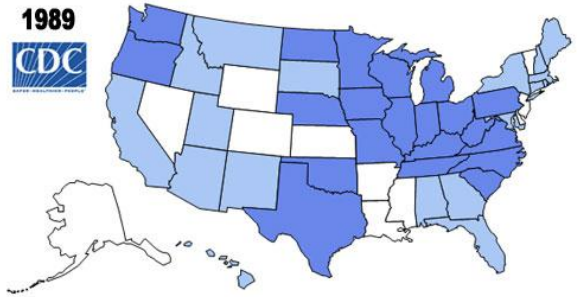
Obesity on the Rise

1988



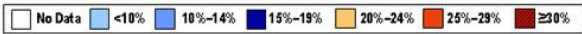
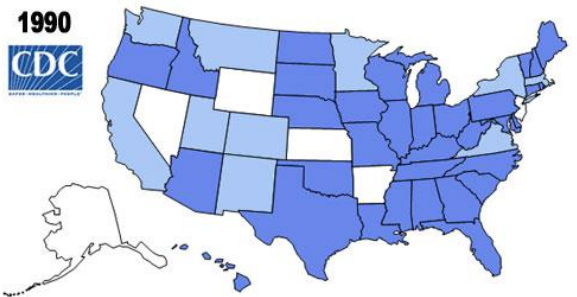
Obesity on the Rise

1989



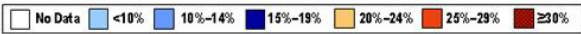
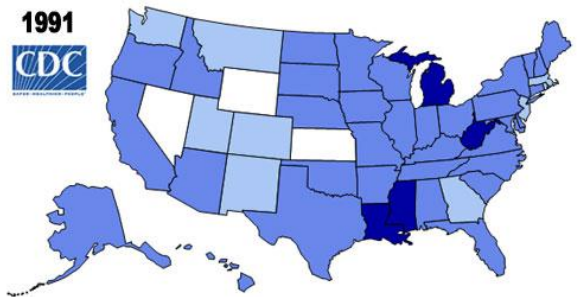
Obesity on the Rise

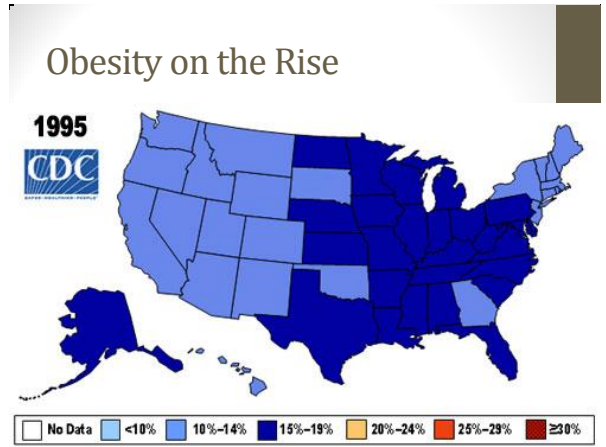
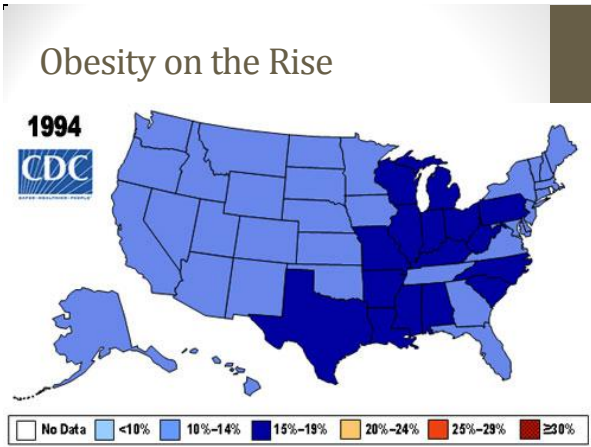
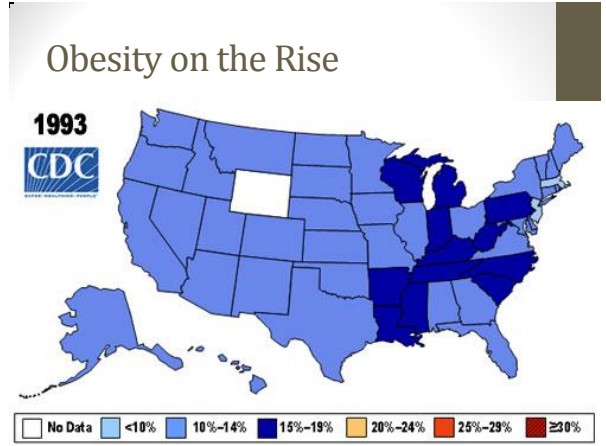
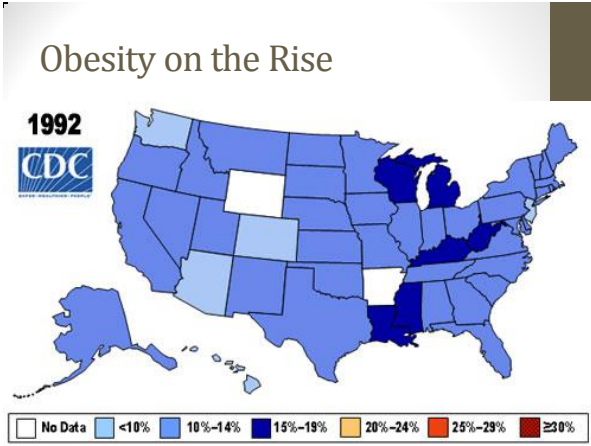
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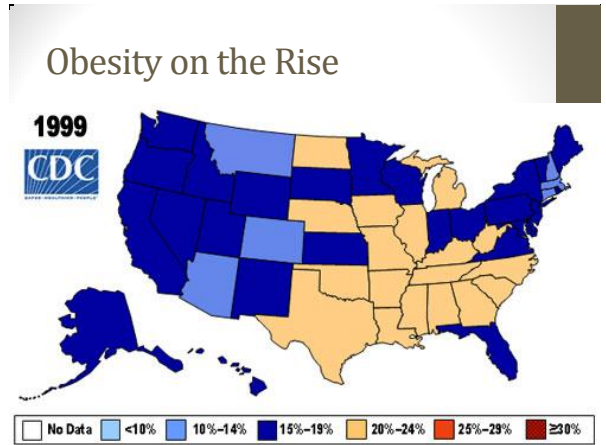
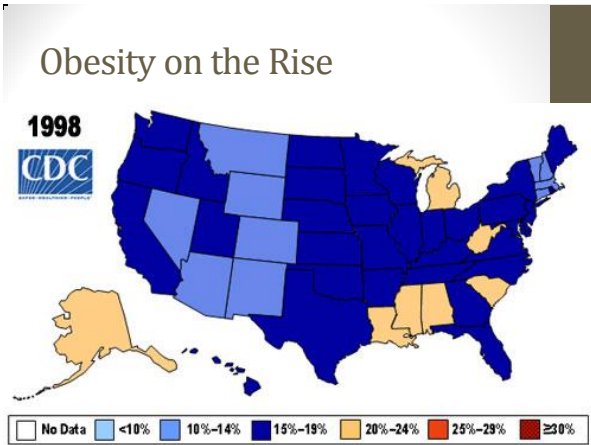
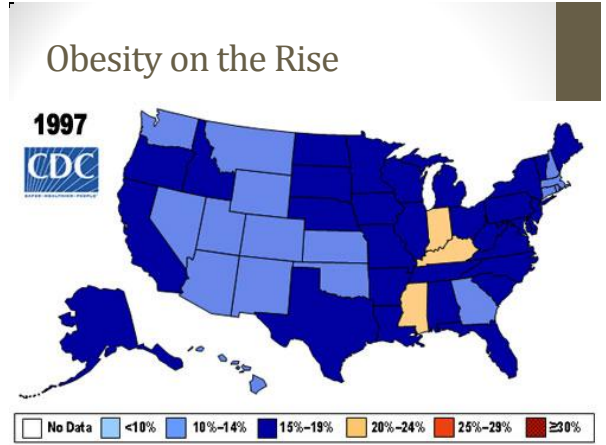
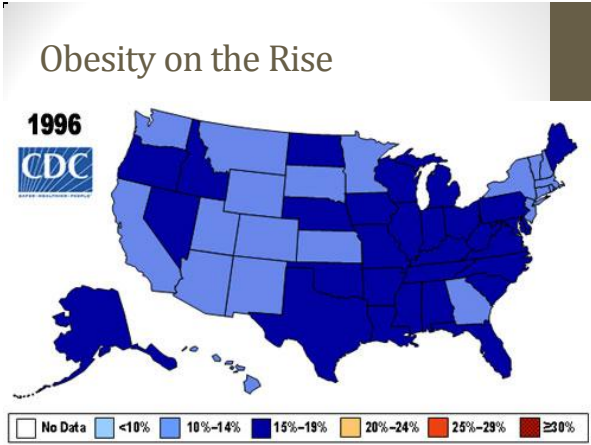


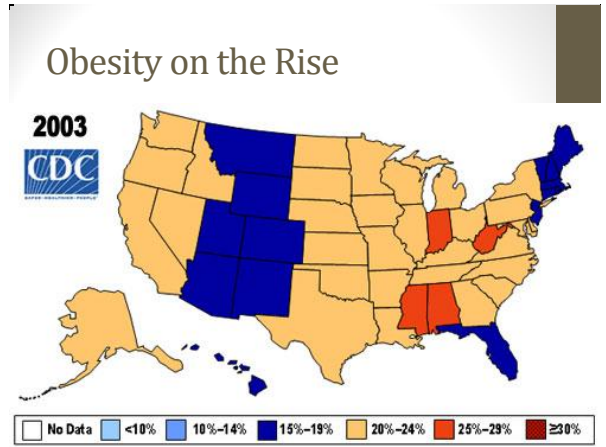
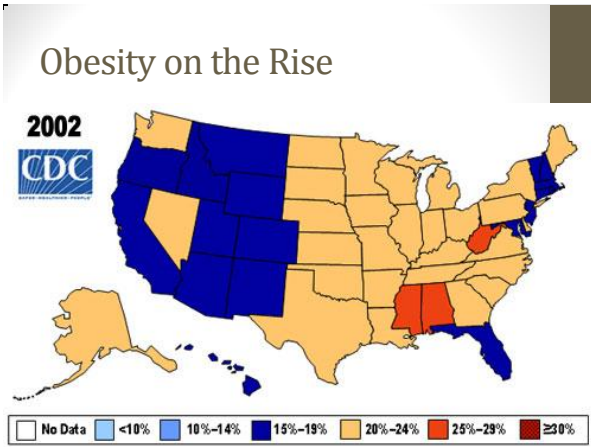
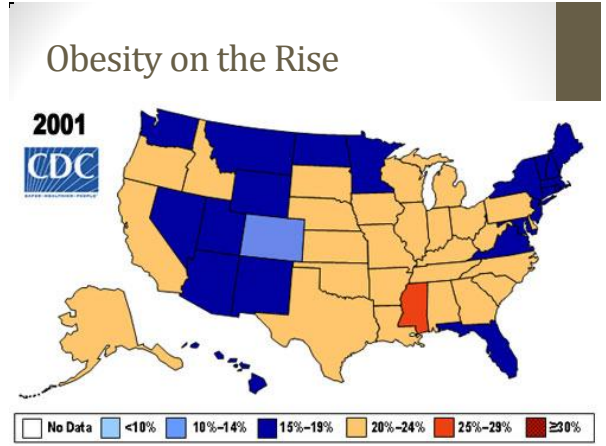
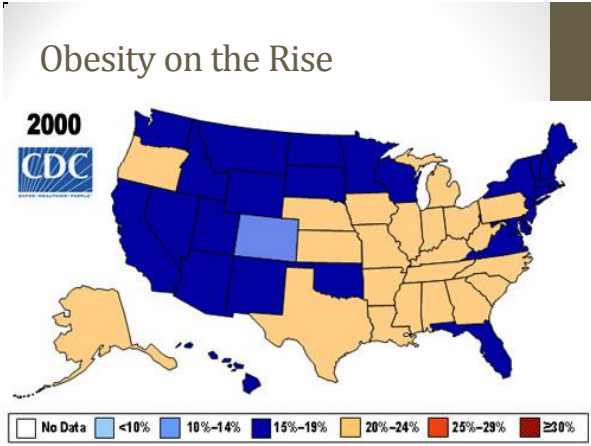
Obesity on the Rise

1991



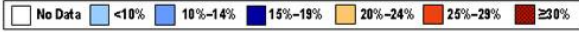
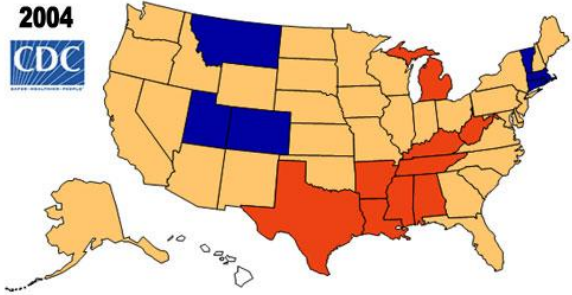






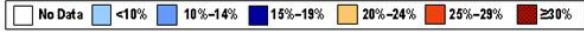
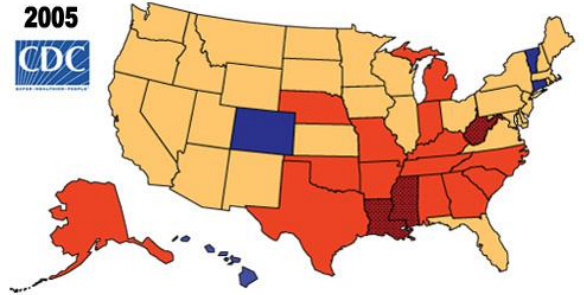
Obesity on the Rise

2004



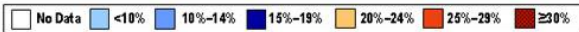
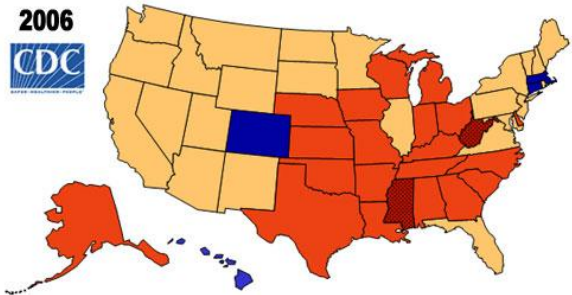
Obesity on the Rise

2005



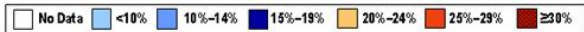
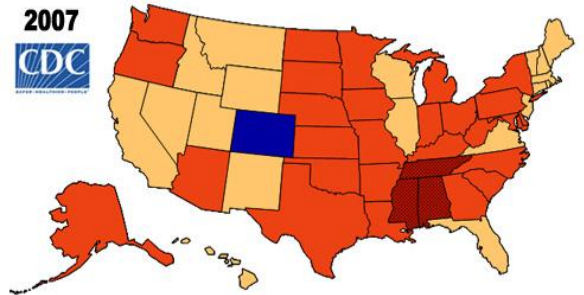
Obesity on the Rise

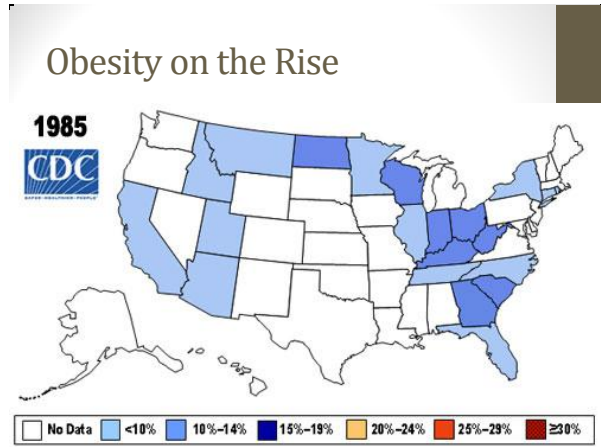
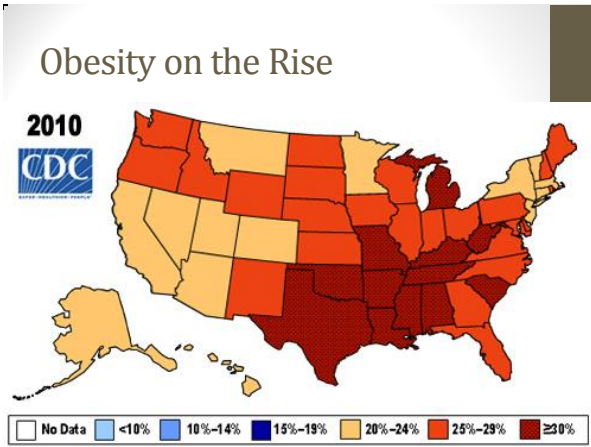
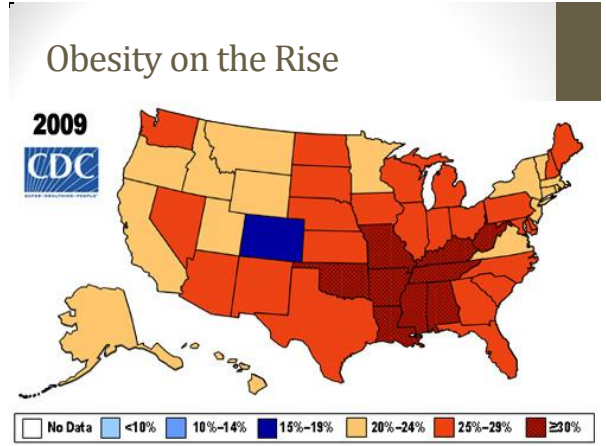
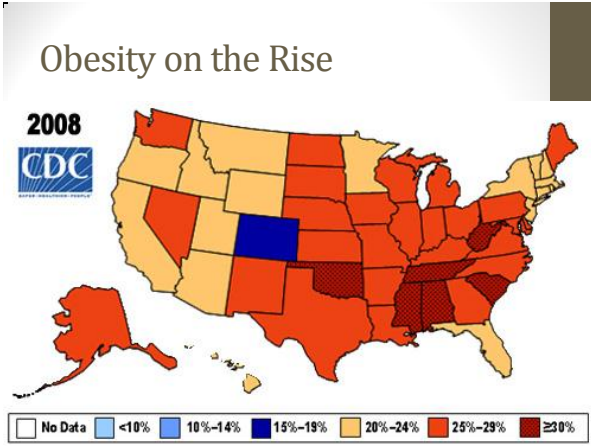
2006



Obesity on the Rise

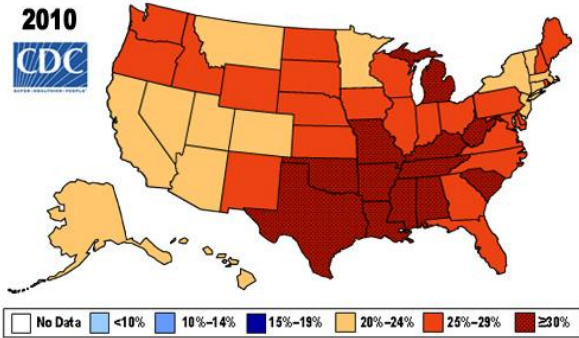
2007





Obesity on the Rise

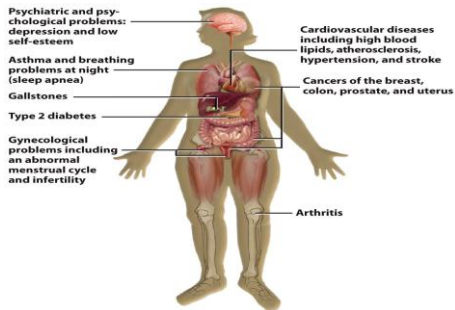
2010



Where We Stand Today

- 1/3 of population is obese
- 2/3 or adult population are overweight or obese
- Increasing rates of overweight status and obesity among children
- Higher rates of obesity among minorities & low income population

Consequences Associate with Excess Weight



Portion Sizes



