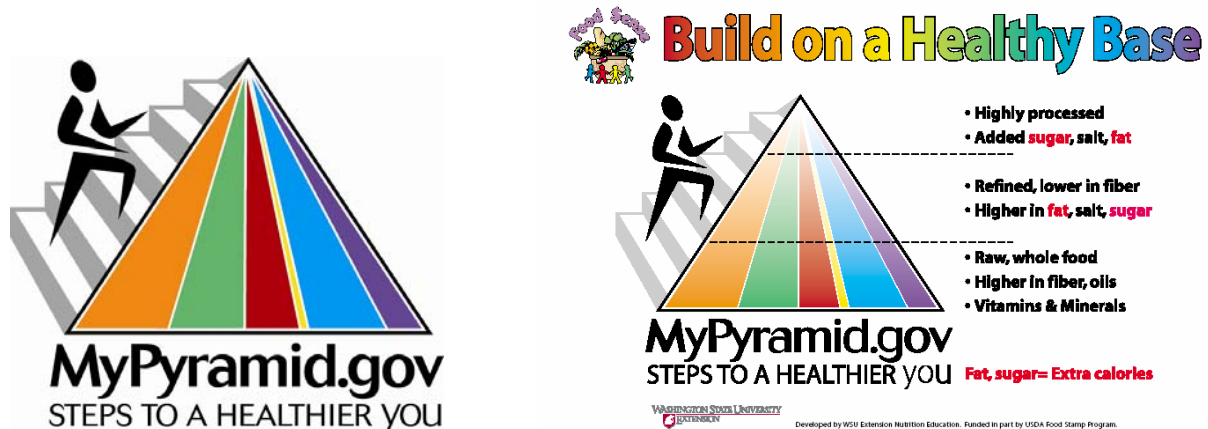


HIGHLIGHT

A simple, easy-to-read food pyramid



(Above left): The new USDA food pyramid for public education and labeling; (at right): The re-designed WSU educational food pyramid that incorporates the strengths of the new USDA design with simplified teaching and visual aides.

In 2007, WSU Food \$ense reached over 121,000 individuals with education on healthful eating and being physically active. Food \$ense teaches youth and adults with limited resources skills to select low-cost, nutrient dense foods. Leadership for Food \$ense, which has over 160 employees in 26 counties across the state, is based at the Puyallup Research and Extension Center. The program is funded in cooperation with the Washington Department of Social and Health Services, USDA-FNS Food Stamp Program, USDA-CREES, and local public agencies.

When MyPyramid was released by the United States' Department of Agriculture in April 2005, professional educators and consumers alike had difficulty understanding the abstract symbol. For a statewide training, **Kathleen Manenica**, Extension Program Coordinator Specialist, augmented the design by adding visual elements that offered better understanding of essential underlying concepts not readily clear to most. The adaptation builds on the previous pyramid theme of "Building on a Healthy Base." Manenica, in collaboration with **Sue Butkus**, Extension Nutrition Specialist, and nutrition professor **Jill Armstrong Schultz**, subsequently evaluated the effectiveness of the materials. The response was so overwhelmingly positive that both training and teaching materials are now available in Spanish and Russian. Results of the study have been published in *The Journal of Nutrition Education and Behavior*. For more information and to learn about the easy-to-read version of MyPyramid, go to <http://www.nutrition.wsu.edu/bohnb.html>.

WSU Puyallup: Solutions for the Region; Programs for Its People

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