

Webisode 57DHYAFZi January 7 2026 The Health Department Flips Food Pyramid and emphasizes Red Meat and Dairy

Cartoon 1 of 3 Titled “The Health Department Flips Food Pyramid and emphasizes Red Meat and Dairy!”

Cell 1 Are schoolchildren going to eat healthier in 2026? Cell 2 The decider of the food pyramid for 2026 is not a nutritionist, not a doctor, and not a scientist! Cell 3 It is opposite day and year until 2028 at the Health Department! Cell 4 The 2025 food pyramid is replaced with the 2026 food pyramid but the new pyramid threatens to tip over!

Cartoon 2 of 3 Titled “The Health Department Flips Food Pyramid and emphasizes Red Meat and Dairy!”

Cell 1 There are new dietary guidelines for Americans as of January 7 2026! Cell 2 The recommendations shape decisions about the foods served in schools hospitals prisons military bases Cell 3 and through federal assistance programs! Cell 4 At a briefing one lower level official said that alcohol is a social lubricant that brings people together but told people not have alcohol for breakfast!

Cartoon 3 of 3 Titled “The Health Department Flips Food Pyramid and emphasizes Red Meat and Dairy!”

Cell 1 Steak, cheese and whole milk are now near the broad upside down top of the pyramid! Cook with beef tallow and butter even though scientific evidence does not support this practice! Cell 2 They also recommend that children do not start eating added sugars until age 10! Cell 3 Avoid sugar sweetened beverages! Cell 4 In Contrast in 2025 it was recommended that children under 2 years old not consume added sugars! In 2025 for children aged 2 to 18 years the limit for added sugars was 25 grams of added sugar per day!