

Food and drinks high in
Fat, sugar and salt

NOT
every
day

Fats, spreads and oils:



Meat, poultry, fish,
eggs beans and
nuts



Milk, yogurt
and cheese



Wholemeal
cereals and,
breads, pasta,
rice.



Vegetables
and salad



	Vegetables	Fruit	Cereals	Drinks	Meats
11	Cabbage	Apple	Rye	Wine	Lamb chop
12	Artichoke	Banana	Flax	Coffee	Sirloin
13	Cucumber	Pear	Corn	tea	Prime rib
14	Onion	Orange	Millet	mineral water	leg of lamb
15	Pumpkin	Mandarin	Oats	Cola	Bacon
16	Corn	Peach	Rice	hot chocolate	Parma Ham
17	Eggplant	Lemon	Wheat	lemonade	T-Bone
18	Beet	strawberry	Corn	Milkshake	Porky Belly
19	Leek	Kiwi	Basley	orange juice	Meatloaf
20	Pea	Pineapple	Quinidge	soda	salami
21	Radish	Melon	Buckwheat	Milk	Peperoni
22	Sweet potato	Grape	Rice	soft drink	Molayna
23	Carrot	Mango	Wheat	iced tea	Sausages
24	Broccoli	Raspberry	Quinoa	beer	Salami
25	Lettuce	Watermelon	Amaranth	Water	Meatloaf

The Food Pyramid

¿Sabías que existen diferentes grupos de alimentos? Diferentes nutrientes saludables. Pero debo tener más cuidado con ciertos grupos, porque comer demasiado de ellos no es saludable. diferentes grupos de alimentos proporcionan diferentes beneficios para la salud. Pero debo tener más cuidado con ciertos grupos, porque comer demasiado de ellos no es saludable.

a) because it is like a sequence that you have to follow to eat healthy.

It means we must follow that routine.

b) defines dairy products as food products made exclusively or mainly from milk secretion obtained from one or more healthy milk-producing animals.

a) Carbohydrates are responsible for charging us with energy to be able to develop our daily activity optimally and also help regulate our brain activity.

b) Excess salt, sugar and fat can trigger diseases such as diabetes, being overweight, and high blood pressure. Precisely due to the increase in these elements nationwide, two ministries issued.