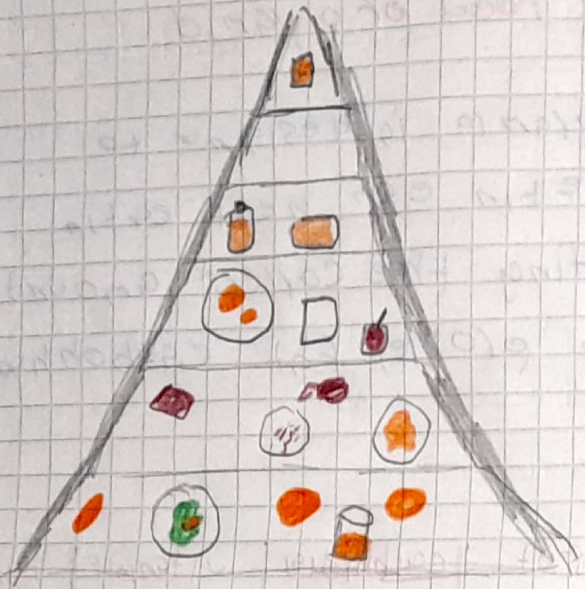


The food pyramid

The food pyramid is designed to maintain a healthy diet. It is about getting the correct amount of nutrients: protein, fat, carbohydrates

Protein	fat	carbohydrate	vitamins	minerals
egg	butter	oatmeal	vitamin A	shellfish
chicken	sausage	lentils	vitamin B	mushrooms
noodles	fatty cheeses	bean	vitamin C	cereals
fish	whole milk	rice	vitamin D	seeds



Healthy eating food pyramid for teenagers

grains 4-6 bowls

vegetables at least 3 servings

fruits 1-2 servings

meat fish egg and alternative 1-6
milk and alternatives 2 servings

fat salt and sugar eat the least

fluid 6-8 glasses

vegetables

onion

pepper

potato

carrot

corn

cucumber

aubergine

mushroom

artichoke

bean

peas

pumpkin

lettuce

fennel

spinach

fruits

melon

lemon

coconut

fig

grapes

banana

mango

pear

orange

peach

watermelon

kiwi fruit

plum

cherries

pineapple

cereals

almond

hazelnut

pumpkin seeds

poppy seeds

oats

nut

cashew nut

millet

rice

yellow peas

peanut

soybeans

macadamia

pistachio

Scribe

1 means the proportion we have
to eat to have a good
diet

2
milk eggs Butter Cheese