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| Protein | Fat | carbohydrates | Vitamins | Minerals |
|----------------|-----------|---------------|---------------|--------------|
| • Meat | • Sugar | • bread | • Banana | • Iron leafy |
| • Egg | • burgers | • Cereals | • Grapes | • Vegetables |
| • Milk | • Sweet | • rice | • Green leafy | • Fish |
| • Fish | • Soda | • Fruit | • Vegetables | • Seeds |
| • Cereals | • Creams | • Yogurt | • broccoli | • Cereals |
| • Protein from | • Pops | • beans | • Zucchini | • mushrooms |
| • ... | • Salad | • Cookies | • Artichokes | • Seeds |

Healthy Eating Food Pyramid

- Eat More - Grains
- Eat More - Vegetables and Fruit
- Eat Moderate - Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- Grains
- Vegetables
- Fruits
- Milk and alternatives
- Fat
- Sweets

La piramide Alimenticia

¿Sabias que existen diferentes grupos de alimentos? Diferentes nutrientes para tu salud y diferentes beneficios para tu salud. Pero hay otros no saludables.

Module: I believe that the food pyramid help us to give a reference of the proportion that ur body needs to maintain a healthy balance and balance diet

② are food products made exclusive or made from milk secretion

③ Carbohydrates are responsible for charging us with energy to be able to develop our daily activities optimally and also help us regulate or brain activity

④ We should not eat so much sugar or so much salt since that can damage our body