



Healthy Eating Food Pyramid

- Eat most - Grains
- Eat more - Vegetables and fruits
- Eat moderately - Meat, fish, egg and alternatives (including soy beans) and milk and alternatives

Healthy Eating Food Pyramid for Teenagers

- Grains : 4 - 6 bowls
- Vegetables : at least 3 servings
- Fruits : at least 2 servings
- Meat, fish, egg and alternatives : 4 - 6 tce/s
- Milk and alternatives : 2 servings
- Fat/oil, salt and sugar : eat the least
- Fluid 6 - 8 glasses

Vegetables	Fruits	Cereals	Drinks	Meats
Corn	Apple	Rice	Water	Bacon
Tomato	Banana	Millet	Juice	Sausages
Lettuce	Pear	Lentil	Lemonade	Roast chicken
Cucumber	Orange	Barley	Milk	Lamb chops
Carrot	Papaya	Rye	Coke	Salami
Potato	Watermelon	Bean	Beer	Meatloaf
Olives	Grapes	Soybean	Wine	Sirloin
Avocado	Pineapple	Wheat	Coffee	Parmesan
Garlic	Mango	Buckwheat	Tea	Pork belly
Red Pepper	Strawberry	Popcorn	Coconuts water	Peperoni
Red Chilli	Cherries	Freekeh	Hot chocolate	Roast chicken
Green Chilli	blueberries	Spelt	Green tea	T-bone
Pumpkin	Lemon	Sweet corn	Lemon water	Legs of lamb
Green Bean	Peaches	Oat	Mineral water	Diced beef
Asparagus	Kiwi	Farik	Yogurt	Flank steak

Pasta with bacon and tomato sauce

Ingredients

- 1 red onion
- 2 red peppers
- 120g bacon
- 1 can (450g) tomatoes
- 1 cup water
- olive oil
- garlic
- Oregano
- 50g pasta per person

Method

- 1 Cut the onion, red peppers and bacon into small pieces
- 2 Heat some olive oil in a pan and fry the onion, red peppers and bacon
- 3 Add oregano, garlic, tomatoes and water and cook for 20 minutes
- 4 Cook the pasta in a big pot of boiling water

The food of pyramid

The Food Pyramid is designed to make healthy eating easier. Healthy eating is about getting the correct amount of nutrients - protein, fats, carbohydrates, vitamins and minerals you need to maintaining good health.



Protein	Fat	Carbohydrates	Vitamins	Minerals
Sardine	olive oil	bread	Lemon	Pear
egg	walnuts	Pasta	Pinapple	Strawberry
chicken	cocoa	sugar	tomatoes	Apple
Shrimp	olives	vegetables	Cabbage	mushrooms
pork	Flax	Oatmeal	Strawberry	Papaya
Salmon	Avocado	Integral rice	Kiwi	Seeds