

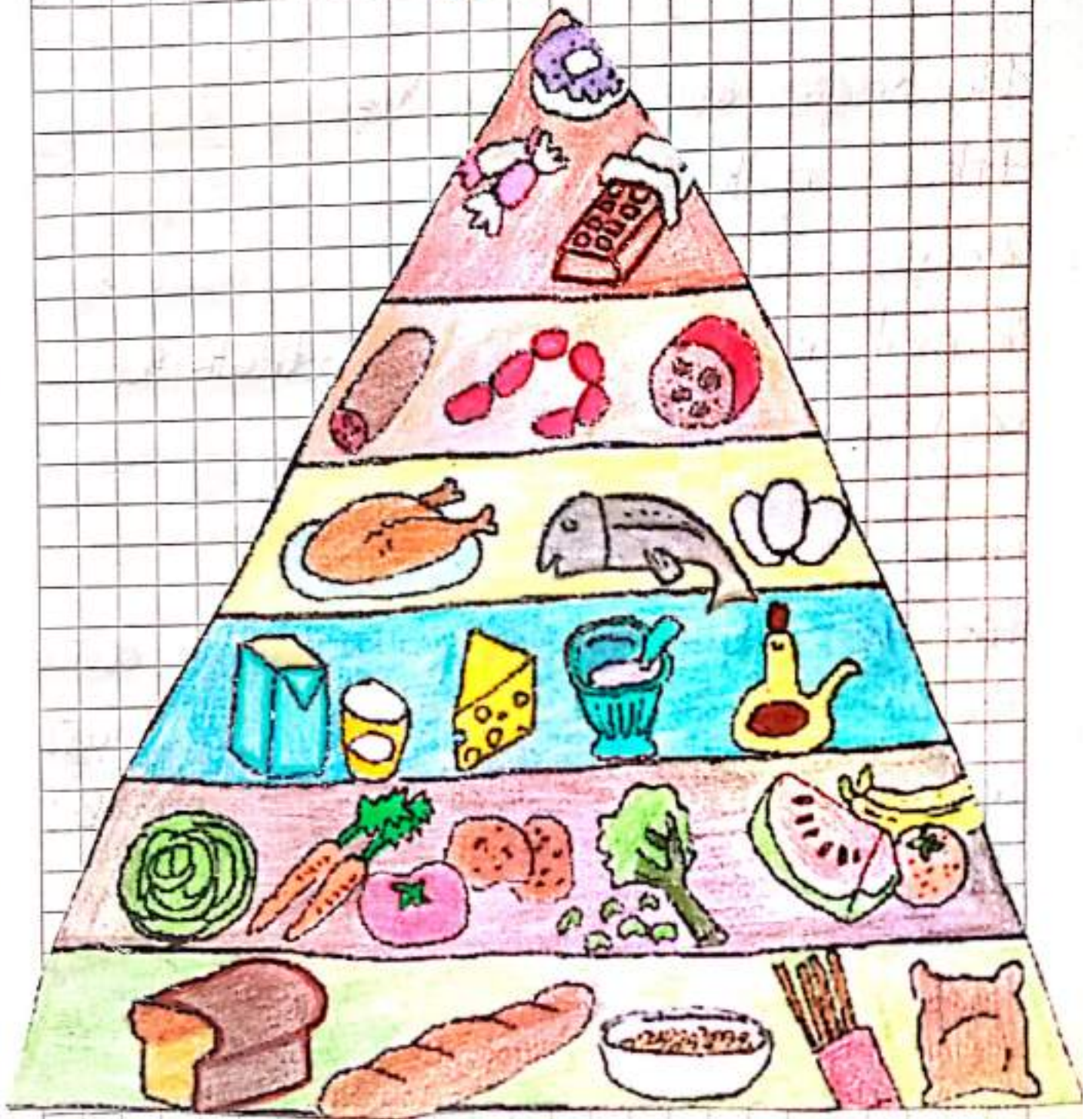
## The food of pyramid

The food pyramid is designed to make healthy eating easier. Healthy eating is about getting the correct amount of nutrients - protein, fat, carbohydrates, vitamins and minerals you need to maintain good health.

Protein	Fat	carbohydrates	vitamins	Minerals
Meat	vegetable oils	Pan	Apple	Nuts
Egg	Elaborate sauces	cereal	Banana	Vegetables
Milk		rice	Grapes	Fish
Fish	Butter	biscuits	vegetables	Seeds
Cereal	Margarine	fruit	cauliflower	Shellfish
peanuts	Nuts	juice	Zucchini	Mushrooms
Nuts	Sausages	milk	Carrots	cereals
seeds	meat	Pinto beans	Artichokes	
	cured cheeses	veggie burgers		
		potato		

Primavera

# Food Pyramid ...

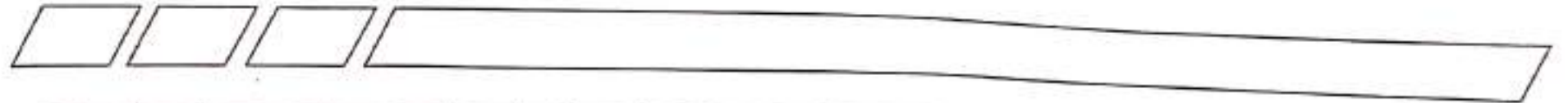


## Healthy Eating Food pyramid

- \* Eat most - Grains
- \* Eat more - vegetables and fruits
- \* Eat moderately - Meat, fish, egg and alternatives (including dry beans) and milk and alternatives
- \* Eat less - Fat/oil, salt and sugar
- \* Drink adequate amount of fluid (including water, tea, clear soup, etc) every day

## Healthy Eating Food Pyramid For Teenagers (aged 12 to 17)

- \* Grains: 4-6 bowls
- \* Vegetables: at least 3 servings
- \* Fruits: at least 2 servings
- \* Meats, fish, egg and alternatives: 4-6 bowls



\* Milk and alternatives: 2 servings

\* Fat / oil, salt and sugar: eat the least

\* Fluid: 6-8 glasses

### Vegetables

- 1) carrot
- 2) broccoli
- 3) asparagus
- 4) cauliflower
- 5) corn
- 6) cucumber
- 7) eggplant
- 8) lettuce
- 9) onion
- 10) potato
- 11) tomato
- 12) peas

### Fruits

- grapes  
lime  
lemon  
cherry  
apple  
peach  
orange  
coconut  
pear  
kiwi  
mango  
plum

### Cereals

- Rice  
Oats  
Rye  
Flour  
Macaroni  
Bread  
Toast  
Pasta  
wheat  
Spaghetti  
cereals  
Oatmeal

### Drinks

- Coffee  
Water  
Wine  
Milk  
Rum  
beer  
juice  
Lemonade  
soda  
tea  
Milkshake  
Cocktail

### Meats

- beef  
pork  
lamb  
duck  
quail  
ham  
bacon  
salami  
ribs  
chop  
steak  
steak

## Biscuit sushi

### Ingredients

1 Package of oreo cookie

4tbsp milk powder

2 cups, condensed milk

Normal milk (you can substitute for your favorite)

### Preparation

The first thing we will do is divide the cookies from the cream, we will separate them and put them in two different bowls.

We are going to crush the cookies, either with a wooden stick or in the traditional way with a bag and a rolling pin. When they are

powdered, we are going to combine with two tablespoons of powdered milk, condensed milk and normal milk. We stir until we have an single smooth consistency.

With clean hands, we are going to form a ball with the dough and from there we are going to place it in between plastic paper and with the help of a rolling pin, on a flat surface we are going to thin our cookies dough and take it to the refrigerator for a time.

On the other hand, with the cream of the cookies, we are going to combine it with the two tablespoons of powdered milk and condensed milk

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Primavera

milk until obtaining a creamy consistency.

We take the cookie dough out of the refrigerator and we are going to spread the cream throughout the dough. With the help of the plastic, we are going to roll very carefully, in the complete style of sushi.

We return to the refrigerator for a period of approximately one hour or until it feels hard.

once ready we take out, cut an ready.

You can enjoy in with a melted chocolate sauce.