

The Food Pyramid

¿Sabias que existen diferentes grupos de alimentos?
Diferentes alimentos proporcionan diferentes nutrientes → 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 aliments. nationwide, two ministries issued.

Food and drinks high in fat, sugar and salt

Small amounts

Fats, spreads and oils

Meat, poultry, fish, eggs, beans and nuts

Milk, yogurt and cheese

Wholemeal cereals and breads, pasta, rice

Vegetables and salad

