

foods on drinks
sugar and

high in fat,
salt



vegetables salad and fruit

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 sugar, tea, coffee
etc. fewer are

Healthy eating food pyramid for teenagers (aged 12 to 17)

- grains: 4-6 bowls

- vegetables: at least 3 servings

- fruits: at least 2 servings

- meat, fish, egg and alternatives

- 4-6 tacs

- milk and alternatives: 2 servings

- fat/oil, salt and sugar: eat the
least

- fluid: 6-8 glasses

vegetables	fruits	cereals	drink	meats
1 carrot	apple	rice	lemonade	Bacon
2 broccoli	banana	noodle	milk	meat
3 asparagus	orange	flour	soda	Codorniz
4 cauliflower	pineapple	macaroni	coffee	Costilla
5 corn	peach	bread	rum	sausage
6 cucumber	grape	pasta	tea	cold
7 eggplant	raspberry	ground rice	wine	liver
8 green pepper	kiwi	cannelloni	fruit juice	ham
9 lettuce	strawberry	cereals	juice	boiled ham
10 mushrooms	watermelon	spaghetti	beer	mortadella
11 onion	zucchini	lentil	liquor	Rate
12 potato	onion	chickpeas	mineral water	Jack
13 pumpkin	melon	corn flour	tonic water	Turkey
14 red pepper	papaya	white bread	milk shake	chicken
15 tomato	coconut	oatmeal	champagne	salami

según de lo que entendí del texto,
hay diferentes grupo de comida,
(las cuales son) y estas contiene
nutrientes y diferentes beneficios y
estas son buenas para la salud.

Why are the groups presented in
pyramid? what does it mean?

it is represented in this way since
from the bottom are the healthiest
foods while the highest are the
most harmful.

it is a graphical reference of
the amount of the different food
groups that we must consume daily
to stay healthy.

carbohydrates will help you improve your performance, as they will increase your endurance and accelerate the recovery of your muscles. Carbohydrate are as important as vitamins, proteins, minerals and fats.

it is important not to eat junk food because? It expands the possibilities of developing diseases due to poor nutrition. It facilitates overweight and obesity, with all its consequences, it raises bad cholesterol and increase the risks of cardiovascular problems.