



Food Pyramid



→ consumed the least

consumed the
most



Food Pyramid



→ **Grain group**

Grain group



cereals, oats, wheat, rice.... etc



carbohydrates and dietary fibres

Fruit and vegetable group



Fruit and vegetable group

Grain group

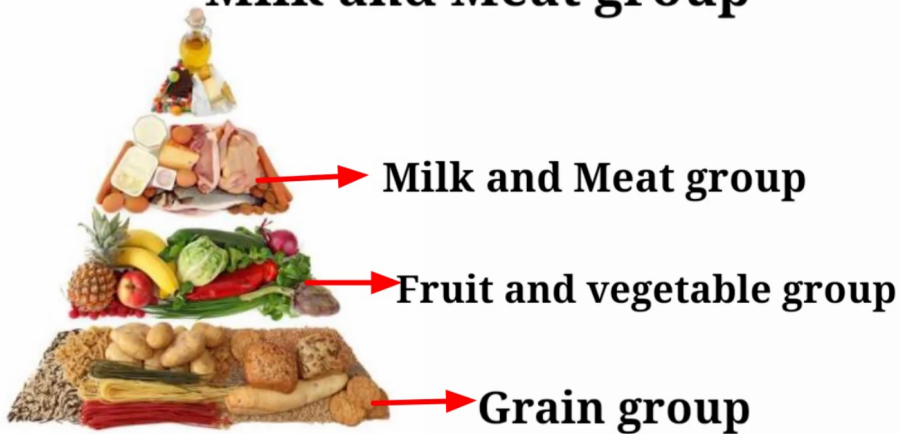
Fruit and vegetable group



Vegetables = Minerals and Vitamins

Fruits = Sources of natural sugar,
roughage and vitamins

Milk and Meat group



Milk and Meat group



Milk group = All the dairy products
milk, yogurt and cheese

Rich in phosphorus and calcium

Milk and Meat group

Dry Beans and Nuts



Fish & Seafood



Poultry



Meat



Meat group

Fats, Oils, and Sweets

- How much?
 - As little as possible!
- Examples include...
 - Butter, candy, bacon, mayonnaise

