



THE FOOD PYRAMID

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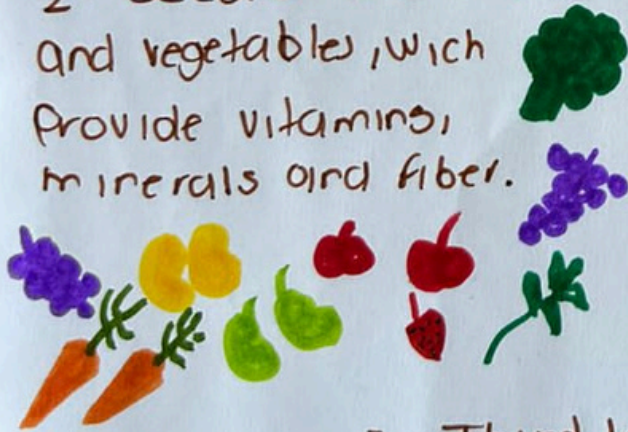
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"The Food Pyramid"

What is the food pyramid?

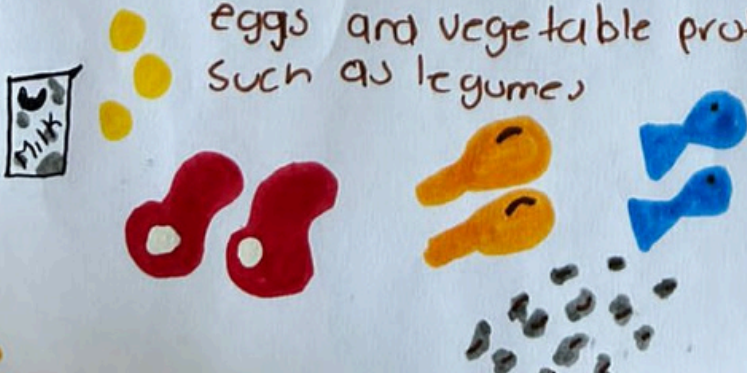
Is a graphic representation that shows the importance of different food groups in a balanced diet.

2.- Second level: fruits and vegetables, which provide vitamins, minerals and fiber.



3.- Third level: Dairy

Products meats, poultry, fish, eggs and vegetable proteins such as legumes

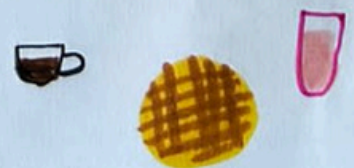


In the food pyramid foods are found at different levels, according to their importance:

1.- Base: Foods that should be consumed most frequently, such as cereals, tubers, roots, bananas and derivat



4.- Tip: Fats and sugars, which should be consumed in moderation.



Bibliography

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