



INFOGRAFIA

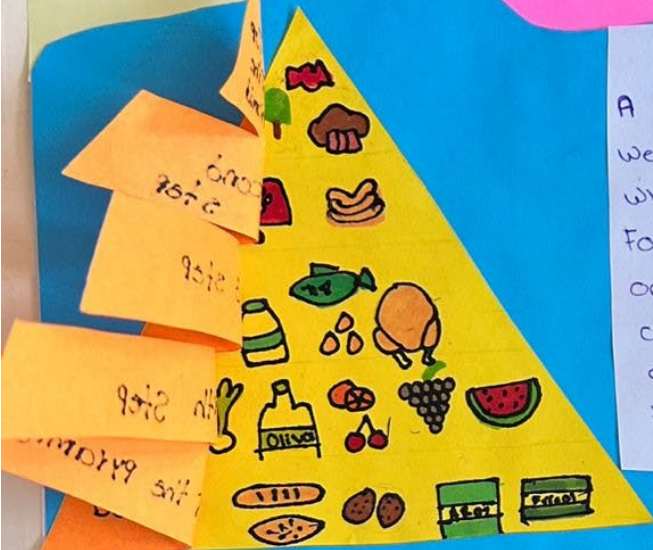
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FOOD PYRAMID



Which is?
 A graphic model of what foods we should consume daily and in what proportions to stay healthy. Food pyramids can vary depending on the model accepted in each country, especially when they are adapted to the foods present in their diet and their gastronomic culture.

• Second step

Foods that should be consumed occasionally and in moderation, although in larger quantities as they contain essential nutrients and proteins but are also high in fat. These include sausages, red meats, cold cuts and processed meats

• Third step

Foods that should be consumed daily in a varied way, since they are the main source of energy and proteins for the body. We are referring to dairy products (2-3 servings daily) and lean meats, fish, white meats, legumes, nuts and eggs (1-3 servings daily, alternating between them).

• Base of the Pyramid

Foods that can be consumed daily, but always depending on the degree of physical exercise and daily activity. The more intense our day is, the more portions we can eat and the less physically intense it is the fewer portions we should eat. In this step we find whole grain bread, whole wheat pasta, brown rice, potatoes.

• Top of the Pyramid

Foods that should be consumed sporadically, not daily because they are tasty but don't provide any important nutritional content, such as sweets, salty snacks, spreadable fats and sugary drinks.

• Fourth step

Recommended foods for daily consumption, which should be abundant in our diet, are vegetables (2-3 servings daily) fruits (3-4 servings daily) and virgin olive oils.

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