

THE FOOD PHYRAMID

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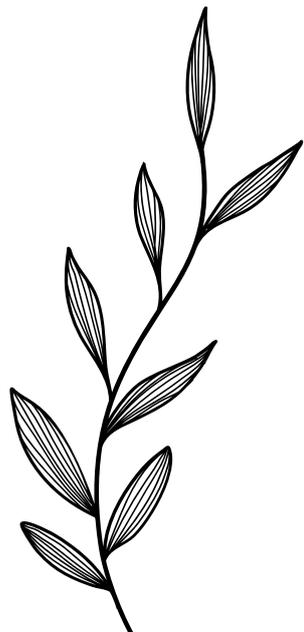
INGLES 4

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The food pyramid.

What is?

A graphic reference of amount of different food groups recommended for daily consumption by health authorities to stay healthy.



What are the bases of the pyramid?

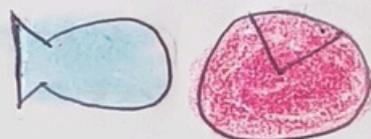
Fruits and vegetables

It is recommended to eat two to three times a day, one of which should be a varied salad.



Dairy and protein

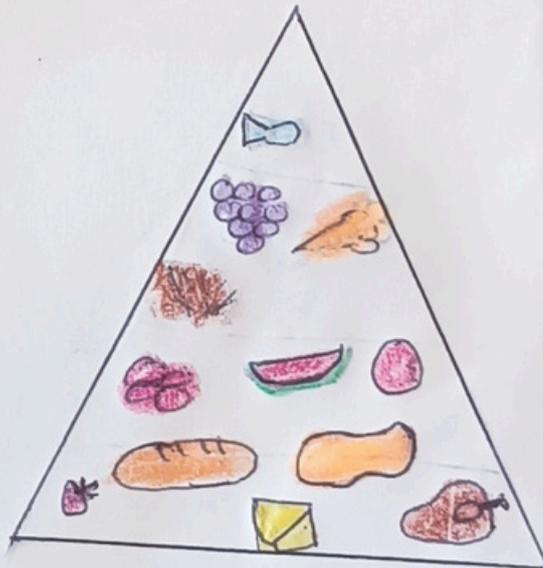
pyramid we find the greatest source of proteins, as it contains fish, eggs, legumes, nuts.



Fatty meats. food pyramid. this means that their consumption should be occasional in order.

Sugars and ultra-processed foods.

products that we should avoid eating and, if we do, it should be only occasionally.



Simply by using the food pyramid we are learning which foods we should consume more of and which less of.