



THE FOOD PYRAMID

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INGLES IV

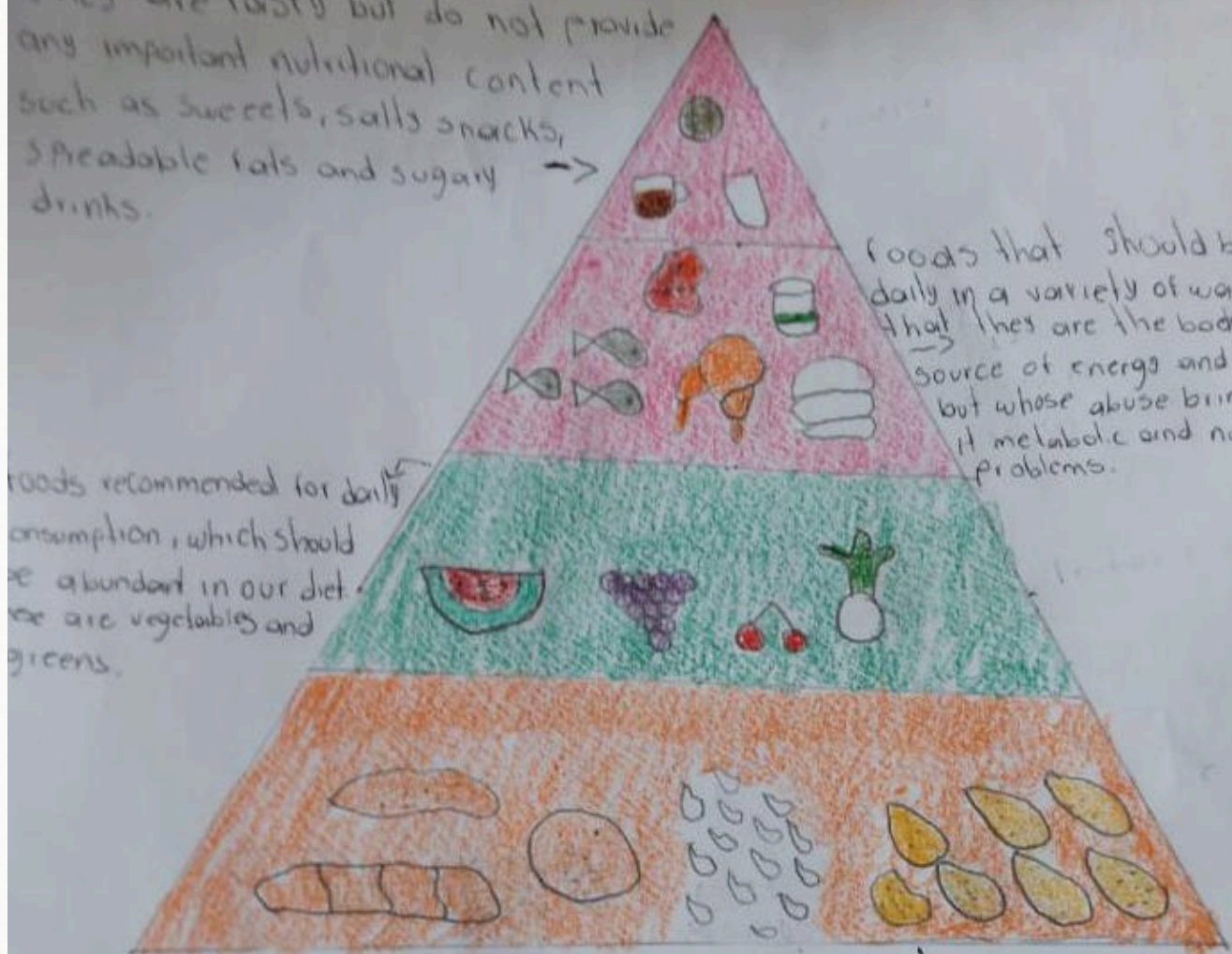
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The food pyramid.

They are tasty but do not provide any important nutritional content such as sweets, salty snacks, spreadable fats and sugary drinks.



foods that should be consumed daily in a variety of ways, given that they are the body's main source of energy and proteins, but whose abuse brings with it metabolic and nutritional problems.

foods recommended for daily consumption, which should be abundant in our diet. These are vegetables and greens.

foods that can be consumed daily, but always depending on the degree of physical exercise and daily activity.

The food pyramid is the basis on which a healthy and balanced diet must be based.

Bibliography

<https://concepto.de/piramide-alimenticia/>