

The

FOOD

PYRAMID

OUR HEALTHY



BREAK!

DRINK  
12 GLASSES  
of WATER  
EVERY DAY!



TOP  
EXTRAS: fats, oils and sweets  
FAT  
SUGAR  
SOD

THIRD LAYER  
Milk, yogurt, cheese group  
CALCIUM



THIRD LAYER  
Meat, poultry, fish, dry beans,  
eggs, nuts, nuts group  
IRON &  
PROTEINS



SECOND LAYER  
Vegetable and Fruit group  
MINERALS  
VITAMINS



FOUNDATION  
Bread, cereals, rice and pasta group

vitamins, fiber  
and  
energy