

The Food Pyramid

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

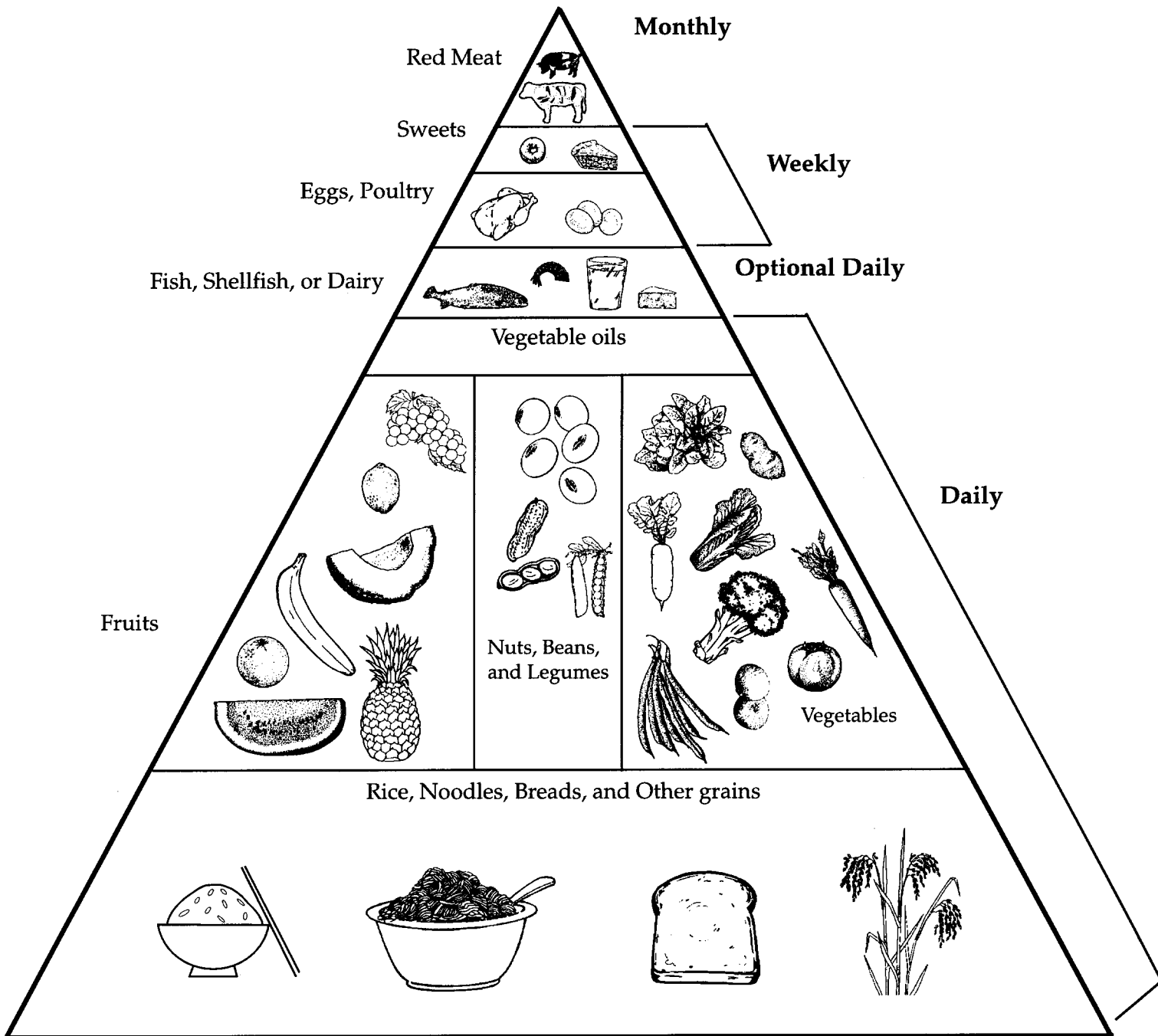


English Language Version

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. For more information call (404) 651-2542

Asian Food Pyramid

The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

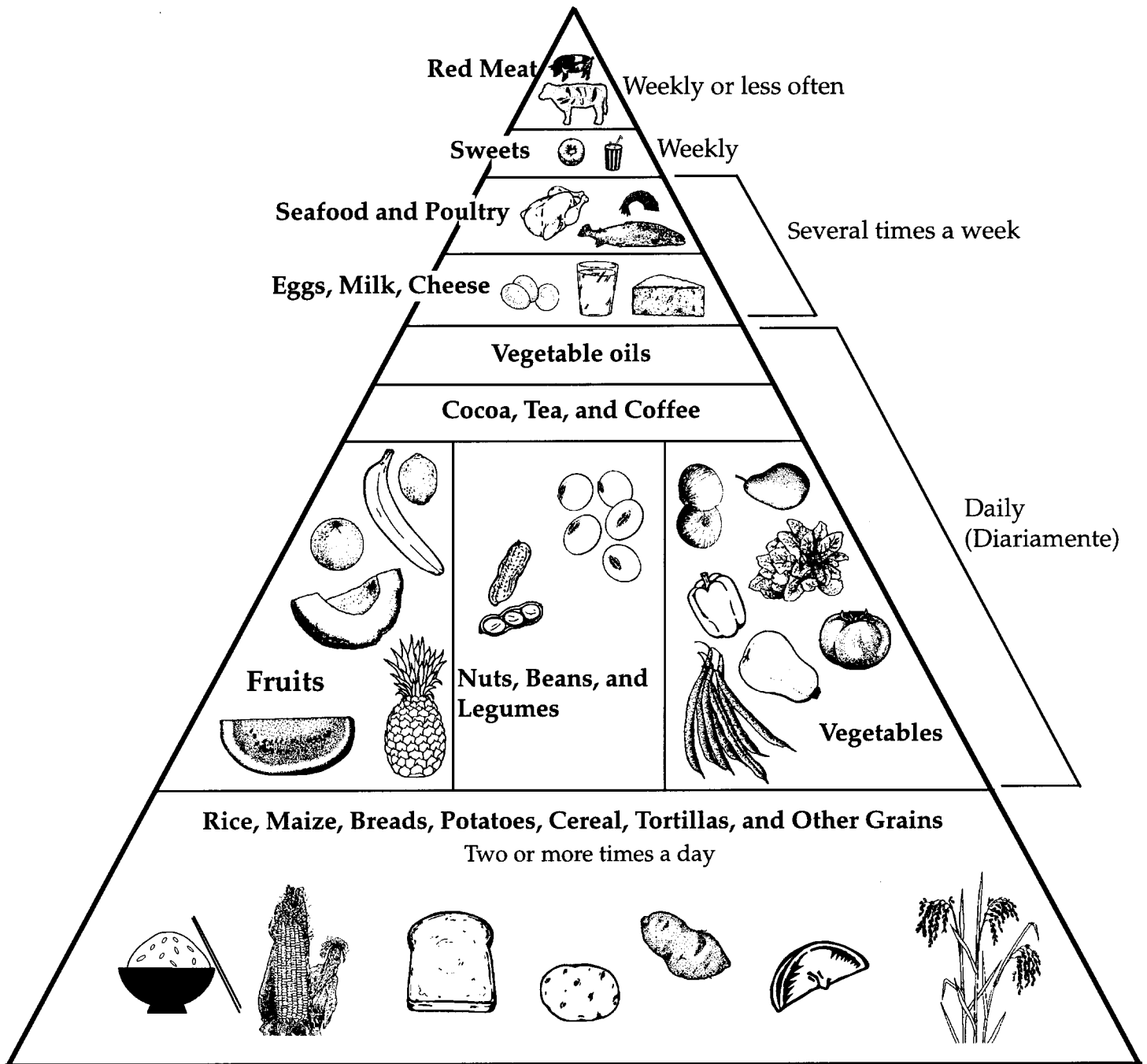


Asian Language Version

The Latin American Food Pyramid (Piramide de Alimentos Latinoamericana)

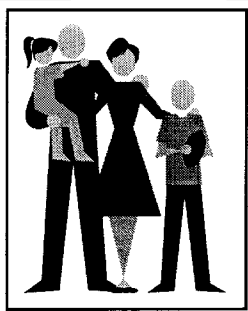
Protein comes from plants and grains instead of animals. Nuts, seeds, and starchy vegetables make up the bulk of the diet. Spices and chiles are used to give the low-fat ingredients flavor and zest.

(Las proteínas de plantas y granos llenan mucho más que las proteínas animales. Los almidones, vegetales así como las nueces y semillas hacen la mayor parte de la dieta. Los chiles o las especias son recomendados libremente para dar sabores agradables a dietas blandas baja en grasa.)



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Better Health Begins With You!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

3. Drink at least 8 glasses of pure, fresh water every day.

4. Eat lean, low-fat meats, such as chicken or fish.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

6. Limit your intake of sweets and alcoholic beverages.

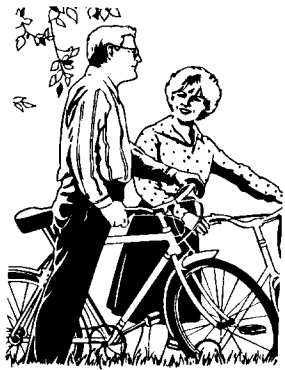
7. Take part in some form of physical activity every day. Take a walk, dance, or play.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

English

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Better Nutrition for Mature Adults

1. Drink 6 - 8 glasses of water every day.
2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.
3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.
4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.
5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.
6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

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Better Health for Mother and Baby

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.
2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.
3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.
4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.
5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.
6. See your doctor early in your pregnancy.
7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

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Good Food for Kids

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.
2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.
3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.
4. Energy is important and comes from breads, rice, cereal, and pasta.
5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

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