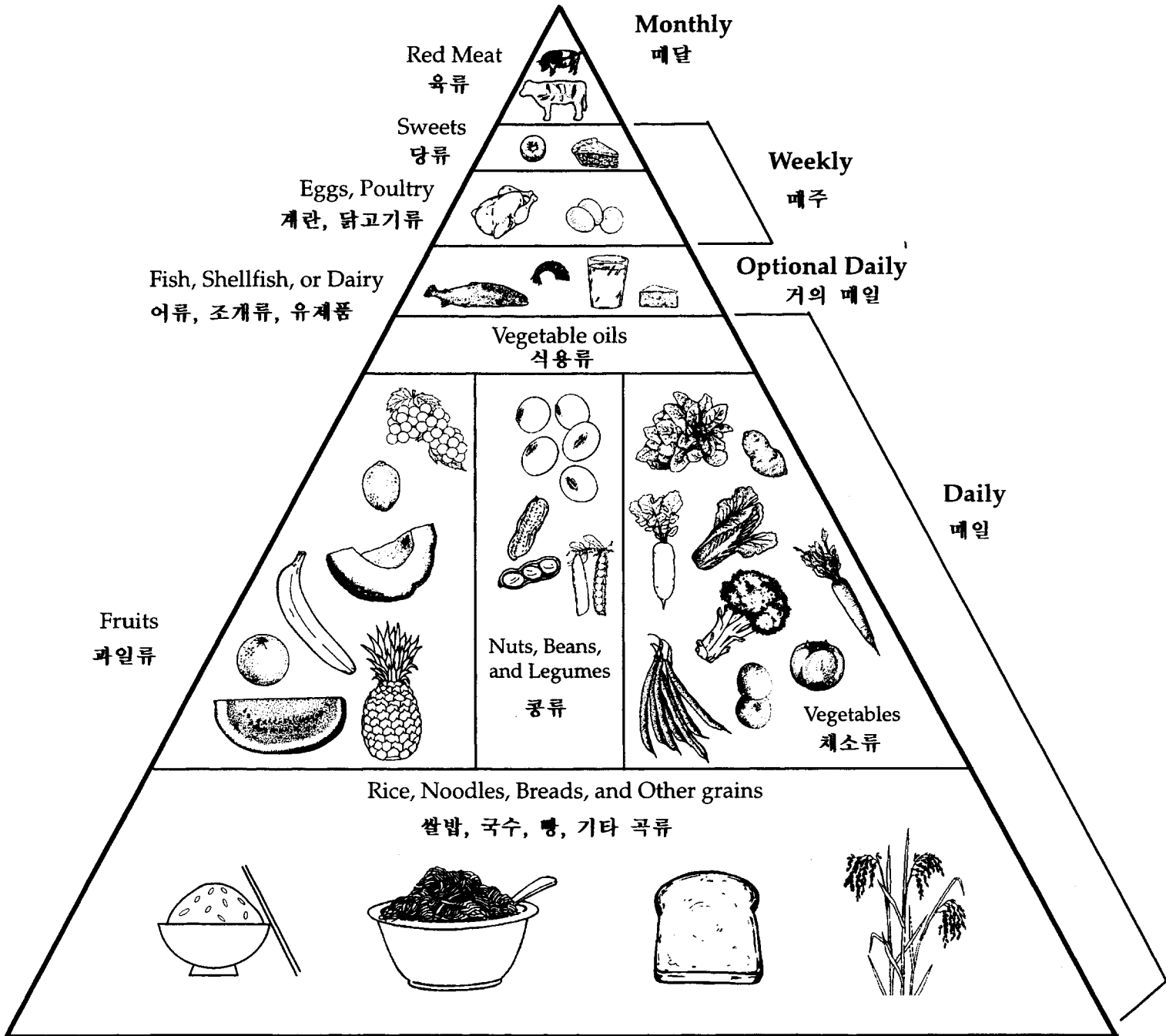


Asian Food Pyramid

아시아의 식품 피라미트

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.

이 식품 안내 피라미트는 여러분에게 적합한 건강 식단을 선택하는데 도움이 되는 보편적인 지침입니다. 각 식품군들은, 전부는 아니지만 여러분에게 필요한 어느 정도의 영양소를 제공합니다. 한 식품군에 있는 음식들은 다른 식품군의 것들도 대체할 수 없습니다. 건강을 위해서는 모든 식품군 모두가 필요합니다.



Korean Language Version

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