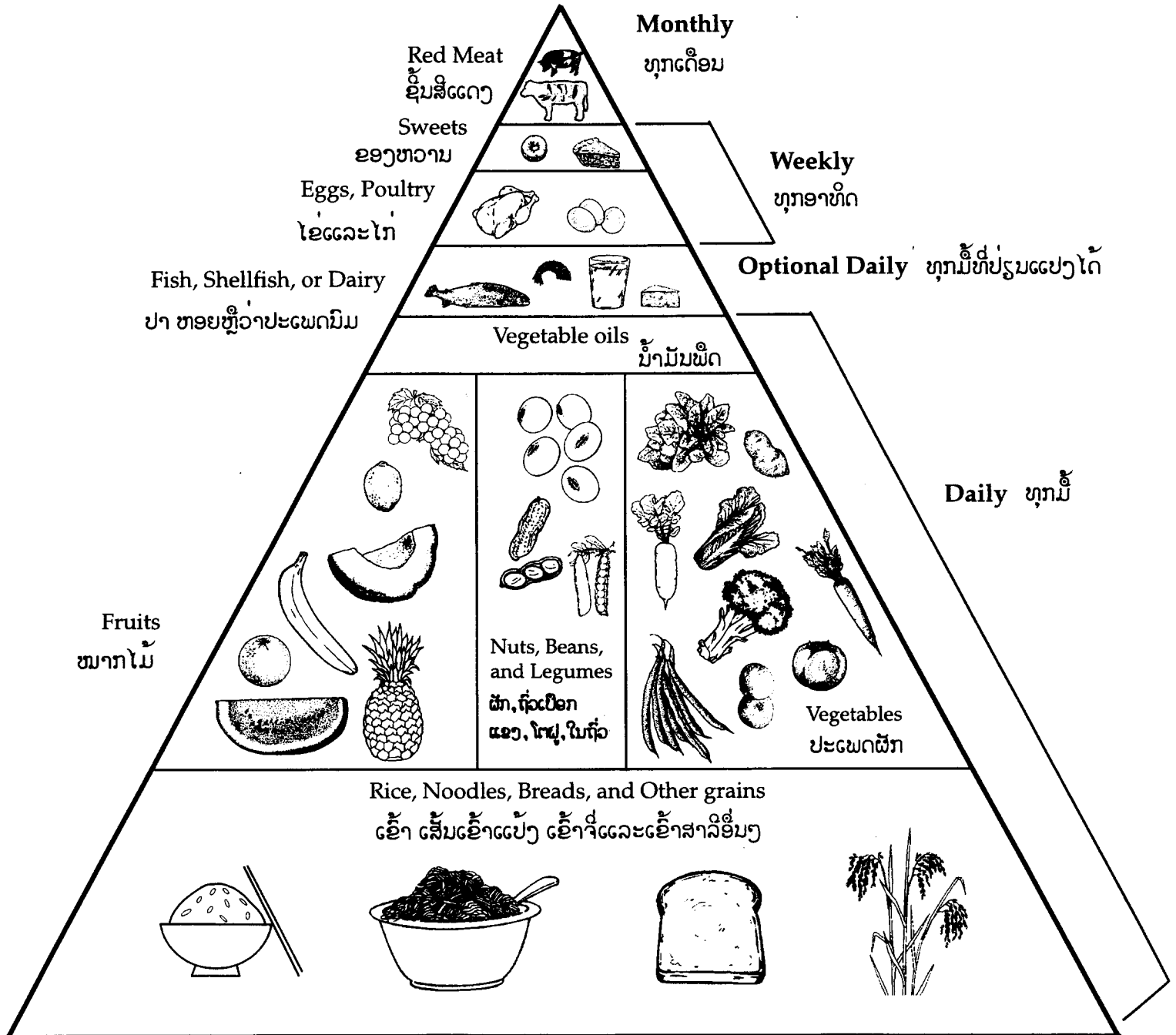


# Asian Food Pyramid

## ລາຍການອາຫານເອຊຽນປີຣາມິດ

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.

ຫ້ງສີເນະນໍາລາຍການອາຫານປີຣາມິດເປັນຫ້ງສີເນະນໍາທົ່ວໄປເພື່ອໃຫ້ທ່ານເລືອກເອົາລາຍການອາຫານທີ່ດີຕໍ່ສຸຂະພາບແລະເໝາະສົມກັບທ່ານ ອາຫານແຕ່ລະກຸ່ມນີ້ໄດ້ແກ່ອາຫານທີ່ບໍາຮຸງຮ່າງກາຍບາງແນວ ແຕ່ວ່າບໍ່ແມ່ນອາຫານທີ່ທ່ານຕ້ອງການທັງໝົດ ອາຫານທີ່ຢູ່ໃນກຸ່ມນຶ່ງຈະແທນອາຫານທີ່ຢູ່ໃນກຸ່ມອື່ນບໍ່ໄດ້ ບໍ່ມີອາຫານກຸ່ມໃດຈະສໍາຄັນກ່ວາກຸ່ມອື່ນ ເພື່ອໃຫ້ມີສຸຂະພາບທີ່ດີທ່ານຕ້ອງການອາຫານທຸກແນວ.



Laotian Language Version

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