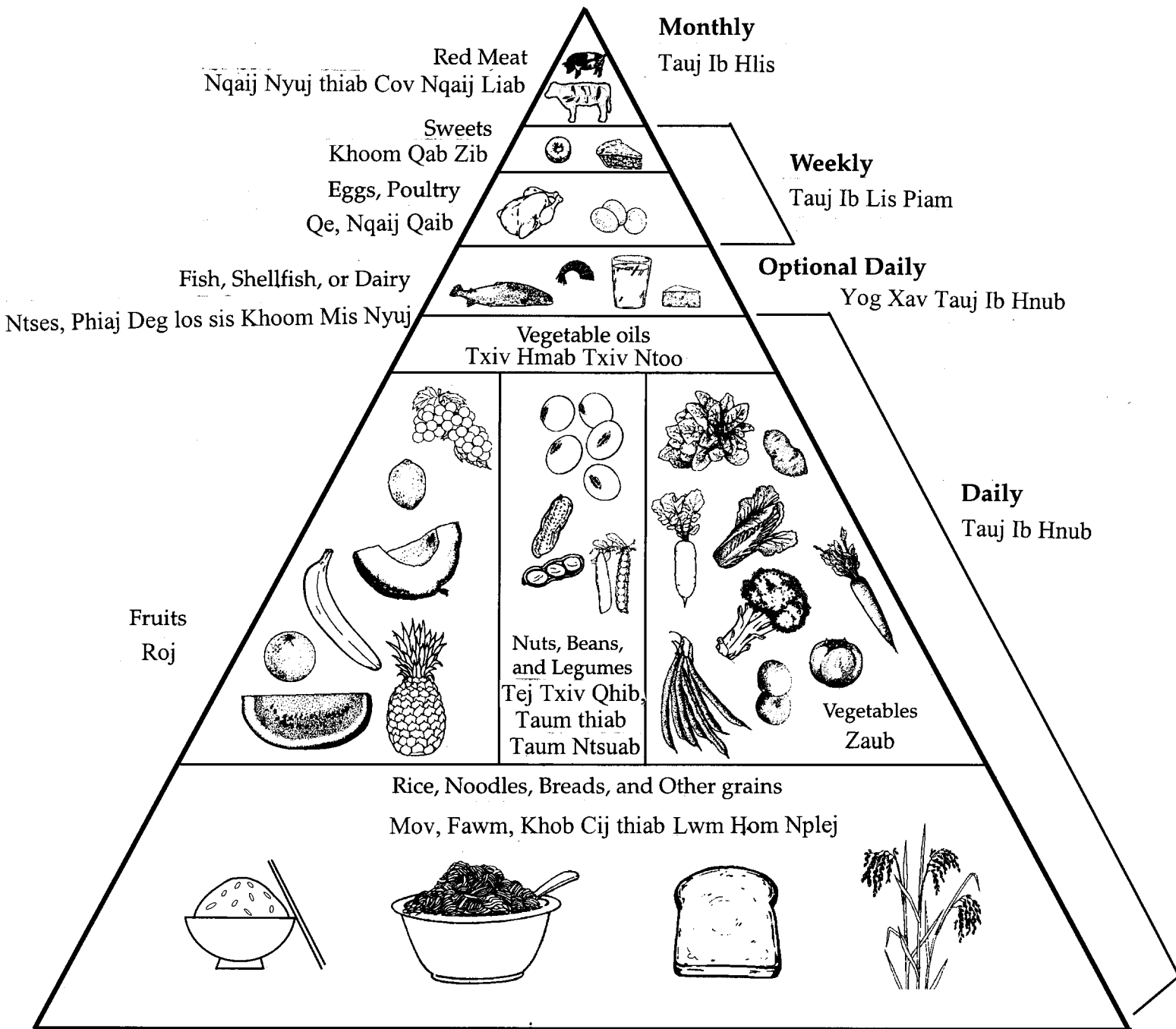


Asian Food Pyramid

Neeg Es-xias Xab Xeeb Kaum Qhia Txog Zaub Mov

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.

Xab Xeeb Kaum Daim Phiaj Qhia Txog Zaub Mov yog ib daim phiaj uas pab koj xaiv tej zaub mov noj uas yuav pab koj muaj kev noj qab nyob zoo. Txhua pawg no muaj ib co, tiam sis tsis yog txhua yam khoom, uas koj lub cev xav tau. Tej hom zaub mov ntawm ib pawg pauv tsis tau lwm pawg qhov chaw. Tsis muaj ib pawg zaub mov twg uas tseem ceeb dua lwm pawg. Xwv kom tau kev noj qab haus huv, koj xav tau txhua yam no.



Hmong Language Version

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