

# Food Pyramid



## PowerPoint Template and Background with Food Pyramid Health

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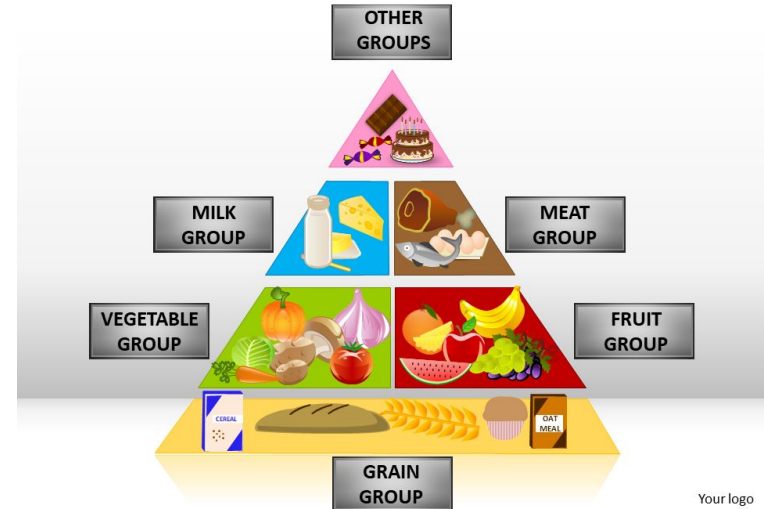
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- **The Food Pyramid** is a schematic illustration of how various foods and beverages contribute to a healthy balanced diet.
- Individuals can choose meals and drinks from each shelf based on their dietary preferences, according to the Food Pyramid.

### Food Pyramid



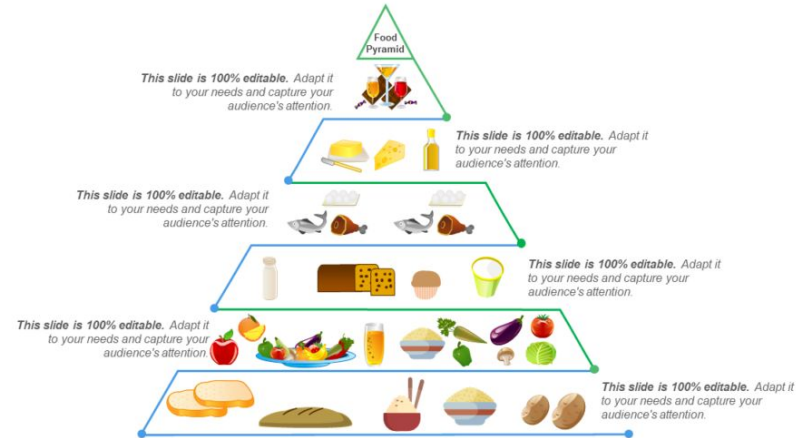
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## Food groups included are :

- Vegetables.
- Fruits.
- Grains.
- Protein Foods.
- Dairy.
- Oils & Solid Fats.
- Added Sugars.
- Beverages.

## Food Pyramid Six Steps Of Meal Identification



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## Proteins

- Because it is in the middle of the pyramid, you should eat a moderate amount at each meal.
- Meat, fish, poultry, eggs, and dairy products are examples of high quality proteins (those of animal origin that are easier for the body to absorb).



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- A well-balanced diet is built on **bread, cereal, rice, and pasta.**
- Foods in this group provide key nutrients for a variety of uses:  
B-vitamins - help use energy from food, keep the skin healthy and help digestion and appetite. Iron - builds red blood cells.

### Food Groups Pyramid with Eating Frequency



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## Fruits in the food pyramid :

- Apples, oranges, grapes, bananas, and other fruits fall into this category.
- Fruits are high in natural sugars, fibre, and vitamins while being low in calories and fat.
- The fruit and vegetable food groups are sometimes combined.

### Food Pyramid Showing Drinks Vegetables And Fruits

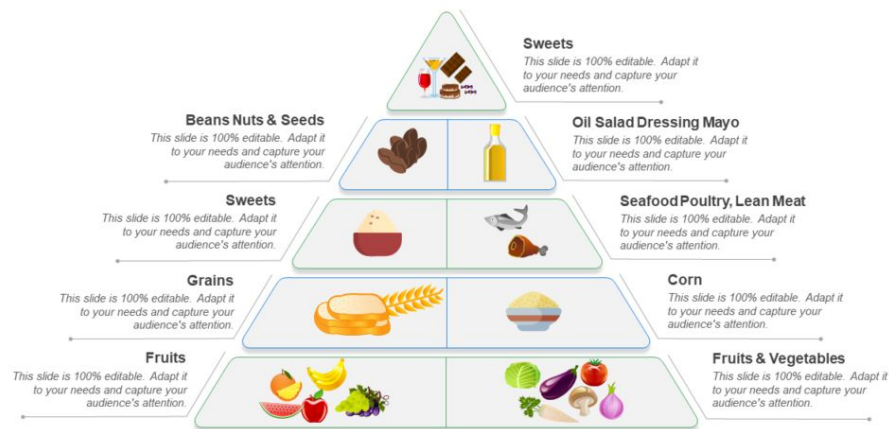


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## The vegetables in food pyramid :

→ Dark green vegetables, red and orange vegetables, starchy vegetables, and legumes are all part of the vegetable food group (beans and peas)

## Food Pyramid Covering Sweets Seafood And Vegetables



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# FAQs

## What is the significance of the term "food pyramid"?

- The Food Guide Pyramid was an established nutrition tool introduced by the USDA in 1992.
- It was designed in the shape of a pyramid to suggest that people should eat more food products from the bottom of the pyramid and very few foods and beverages from the top.



## Why is the food pyramid significant?

- Nutrition advice can be translated into a colourful pyramid to show what foods make up a healthy diet.
- The shape suggests right away that some foods are good and should be eaten frequently, while others aren't so good and should be eaten only occasionally.

## Why are food pyramids triangles?

- The pyramid's triangular shape clearly demonstrates that the meal at the triangle's base are those which ought to be eaten most often and those at the top should only be eaten occasionally.
- The starch-containing foods or carbohydrates are at the bottom of the pyramid.

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