

The Pyramid

FOODS TO LIMIT OR AVOID

The foods listed in the pyramid are high in fat, cholesterol, and sodium and provide little fiber and many calories. But they don't provide any vitamins or iron. It's good for a healthy diet to eat a wide variety of food and to limit these foods. The pyramid also shows the amount of each food you should eat each day.

All the different foods in the pyramid are divided into groups. The top group is called the "fat group." It includes fats and oils. The middle group is called the "meat group." It includes meats, fish, and eggs. The bottom group is called the "vegetable group." It includes vegetables, fruits, and grains. The pyramid also shows the amount of each food you should eat each day. The pyramid also shows the amount of each food you should eat each day. The pyramid also shows the amount of each food you should eat each day.

