

The Pyramid

FOODS TO LIMIT OR AVOID

Use your knowledge of the pyramid to identify foods that should be eaten in moderation and those that should be avoided. But don't forget to eat plenty of grains, fruits, vegetables, and dairy for a healthy diet. The pyramid diet is very different from other diets because it emphasizes eating a variety of foods from all food groups.

All the different food groups are called nutrients. Some are called proteins. They're called the proteins because they provide the building blocks for your body's cells and tissues. All the different kinds of proteins are called amino acids. They're called amino acids because they have an amino group. They provide energy and are used to build up your body's cells and tissues. They also provide most of the energy that your body needs to live. They also provide most of the energy that your body needs to live. They also provide most of the energy that your body needs to live.

