

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 minerals. It's good for a healthy diet to have a few of these foods, but not too many. They are listed in the pyramid to help you understand the higher nutrition value foods you should eat.

All the healthy foods in the pyramid are called nutrients. Some are called proteins. They're called the proteins because they contain about 70% of your daily protein requirements. All the other foods in the pyramid are called carbohydrates. They contain about 70% of your daily carbohydrate requirements. They provide energy and are used to build up your muscles and bones. They also provide most of the energy you need to live. They also provide most of the energy you need to live. They also provide most of the energy you need to live. They also provide most of the energy you need to live.

