

The Pyramid

FOODS THAT PROVIDE ENERGY

The foods that give us the energy that we need to do our work and play are called energy giving foods. And these are called "macronutrients." But this isn't a scientific name. It just means that these foods are very important to our health. They give us the energy that we need to live. Different kinds of food give us different kinds of energy. The higher up the pyramid, the more energy they give us.

All the different macronutrients are called carbohydrates. Some are called "simple" and some are called "complex." The ones called "simple" are called "sugars." They are found in many different kinds of food. They are also found in many different kinds of drinks. They are also found in many different kinds of candy. They are also found in many different kinds of fruit. They are also found in many different kinds of vegetables. They are also found in many different kinds of grains. They are also found in many different kinds of nuts and seeds. They are also found in many different kinds of oils. They are also found in many different kinds of fats. They are also found in many different kinds of proteins. They are also found in many different kinds of vitamins and minerals. They are also found in many different kinds of antioxidants. They are also found in many different kinds of phytochemicals. They are also found in many different kinds of phytonutrients. They are also found in many different kinds of phytoestrogens. They are also found in many different kinds of phytochemicals. They are also found in many different kinds of phytonutrients. They are also found in many different kinds of phytoestrogens.

