

The Pyramid

FOODS TO EAT FREQUENTLY

The foods listed in the pyramid are the vegetables, fruits, dairy products, and grains that you should eat most often. And these should be in the largest amount. But this isn't a recipe. You can't measure things. It's just a guide for a healthy diet. The pyramid also is very colorful. Different kinds of food are in different colors. This helps you to eat a variety of foods.

All the different foods are divided into five groups. The ones at the bottom are called the grains group. It includes bread, rice, and pasta. About 48% of your diet should be made up of these. The next level up is the vegetable and fruit group. These groups include eggs, turkey, chicken, and fish. They should be about 25% of your diet. The next level up is the dairy group. This group includes milk, cheese, and yogurt. They should be about 15% of your diet. The top level is the fat, oil, and sweets group. This group includes butter, margarine, and candy. They should be about 5% of your diet.

