

The Pyramid

FOODS THAT PROVIDE ENERGY

The foods that give us the energy that we need to live are called energy giving foods. And these are found in carbohydrates. But this isn't a simple job because sugar, fat and protein are healthy too. The hardest job is to eat a balanced amount of food and to eat it in the right way. Carbohydrates are the major energy giving foods in our diet.

All the different carbohydrates contain carbohydrates. Starches are the most common. They're called the grains. In general, carbohydrates make up 60% of your diet. They're found in bread, rice, pasta, potatoes, cereals, grains and vegetables. These grains, potatoes, cereals, grains, and vegetables are the most important foods in our diet. They provide energy and protein as well as fiber. Fats and proteins are also important in our diet. They provide energy and protein. These grains are also the most important in our diet. They also provide most of the carbohydrates in our diet. The protein and carbohydrates in our diet are found in the grains, potatoes, cereals, grains, and vegetables.

