

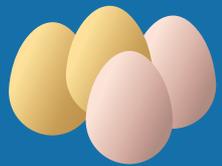
THE FOOD PYRAMID

What is it?



The food pyramid-shaped graphic divided into 6 groups. The food in the base are most necessary to carry out a healthier diet.

The Food



We can find different types of groups: carbohydrates (at the base); fruits and vegetables; dairy products and their derivatives; meat, fish, eggs; and in the last level fats, oils and sugars.

It Depends on your Metabolism



This graph is indicative since depending on the metabolism of each person will need more quantity of food than another.

Visit your doctor



If you have doubts about the amount of food you should consume, visit your doctor, he/she will advice you in the most appropriate way.