

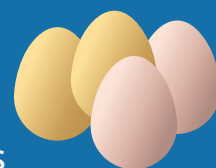
# THE FOOD PYRAMID

## 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.