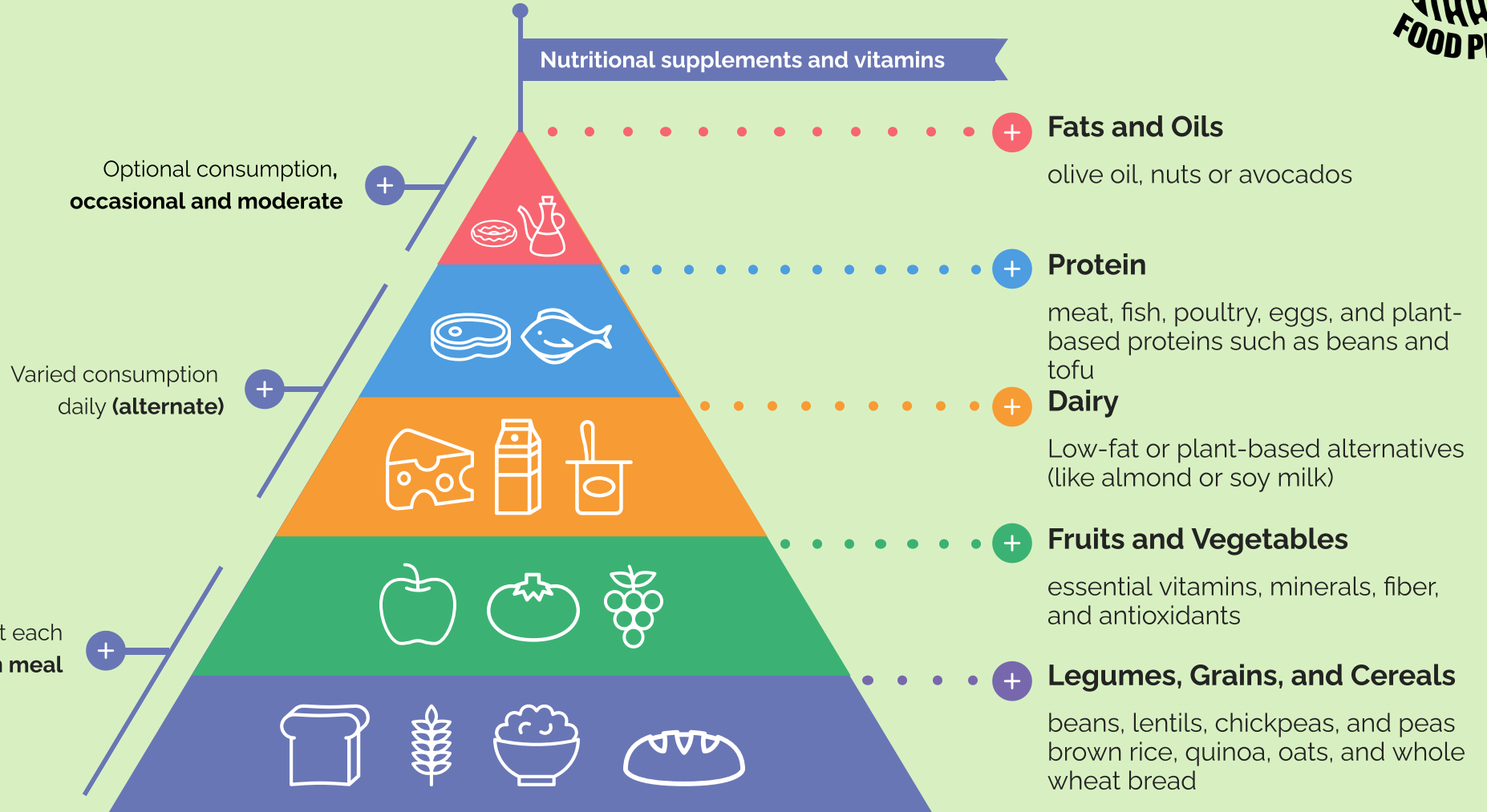


Nutritional Pyramid



Consumer groups at each
main meal



Variety



Alternate food choices daily for balanced nutrition.

Eat fruits, vegetables, proteins, grains, and healthy fats.

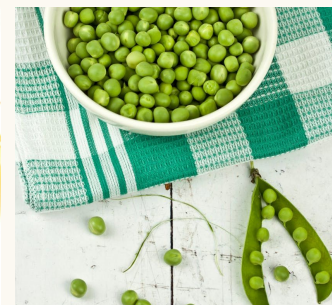
Variety ensures essential nutrients, supports digestion, boosts immunity, and promotes overall well-being.

Stay hydrated and mindful.



Fruits and vegetables

These should make up a significant portion of the diet as they provide essential vitamins, minerals, fiber, and antioxidants. A diverse intake of colorful produce ensures a well-balanced nutrient profile.

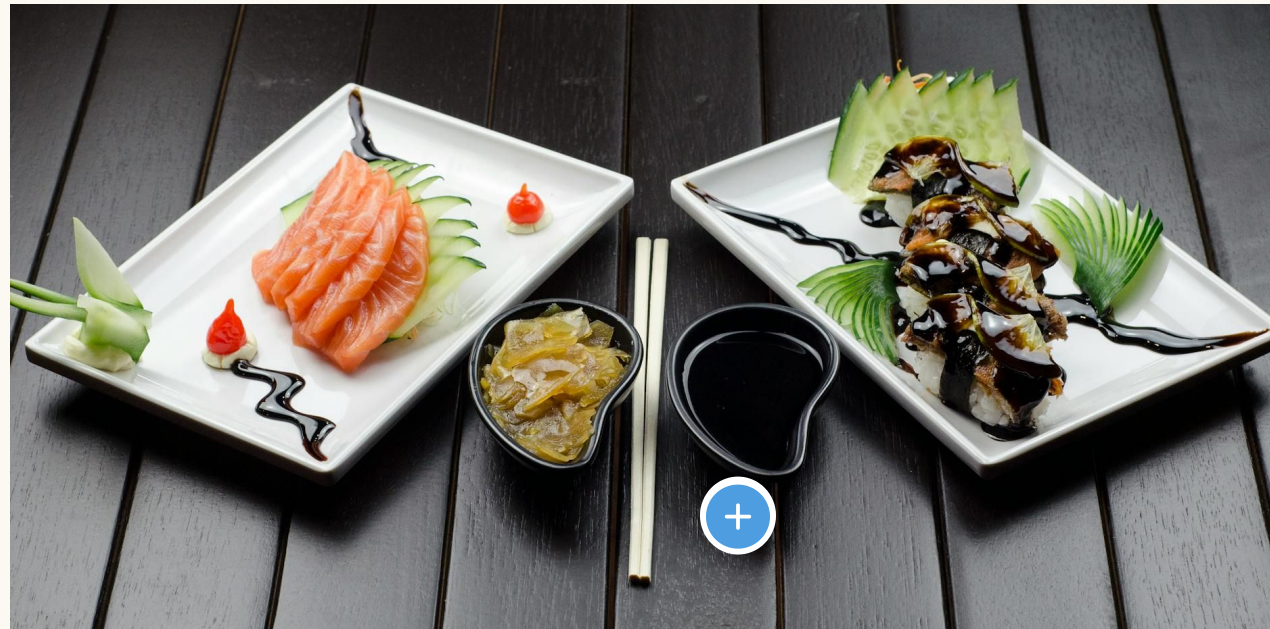


Be mindful about your diet



Each meal should include proteins (lean meat, fish, beans), whole grains (brown rice, quinoa), healthy fats (avocado, nuts), and plenty of fruits and vegetables. Stay hydrated and limit processed foods.

Proteins

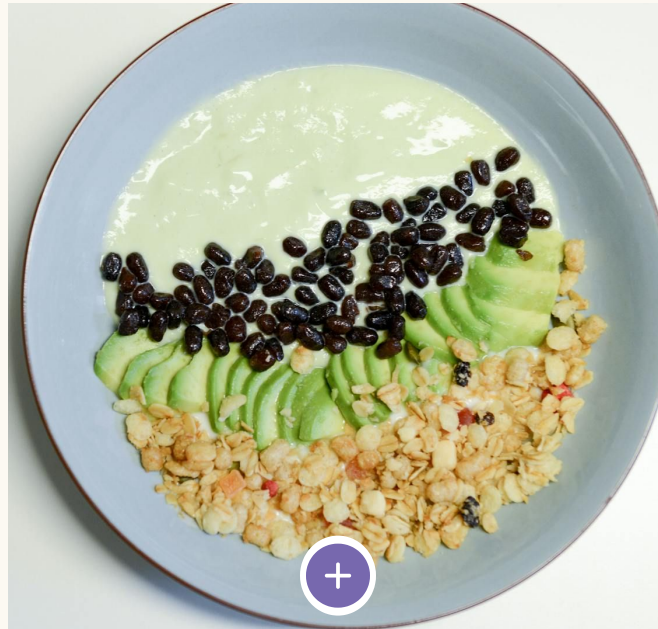


Be selective



Some foods are high in sugar, fat, or salt, increasing health risks. Consuming them occasionally and moderately helps maintain balance and prevent diseases.

Legumes, grains and cereals



These include beans, lentils, chickpeas, and peas. They are excellent sources of plant-based protein, fiber, and iron, making them a key food group, especially for vegetarians and vegans.

Whole grains (such as brown rice, quinoa, oats, and whole wheat bread) are preferable to refined grains, as they provide more fiber and nutrients while maintaining better blood sugar control.

Fats and Oils



These are placed at the top of the pyramid, indicating they should be consumed sparingly. Healthy fats (like those from olive oil, nuts, and avocados) are beneficial in moderation, while trans fats and excessive saturated fats should be limited.



Dairy



Provides calcium, vitamin D, and protein. Low-fat or plant-based alternatives (like almond or soy milk) are often recommended over full-fat dairy to reduce saturated fat intake.



