

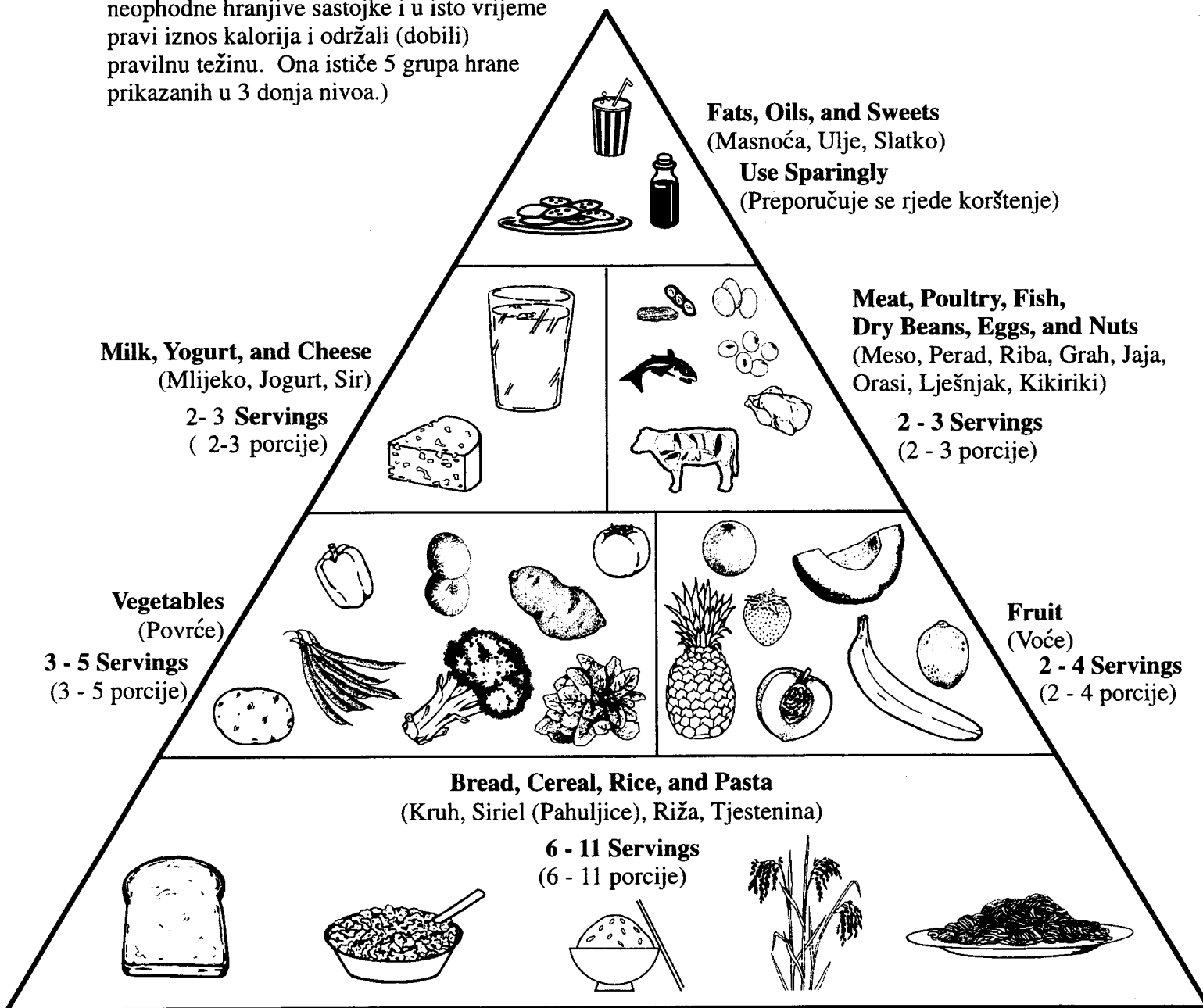
The Food Pyramid (Piramida Pravilne Ishrane)

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eat the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

(Piramida pravilne ishrane je vodič koji vam omogućava da izaberete odgovarajuću dijetu. Ova Piramida predlaže korištenje različitih vrsta hrane čime biste dobili neophodne hranjive sastojke i u isto vrijeme pravi iznos kalorija i održali (dobili) pravilnu težinu. Ona ističe 5 grupa hrane prikazanih u 3 donja nivoa.)

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(Svaka od ovih grupa obezbjeđuje neke ali ne sve neophodne hranjive sastojke. Hrana iz jedne grupe ne može biti zamjenjena hranom iz druge grupe. Za dobro zdravlje je potrebno korištenje hrane iz svih grupa.)



Boenian Language Version