

The Food Pyramid

食物三角

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 eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

食物三角是幫助你制定適合你的健康食譜的指南，它指導你吃各種各樣的食物以攝取各種營養，並且食用適量的卡路裏以維持健康的體重。你應從食物三角較低的三層食物中獲取大部分的卡路裏。

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

以下每一類食物都提供一些，但不是全部，你所需要的營養，它們不能互相代替，也沒有某類食物比其他食物更重要。要使身體健康，每一類食物你都需要。



Chinese Language Version