

# The Food Pyramid

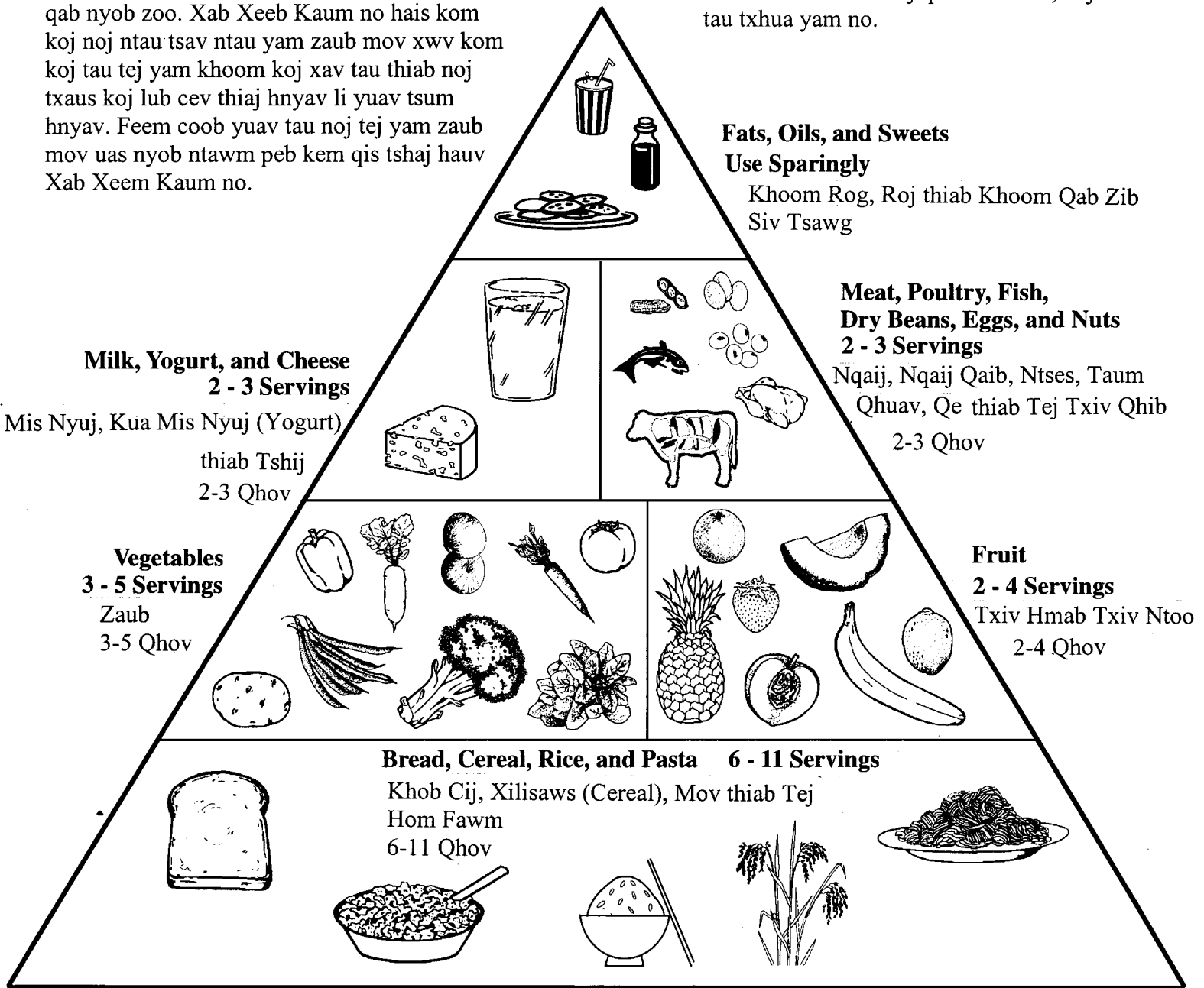
## Xab Xeeb Kaum Qhia Txog Zaub Mov

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.

Xab Xeeb Kaum Daim Phiaj Qhia Txog Zaub Mov yog ib daim phiaj uas pab koj xaiv tej zaub mov noj uas yuav pab koj muaj kev noj qab nyob zoo. Xab Xeeb Kaum no hais kom koj noj ntau tsav ntau yam zaub mov xwv kom koj tau tej yam khoom koj xav tau thiab noj txaus koj lub cev thiaj hnyav li yuav tsum hnyav. Feem coob yuav tau noj tej yam zaub mov uas nyob ntwam peb kem qis tshaj hauv Xab Xeeb Kaum no.

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.

Txhua pawg no muaj ib co, tiam sis tsis yog txhua yam khoom, uas koj lub cev xav tau. Tej hom zaub mov ntwam ib pawg pauv tsis tau lwm pawg qhov chaw. Tsis muaj ib pawg zaub mov twg uas tseem ceeb dua lwm pawg. Xwv kom tau kev noj qab haus huv, koj xav tau txhua yam no.



Hmong Language Version