

The Food Pyramid

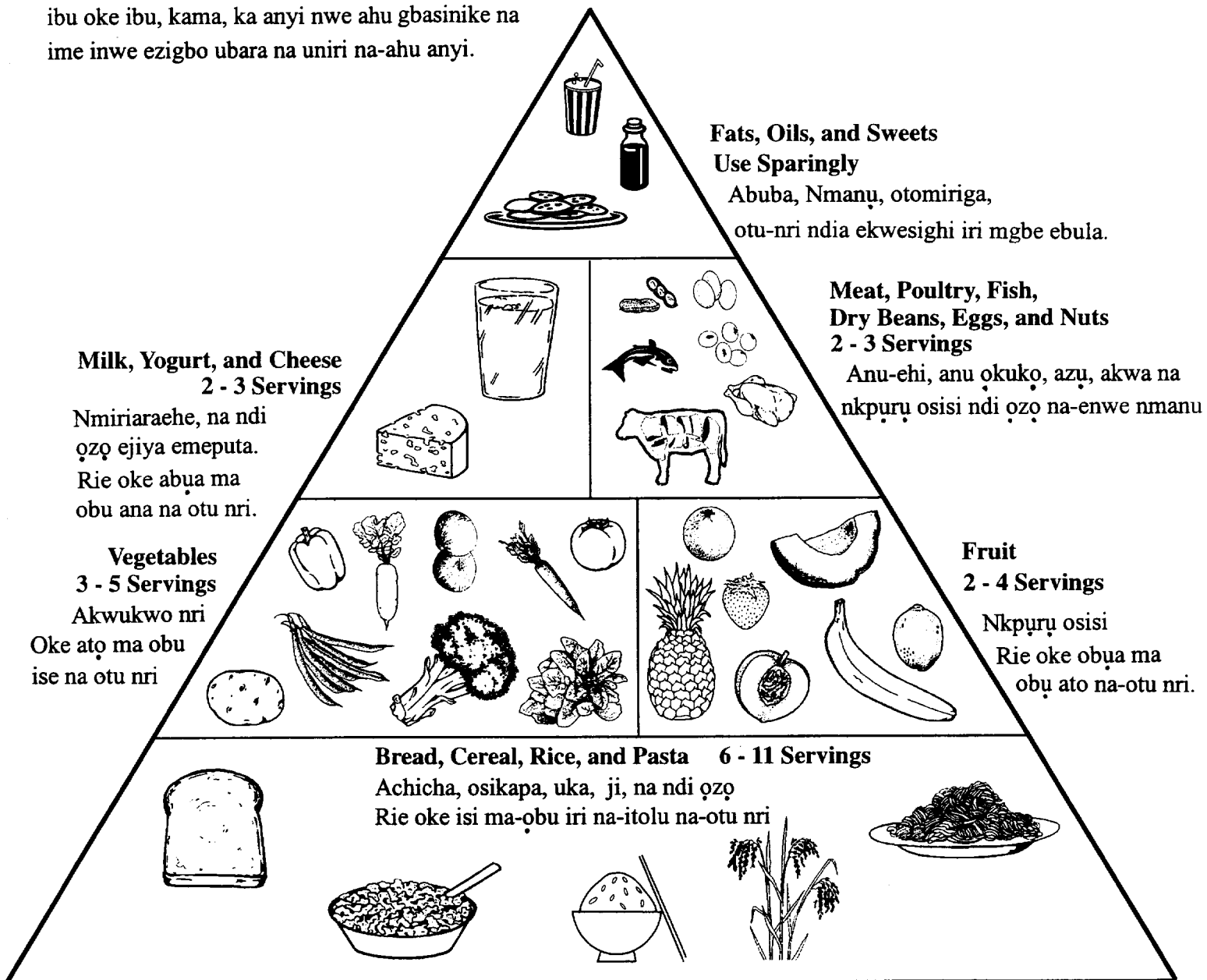
USORO NRI

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.

Usoro nri bu uzọ esi hazie nri ka onwe ike idianyi nma na ahu. Usoro nri na akuzi otu esi eri nri di iche iche ka ọnwẹ ike ime ka anyi ghara ibu oke ibu, kama, ka anyi nwe ahu gbasinike na ime inwe ezigbo ubara na uniri na-ahu anyi.

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.

Ọtụtụ ihe a bu anyi na-acho an-esi na-ime usoro nri ndi-a. Ihe unu ga ama bu, enweghi nri nke di mkpa kari-a ibe ya. Iri ọbere ọbere na otu nri ọbula bu ihe abu anyi chọrọ.



Igbo Language Version