

The Food Pyramid

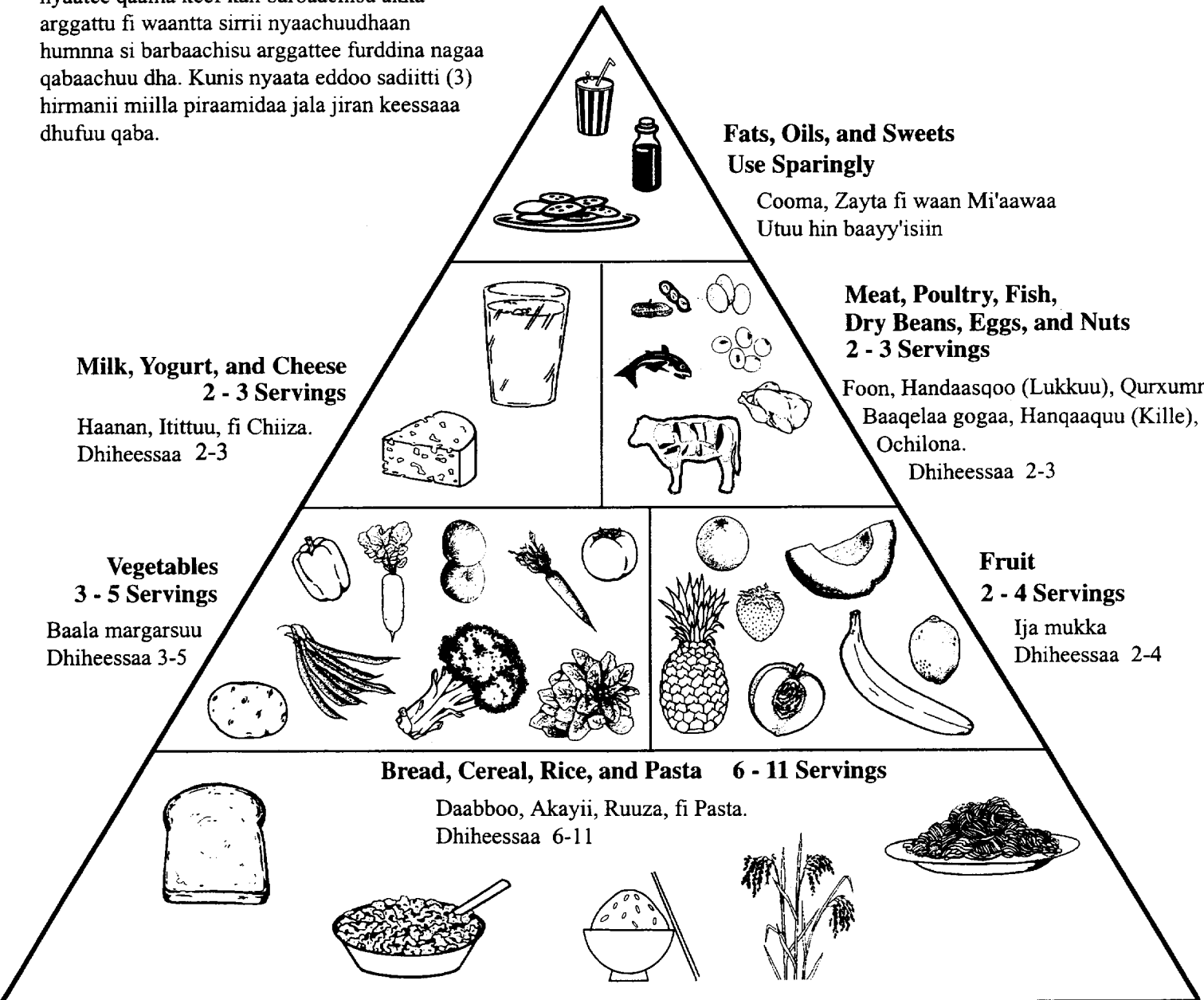
Piraamidaa Nyaata

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.

Agarsiifani nyaata piraamidaa nyaata akkamii fayaina keetiif akka filachuun siif ta'u kan himu dha. Piraamida jachuun nyaata addaa addaa nyaatee qaama keef kan barbaachisu akka arggattu fi waantta sirrii nyaachuudhaan humnna si barbaachisu arggattee furddina nagaa qabaachuu dha. Kunis nyaata eddoo sadiitti (3) hirmanii miilla piraamidaa jala jiran keessaaa dhufuu qaba.

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.

Tokkoon tokkoon nyaatoliin kun amma ta'e nama gargaaru malee cufa (hudda) miti. Nyaanni inni isa tokko kessaa isa kaan eddoo bu'uu hihndanda'u. Nyaanni tokko iisa kaan irra caaluu hin danda'u. Fayina gaarii qabaachuuf hundumtti isaanii si barbaachisu. Isaanis:



Oromo Language Version

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