

The Food Pyramid

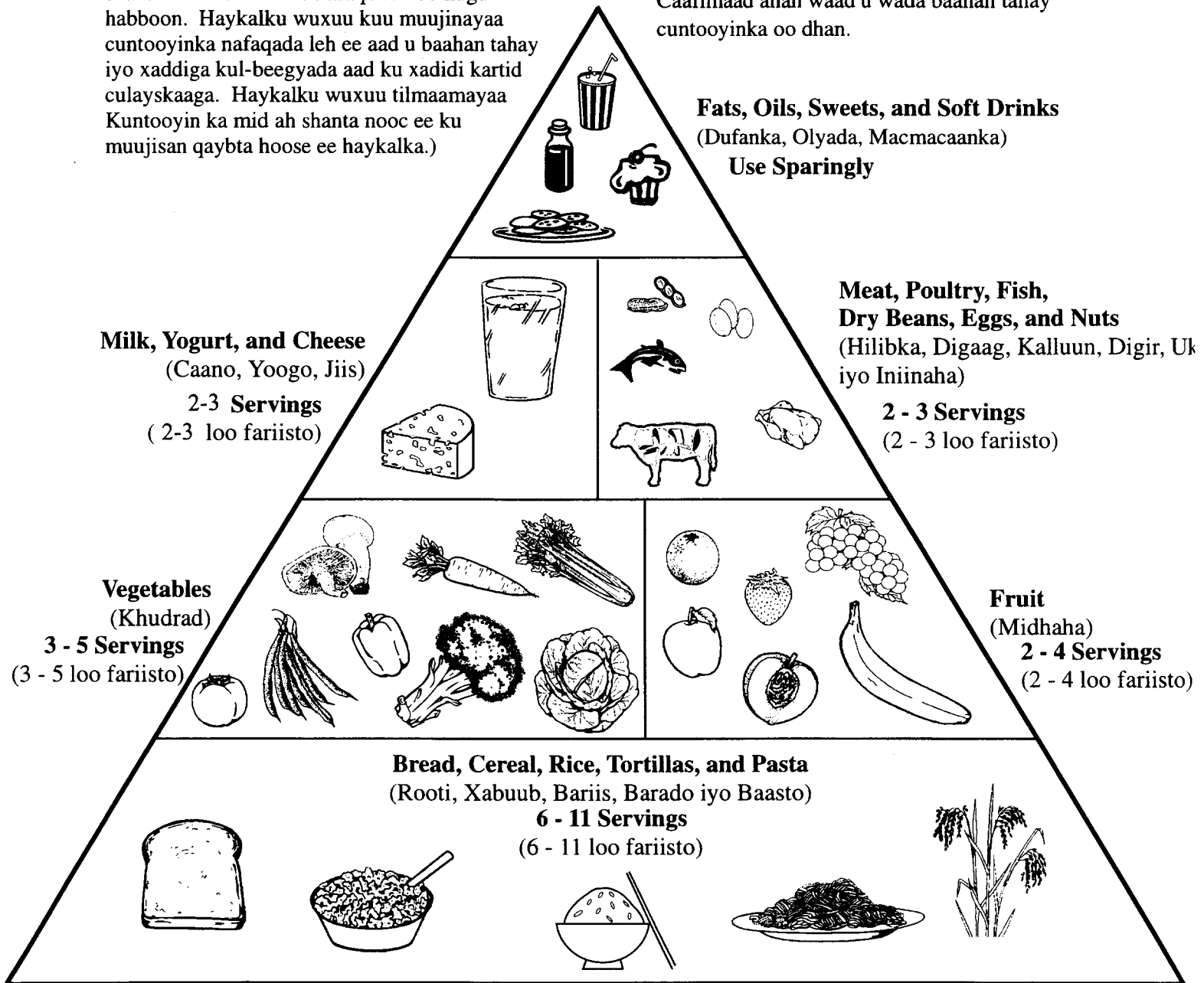
(Haykalka Cuntada nafaqada leh ee Maraykanku cuno)

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.

(Haykalka guud cuntada nafaqada leh ee Maraykanku cuno waa tusmo guud ee ku hagaya si aad u dooratid cunto nafaqo leh oo kugu habboon. Haykalku wuxuu kuu muujinayaa cuntooyinka nafaqada leh ee aad u baahan tahay iyo xaddiga kul-beegyada aad ku xadidi kartid culayskaaga. Haykalku wuxuu tilmaamayaa Kuntooyin ka mid ah shanta nooc ee ku muujisan qaybta hoose ee haykalka.)

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.

(Nooc kasta ee kooxaha cuntada ahi wuxuu ku siinayaa qayb nafaqada aad u baahan tahay. Kooxi ma bedeli karto koox kale isla markaasna kooxi kama muhimsana kooxda kale. Caafimaad ahan waad u wada baahan tahay cuntooyinka oo dhan.)



Somali Language Version