

# The Food Pyramid

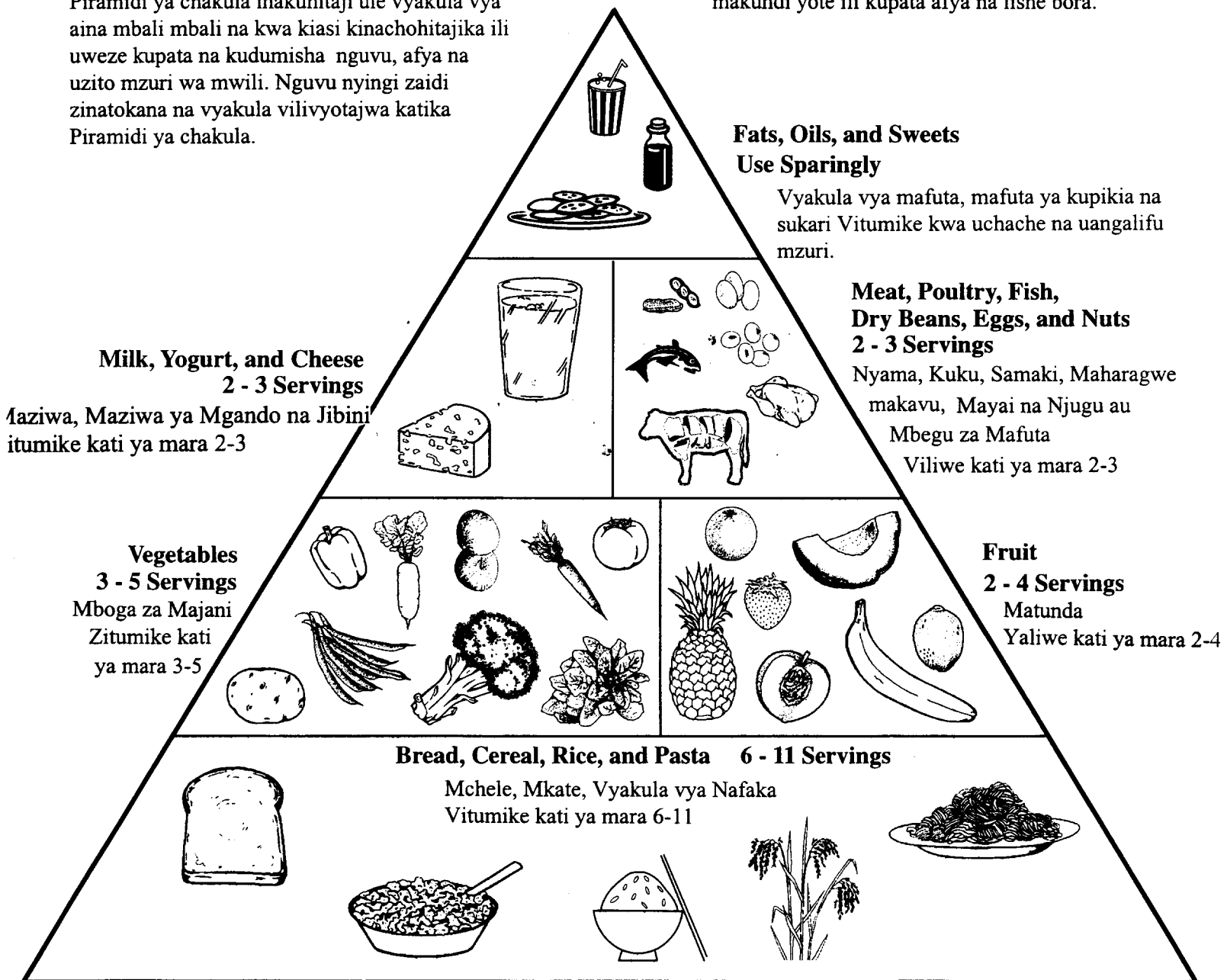
## Piramidi ya Chakula Bora

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.

Maelekezo ya Piramidi ya Chakula bora ni maelezo ya jumla tu yatakayokuwezesha kuchagua lishe bora kufuatana na afya yako. Piramidi ya chakula inakuhitaji ule vyakula vya aina mbali mbali na kwa kiasi kinachohitajika ili uweze kupata na kudumisha nguvu, afya na uzito mzuri wa mwili. Nguvu nyingi zaidi zinatokana na vyakula vilivyotajwa katika Piramidi ya chakula.

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.

Vyakula vilivyotajwa kwenye kila kundi vinakupatia kiasi fulani tu cha lishe unayohitaji na sio kila kitu. Vyakula vilivyo kwenye kundi moja haviwezi kuwa bora kuliko vya kundi jingine; na kwa sababu hiyo unahitaji kula vyakula vilivyotajwa kwenye makundi yote ili kupata afya na lishe bora.



Swahili Language Version