

The Food Pyramid

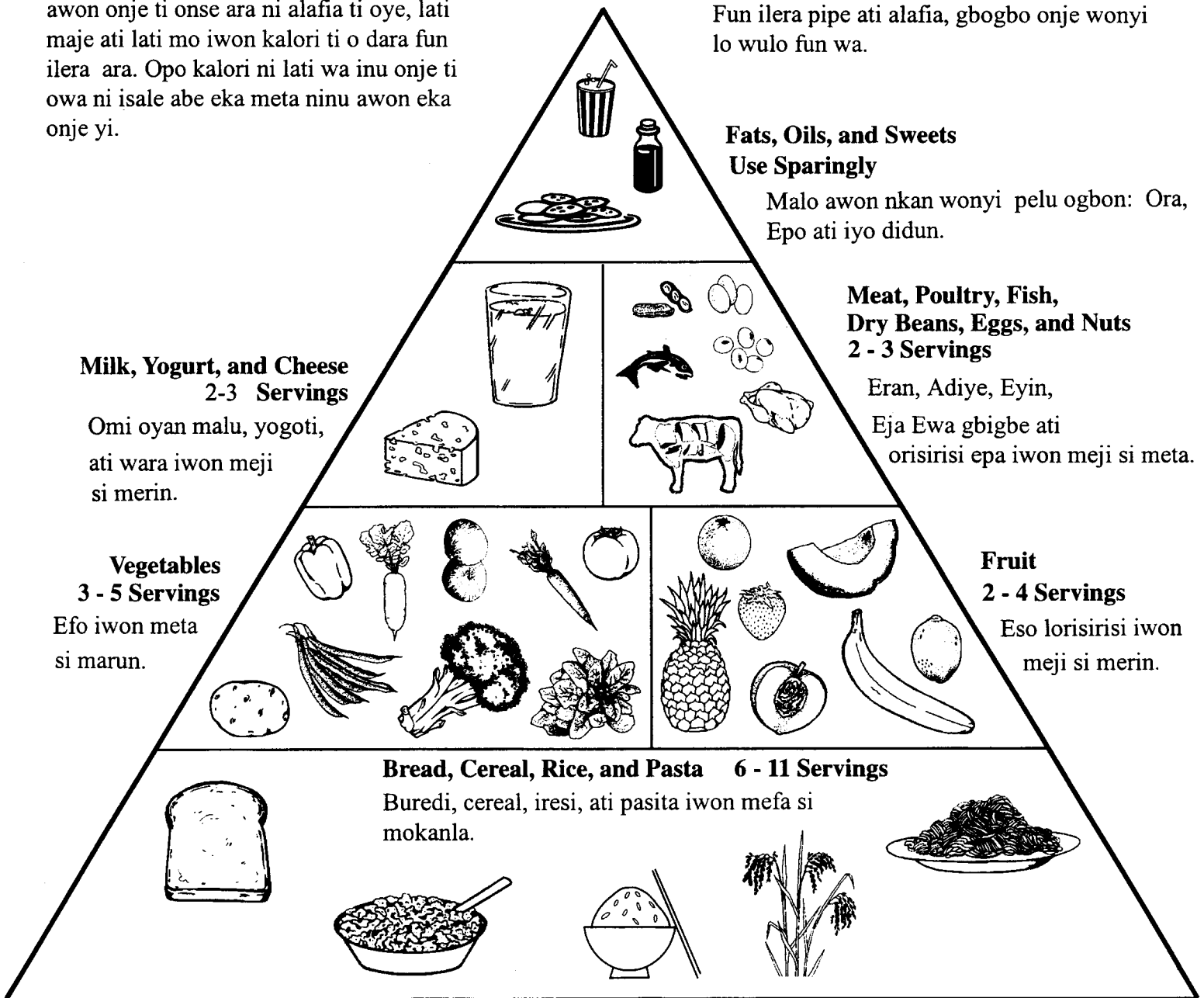
Eka awon Onje

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.

Eka orisirisi awon onje ati apejuwe re jeki ale yan awon onje ti o dara fun wa. Eka onje yi fun wa ni alafia lati yan orisirisi awon onje ti onse ara ni alafia ti oye, lati maje ati lati mo iwon kalori ti o dara fun ilera ara. Opo kalori ni lati wa inu onje ti owa ni isale abe eka meta ninu awon eka onje yi.

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.

Ikan ninu awon apejuwe onje wonyi pese alaye die ninu awon ohun ti owulo fu wa, ti osi se pataki ninu ara wa. Onje ninu apejuwe kokan wonyi kole paro ikankan ninu apejuwe miran. Kosi onje kan ninu apejuwe wonyi ti o se pataki ju awon kan lo. Fun ilera pipe ati alafia, gbogbo onje wonyi lo wulo fun wa.



Yoruba Language Version