UNIVERSITY OF FLORIDA

IFAS EXTENSION

Gade Tèt Piramid la¹

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Nan tèt piramid la genyen anpil grès, lwil ak bagay dous. Manje sa yo ajoute plezi ak gou nan manje nou. Yo ajoute kalori tou, men yo pa gen anpil vitamin. Fòk nou pa itilize twòp sik, grès, lwil nan manje nou.

Kisa ki nan Tèt Piramid la

Grès ki nan tèt piramid la genyen bekonn, bè, krèm frèch, krèm fwomaj, sòs la kochon, magarin, mayonèz, lwil, mayonèz salad, ledven ak krèm fèmante.

Bagay dous ki nan tèt piramid la genyen sirèt, glas ki sou gato, jidfw, siromyèl jele, siwokann, sòbè, soda, sik, ak lòt siwo.

Ki sa "Itilize avèk Kontrol" Vle di?

Li vle di itilize sèlman an ti kantite. Li vle di tou remplace enpe nan manje ou avèk manje ki gen mwens kalori ladann. Men kèk ide. mete yon mak bò kote ekzamp anba sa-a yo ou vle itilize-yo.

- ☐ Sispann manje manje pike ki fèmante, tankou mayonèz, bè magarin, tout lòt bè. Pito ou mete moutad olyede mayonèz sou sandwich ou.
- ☐ Eseye manje yogout, ki pa sikre olyede mayonèz oubyen krèm fèmante.
- ☐ Bwè dlo, lèt ki pa gen twòp grès ladann, oubyen ji natirèl olyede soda.
- ☐ Sizonen manje ou ak epis olyede grès.
- ☐ Pa mete twòp sik ak grès lè-wap fè kwizin.
- ☐ Fè itilize sizonen manje ou ak vinèg olyede mayonèz.
- ☐ Mete fwi koupe oubyen anpure sou gato ou fè, olyede glas ki fèt ak sik titato.

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Kisa pou-ou Fè ak Pwodwi ki-pa-gen Twòp Grès?

Lè ou achte pwodwi ki pa gen twòp grès ladann oubyen ki pa gen grès ditou ou bay tèt ou chans pou ou vin plis ansante. Fè atansyon! San grès pa vle di ke pwodwi-a manke kalori ladann. Lè ou ap itilize pwodwi ki pa gen twòp grès, lwil oubyen sik ladan-yo, fòk ou toujou sèvi avèk moderasyon.

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