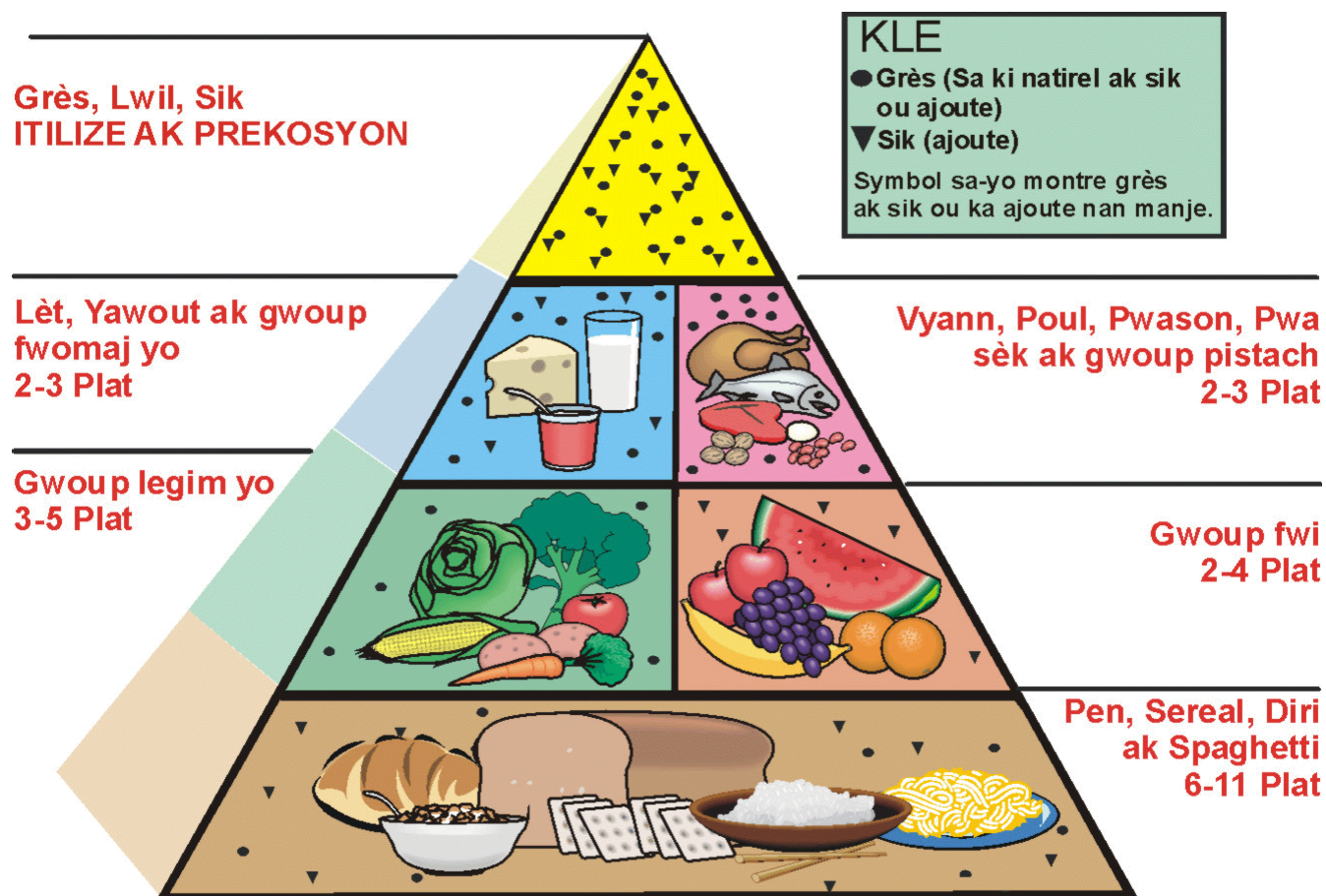


Gid Pou Pyramid Manje yo: Gid pou yon Chwa Manje Chak Jou¹

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Manje nan gid piramid la pale de manje ki nan sink gro gwoup ke yo montre nan twa seksyon ki anba pyramid la. Manje manje ki nan chak gwoup sa yo gro gwoup sa yo, chak jou. Manje sa yo genyen anpil vitamin. Manje nan yon gwoup paka ramplase manje nan yon lòt gwoup. Lè ou manje manje nan chak gwoup sa yo, ou ka jwenn tout vitamin ke ou bezwen pou ou rete an sante. Manje an ti kantite manje ki nan tèt piramid la avèk prekosyon.

Ki jan pou ou itilize manje nan gig piramid la

Fè plan sa nou gen pou nou manje, konsa tout moun ap gen yon ide kijan pou yo varye manje yo. Itilize manje ki pa gen anpil grès ak sik. Pa ekzamp, 6-11 ti moso pen, ti kras sereal, yontidiri, epi espageti; ti kras legim; 2-4 fwi. Mete 2-3 pwodwi kifèt ak lèt gwoup la avèk 2-3 pwodwi ki nan gwoup vyann gwoup la. Manje avèk prekosyon an ti kantite manje ki nan tèt piramid la.

ki sa ki konte tankou yon plat manje?

Manje ki nan gwoup grenn

yo- Pen, sereal, diri, and espageti sitou

- Yon moso pen
- Yon gode sereal kite deja prepare
- Yon mwatye sereal, diri, ou espageti kite bouyi

Fèy gwoup

- Yon gode fèy ki kri
- Yon mwatye gode fèy kwit
- Yon ka doge legim, ji, fwi

Fwi gwoup

- Yon ti pòm, bananan, zoranj, pwar
- Yon mwatye fwi ki tranche, bouyi ou ki nan bwat
- Yon ka jidfwi

Let gwoup- Lèt, yogout, avèk fromaj, chwazi sa ki pa genyen anpil grès

- Yon gode lèt oubyen yogout
- Yon liv fromaj natirèl (tankou cheddar)
- 2 liv fromaj Ameriken

Gwoup vyann ak pwa, volay pwason, pwa sèk, ze avèk pistach

- 2-3 liv vyann bouyi, volay oubyen pwason
 - *Konte tankou yon liv vyann mouli*
 - Yon mwatwe gode pwa sèk
 - Demi tas tofou
 - 2 liv edmi anbègè ki gen soya ladann
 - yon ze
 - *Konte tankou yon liv vyann*
 - yon tyè tas pistach
 - De ti kwiye manba

Konbyen pla manje ou bezwen chak jou pou moun ki nan laj ou pou jwenn kalori			
Gwoup Manje	Timoun ki nan laj 2 a 6 zan, fanm, avèk granmounn (bezwen 1600 Kalori)	Jen timoun, demwazèl, manman pitit, preske tout gason (bezwen 2200 kalori)	Jen ti gason, gason ki gen anpil aktivite (bezwen 2800 kalori)
Gwoup Grenn	6	9	11
Gwoup Fèy	3	4	5
Gwoup Fwi	2	3	4
Gwoup Lèt*	2 or 3*	2 or 3*	2 or 3*
Gwoup Vyann ak pwa	2, pou yon total 5 liv	2, pou yon total 6 liv	3, pou yon total de 7 liv
*Adolesan (laj 9 ak 18 laj) ak granmoun nan laj 50 bezwen 3 plat manje pa jou. Lòt moun bezwen 2 plat manje pa jou. Lè yon fanm ansent ak lè li gen lèt, li bezwen menn kantite lèt ak yon fanm ki pa ansent.			

Pou ki sa ou dwe itilize prekosyon lè ou chwazi manje nan tèt piramid la.

Nan tèt piramid la genyen grès, lwil, avèk sik. Manje sa yo se manje tankou krèm frèch, bè, mayonèz, magarin, sik ak soda. Manje sa yo genyen kalori men yo pa genyen anpil vitamin. Itilize manje sa yo an ti kantite lè ou chwazi pou manje nouriti ki nan gwoup sa yo. kleren nan gwoup sa-a tou, men fanm ki gro vant, timoun piti, adolesan, chofè machin, moun kap pran medikaman ak tafiatè pa dwe bwè kleren.

Gade grès ak sik

Yo montre grès ak sik nan sink gro gwoup manje yo pou fè ou sonje ke manje nan gwoup sa yo genyen anpil grès ak sik. Lè wap chwazi manje pou rete an bon sante, itilize grès ak sik ki nan lòt gwoup yo tou pa sèlman grès, lwil, ak sik nan piramid gid la.

Enfòmasyon sa-yo te kapab parèt gras a konkou Expanded Food Nutrition Education Program, USDA's food Stamp Program, and University of Florida Cooperative Extension Service. Program Food Stamp -la ede moun ki pa genyen anpil lajan jwen asistans nan lavi chak jou. Li kapab ede-w achte manje ki gen anpil kalite nitritif pou yon bon dayèt. Si ou vle gen plis enfòmasyon sou sa, ou kapab rele nimewo sa-a! 800-342-9274 (ou pap peye pou apèl-sa-a).