



4 клас

Разгледайте хранителната пирамида и направете здравословно меню!

ЗАКУСКА

ОБЯД

ВЕЧЕРА

Хр. пирамида

Department of Nutrition, Harvard School of Public Health

ПО ИЗБОР:
умерена употреба на алкохол
(не за всеки)
ЕЖЕДНЕВЕН ПРИЕМ на
мултивитамини и Вит Д
(за повечето хора)

OPTIONAL: ALCOHOL, IN MODERATION
(Not for everyone)



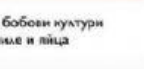
DAILY MULTIVITAMIN
PLUS EXTRA VITAMIN D
(for most people)



USE SPARINGLY:
RED MEAT, PROCESSED MEAT, BUTTER,
REFINED GRAINS, WHITE RICE, BREAD & PASTA,
POTATOES,
SUGARY DRINKS & SWEETS,
SALT



DAIRY (1-2 servings a day) OR
VITAMIN D-CALCIUM SUPPLEMENTS



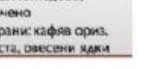
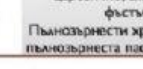
SOY, SEEDS, BEANS & TOFU

EGGS, POULTRY & EGGS

FISH, POULTRY & EGGS

HEALTHY FATS/OILS:
OLIVE, CANOLA, SOY, CORN,
SUNFLOWER, PEANUT
& OTHER VEGETABLE OILS;
TRANS-FREE MARGARINE

WHOLE GRAINS:
BROWN RICE,
WHOLE WHEAT PASTA,
OATS, ETC.



VEGETABLES & FRUITS

HEALTHY FATS/OILS

WHOLE GRAINS

HEALTHY FATS/OILS

WHOLE GRAINS

HEALTHY FATS/OILS

DAILY EXERCISE & WEIGHT CONTROL

DAILY EXERCISE & WEIGHT CONTROL

DAILY EXERCISE & WEIGHT CONTROL

DAILY EXERCISE & WEIGHT CONTROL

DAILY EXERCISE & WEIGHT CONTROL

DAILY EXERCISE & WEIGHT CONTROL

РЯДКО: Червено месо, краве
масло, бял ориз, хляб и паста,
картофи,
сладки напитки и храни
сол

Мляко и млечни храни 1-2
порции дневно
добавки с Вит Д или калций

Ядки, семки, бобови култури
Риба, пиле и яйца

Здравословни нерафинирани масла:
маслиново, рапично, соево,
царевично, слънчогледово,
фистично
Пълнозърнести храни: кафяв ориз,
пълнозърнеста паста, овесени ядки

Ежедневна двигателна активност
и физически упражнения

www.georgestec.net