



4 клас

Разгледайте хранителната пирамида и направете здравословно меню!

ЗАКУСКА

ОБЯД

ВЕЧЕРЯ

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



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



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