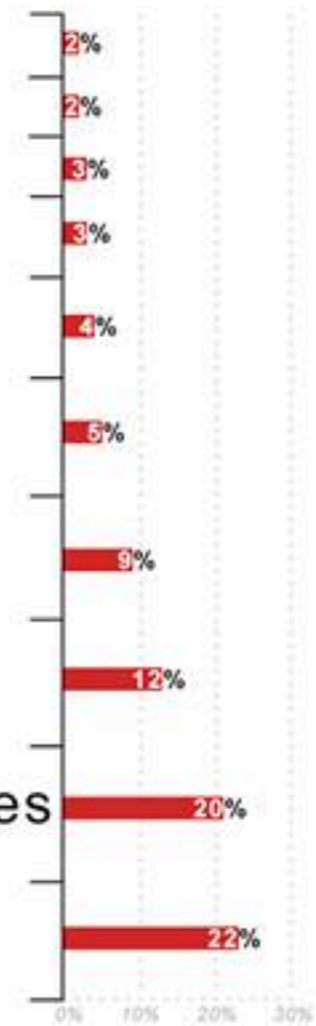


Romanian Food Pyramid

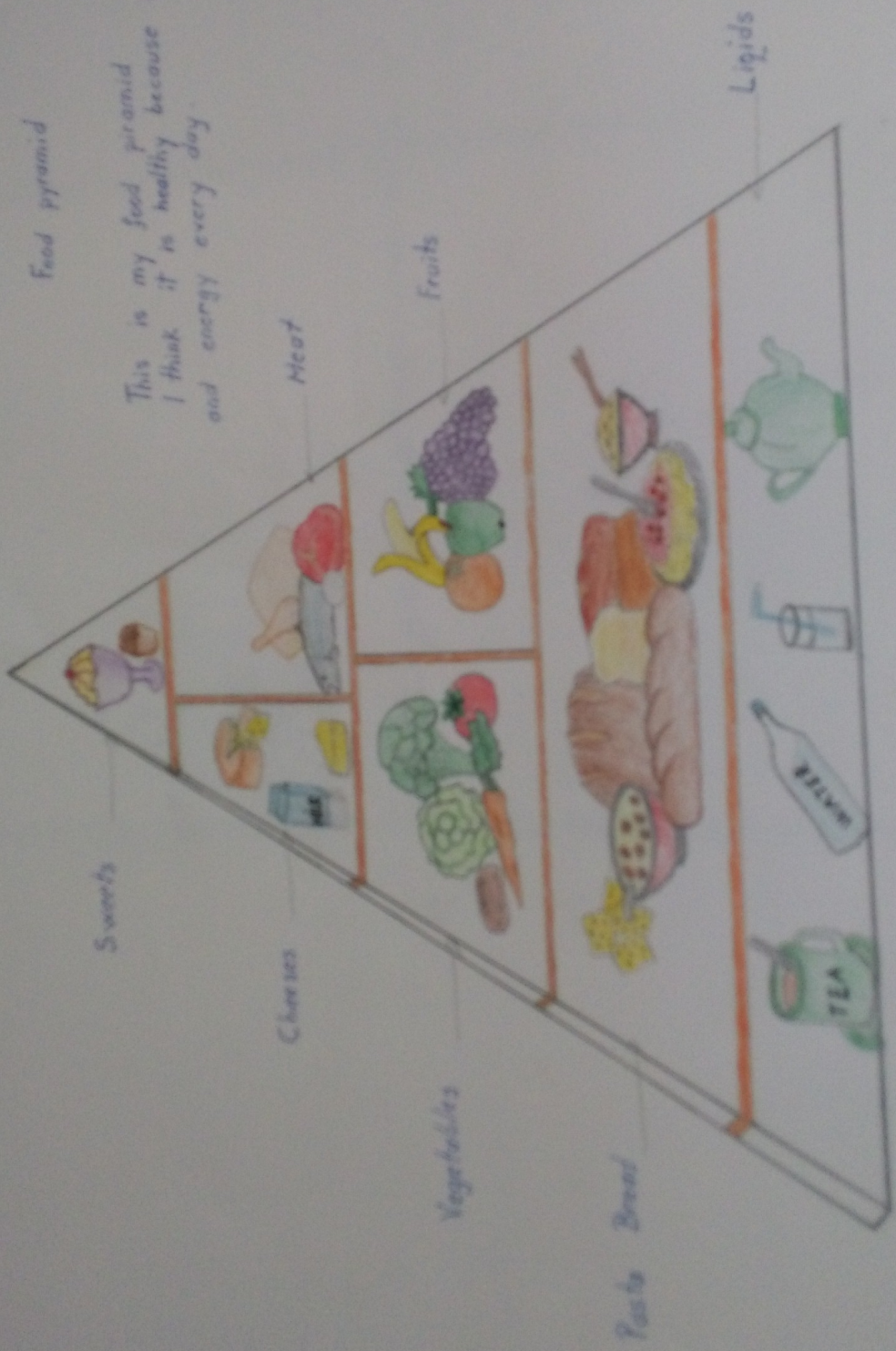


- Fruits
- Egg-based dishes
- Pasta and pizza
- Polenta and Cereals
- Diaries and Cheeses
- Cabbage rolls
- Potato-based dishes
- Soups and broths
- Vegetable-based dishes
- Meat-based dishes



Food pyramid

This is my food pyramid
I think it is healthy because it gives me strength
and energy every day.

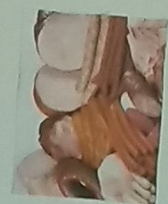


APOSTOL ANDREEA
CLASA A VIII - A



PIRAMIDA ALIMENTELOR

FOOD and HEALTH



LIMENTAȚIE
NESĂMĂTOASA

-
- Afectivuni, cardiovascularone
 - Atrofionea musculară
 - Depresie
 - Obeseală
 - Tulburări digestive

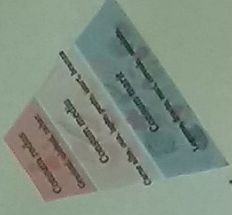
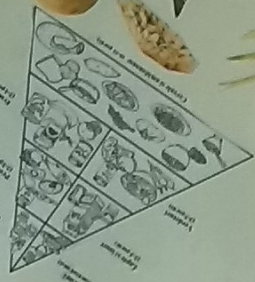
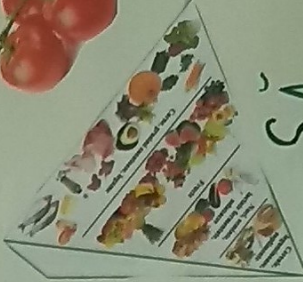
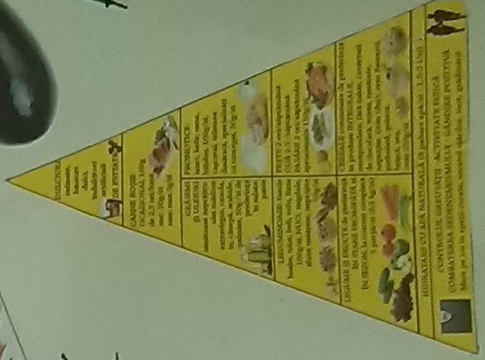


CONSUMĂM

SĂ

ALIMENTE

SĂNĂTOASE!!!



PIRAMIDA ALIMENTARĂ (orig.)

Indicați cantitățile recomandate zilnice pentru un adult mediu în funcție de activitatea fizică și vârsta.

1. Cereale, pâine, paste, cartofi, orez

2. Legume și fructe

3. Carne, pește, ouă, produse lactate, tofu

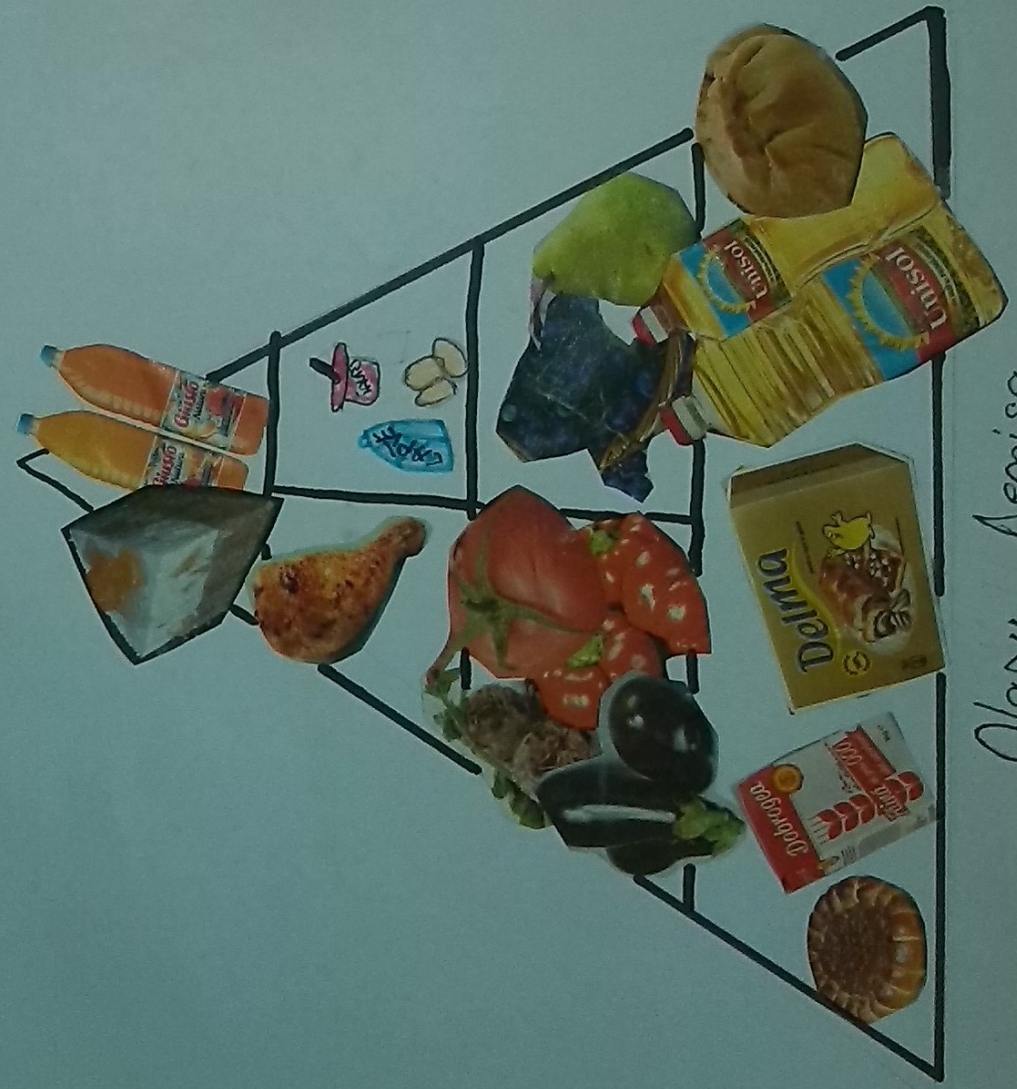
4. Uleiuri și grăsimi

5. Zahăr, sare

6. Alcool

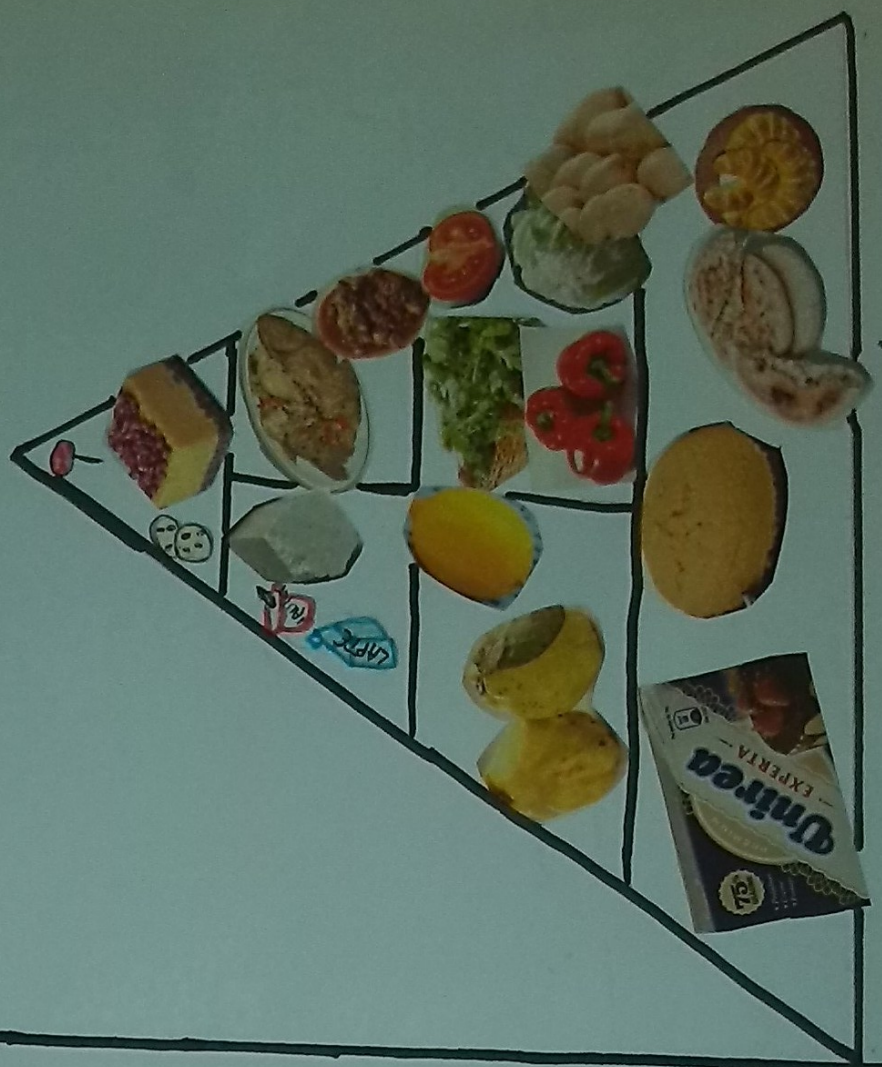


PIRAMIDA ALIMENTARĂ PERSONALĂ



Olaru Demisa

PIRAMIDA ALIMENTARĂ CORECTĂ



Clasa a VIII-a A

My own food pyramid

Vegetables

In my to day life i use lots of vegetables, because nearly everything i eat contains a big variety of vegetables.

Fruits

I use many fruits as well, about 2-3 day (apples, bananas etc.)

Oil

I use sunflower oil at cooking, on salads and the table when i eat. Very rare i use the olive oil in my diet is about my diet is about 20% butter.

In my opinion we should use only healthy oils, like canola oil and olive oil.

Refined grains and whole grains

On this category is totally reverse. I have lots of refined grains instead of the whole grains, which is not recommended by the doctor.

Fish and poultry

I eat many a lot of fish and also chicken. I'm trying to avoid the red meat and grease. We should avoid meats like salami, bacon, pepperoni and others products of processed meat.

Liquids

I use daily a big quality of water, tea and a normal one of coffee (1-2 a day) and around 1-2 portions a day of dairy products. My advice is to avoid the sugary drinks.



MY OWN FOOD PYRAMID

