







Nutrient : Carbohydrate

Nutrient : Fat

Nutrient : Protein

Nutrient : Vitamins & Minerals

Type: Body Builder

Type: Energy Giver

Type: Protective Food

Type: Energy Giver

eat the most

eat the least

MILK & MILK PRODUCTS

VEGETABLES

FRUITS

FATS & SWEETS

MEAT, FISH, EGGS, DAL, NUTS

BREAD, ROTI, CEREALS & RICE

THE FOOD PYRAMID