

# Food Pyramid

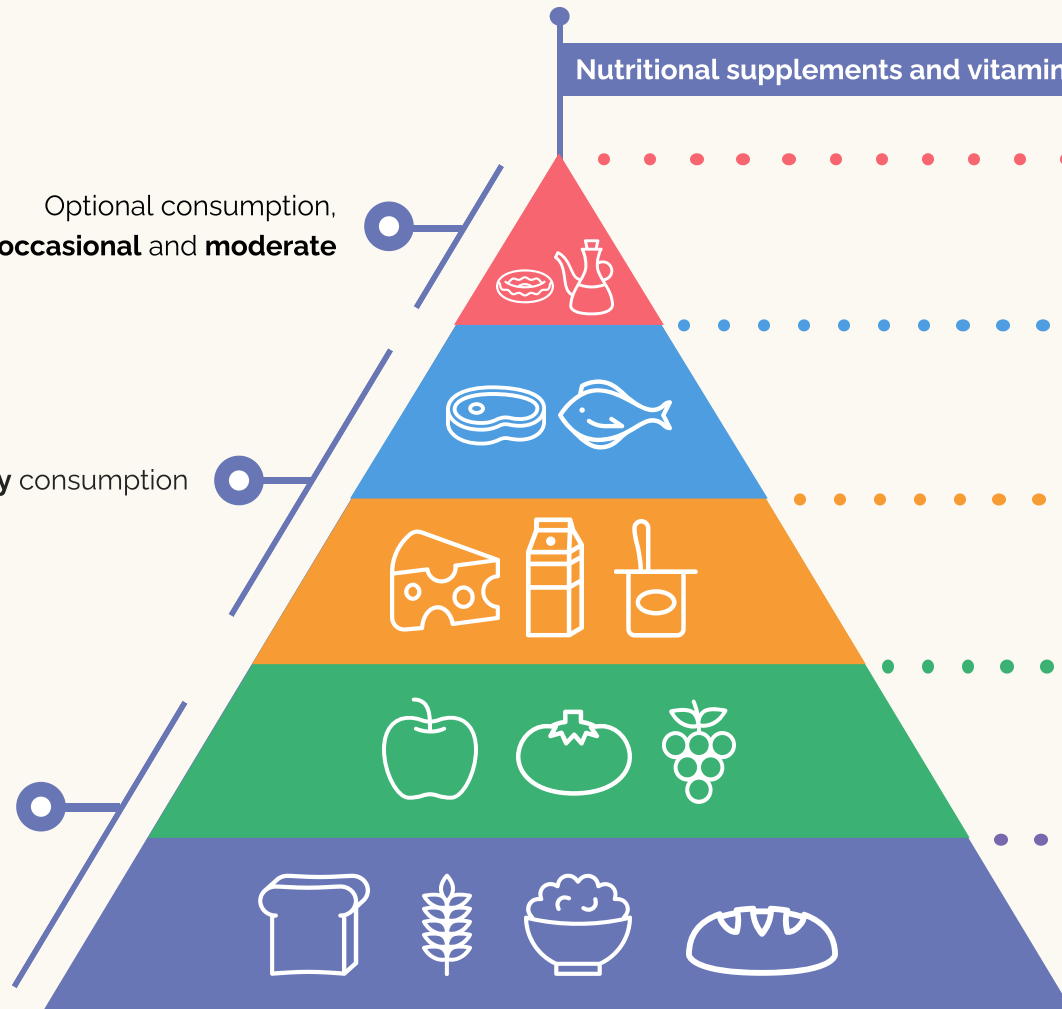


Recommended for consumption **each day**

Vary consumption

Optional consumption, **occasional** and **moderate**

Nutritional supplements and vitamins



**Fats and Oils**

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**Protein**

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**Dairy**

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**Fruits and Vegetables**

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**Legumes, Cereals and Grains**

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Observe the two pyramids (Healthy Eating and Mediterranean Diet) and identify the main similarities and differences.

# HEALTHY EATING PYRAMID

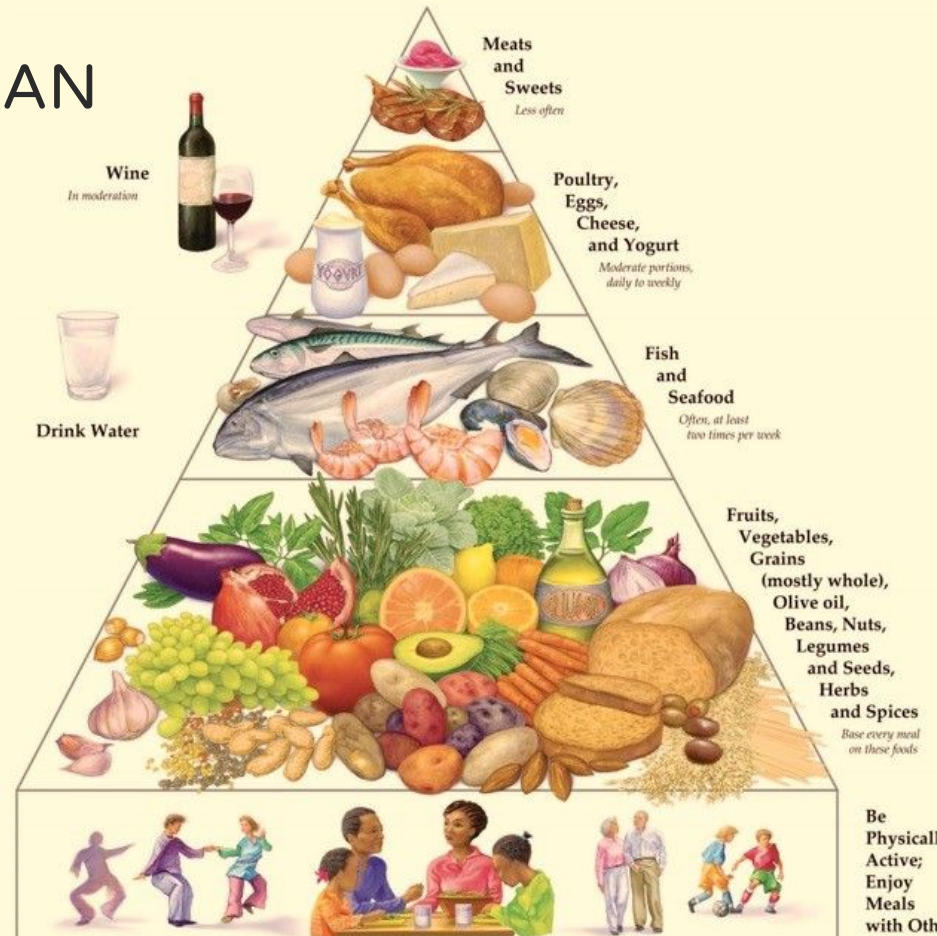


YOU CAN WRITE AN

Subtitle here

Enjoy a variety of food and be active every day!

# THE MEDITERRANEAN DIET PYRAMID



Be Physically Active; Enjoy Meals with Others

*The table below shows the various meals that one consumes during the day. Suggest alternatives to those foods that you think are not the right food choices, according to the Mediterranean Diet pyramid.*

<b>Meals</b>	<b>Foods</b>	<b>Alternative dietary choices</b>
<b>Breakfast</b>	<b>A glass of freshly squeezed orange juice A sausage roll</b>	
<b>Morning snack</b>	<b>A chocolate croissant</b>	
<b>Lunch</b>	<b>Burger with fries A glass of coca - cola</b>	
<b>Afternoon snack</b>	<b>2 green apples</b>	
<b>Dinner</b>	<b>3 pieces of special pizza A Greek salad (tomato, cucumber, peppers, olives and feta cheese)</b>	

*If one chooses to eat this kind of food often in his/her weekly diet, what do you think will happen?*