

Title:

Building up your own food pyramid

Word Count:

338

Summary:

All of us need to plan our food pyramid. This article can help you with some useful suggestions.

Keywords:

food pyramid, pyramid, weight control, weight control measures, whole grains food, fruits and vegetables

Article Body:

All of us need to plan our food pyramid. This article can help you with some useful suggestions.

- 1) Whole Grains Foods: Whole grain foods are healthy foods. Experts have revealed that a person who consumes whole grains has a lower risk of heart disease, diabetes, and obesity.
- 2) Fruits and Vegetables: Fruits and Vegetables contain the greatest amount of nutrients per calorie.
- 3) Fiber: Fiber helps to reduce the risk of certain types of cancer diseases and also lowers cholesterol.
- 4) Eggs and Fish: Eggs and fish contain large amounts of proteins, Vitamin B, lecithin and cholesterol.
- 5) Strawberries: They have lots of fiber and vitamins C. Their flavonoids play an important role in preventing heart disease.
- 6) Alcohol: Alcohol also acts as healthy food if it is consumed in small quantities. Low volume drinking is associated with a lower risk of heart disease.
- 7) Nuts and Legumes: Nuts and Legumes contain large amounts of proteins, fiber, vitamins and minerals.

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