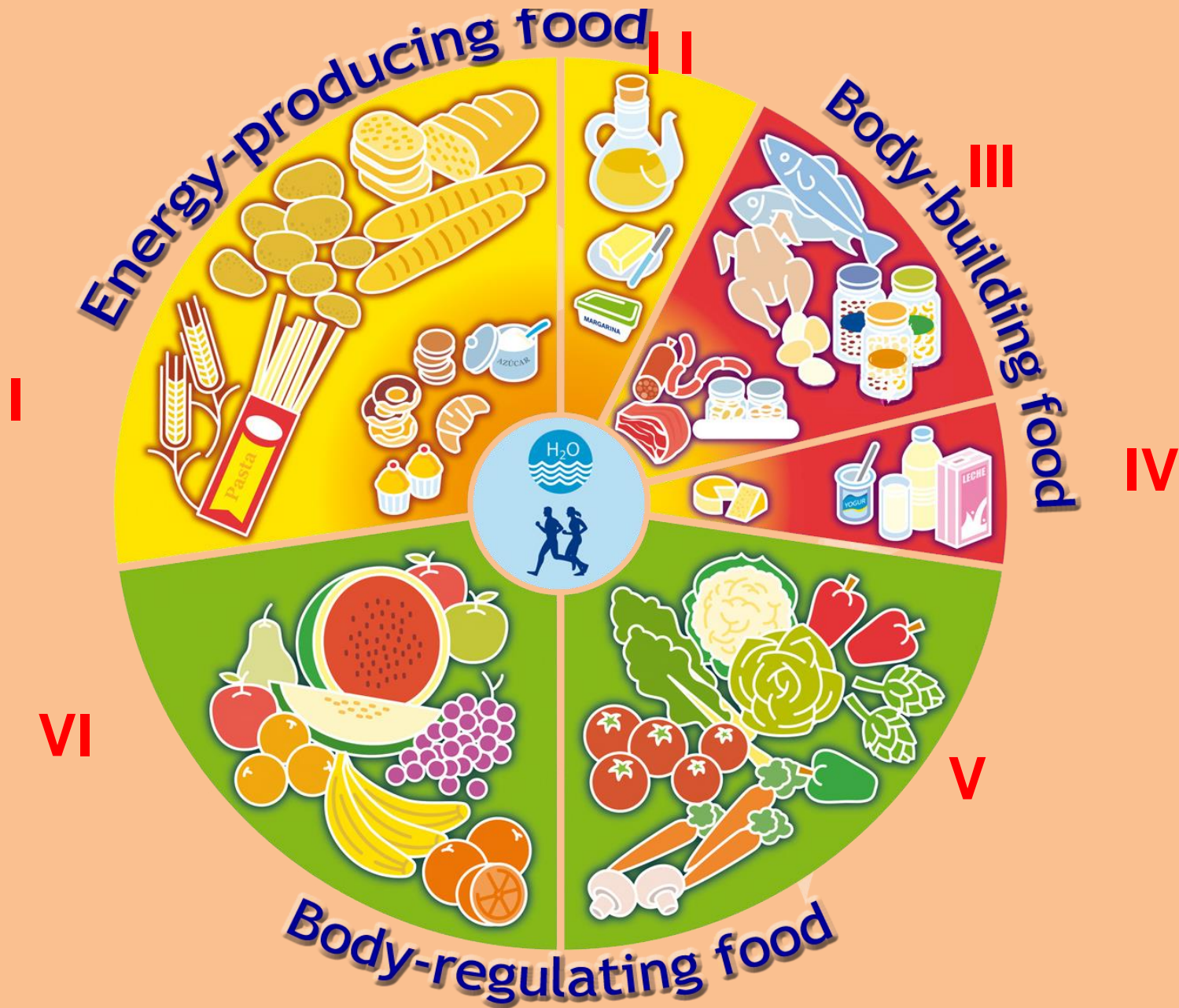


REMEMBER: "Not all the foods have the same kind of nutrients or in the same quantity"

CONCLUSION: Not all the foods must be consumed with the same frequency and with the same quantity.

The daily recommendations of consume of the different types of foods are collected in the so called

**FOOD WHEEL**



# GROUPS OF ALIMENTS

- There are 6 groups depending on the nutrients or immediate principles:
  - ✓ GROUP 1: GLUCIDS (bread, potatos)
  - ✓ GROUP 2: LIPIDS (oil, butter)
  - ✓ GROUP 3: PROTEINS (meat, fish)
  - ✓ GROUP 4: PROTEINS AND CALCIUM (milk, yogurt)
  - ✓ GROUP 5: VITAMINS (vegetables)
  - ✓ GROUP 6: VITAMINS (fresh fruits).

# DIETS

An **ALIMENTARY DIET** is the quantity and type of foods that a person consumes daily.

- It is not a synonym for slimming diet. This is a type of diet.



# DIETS

A balanced diet has several characteristics:

- **DIVERSE AND VARIED**
- **PROVIDES THE ENERGY THAT THE ORGANISM NEEDS INCLUDING EVERY NUTRIENT IN THE APPROPRIATE PROPORTIONS**
- 10-15 % of proteic foods
- Origin of energetic foods: 55%-60% of glucids, and 30 % of fats
- Follow the recommendations of the food pyramid.