

# Add Variety to Your Meals

## ...With the Food Guide Pyramid

An English translation of a Spanish publication of the Texas Agricultural Extension Service, Texas A&M University, entitled "Agregue Variedad a Sus Comidas ...Con la Guía Pirámide de Alimentos." Translated by permission.

No food by itself can give you all the nutrients that you need in order to stay healthy. For this reason, it is best to eat a variety of foods every day.

There are  
nutrients in  
all foods

Use the Food Guide Pyramid to help you eat better every day... Start with plenty of breads, cereals, rice and pasta, as well as vegetables and fruits. Also include two to three portions of the Milk Group and two to three portions of the Meat Group. Limit your consumption of fats, oils, and sweets, the foods at the top

### The Food Guide Pyramid A guide for the daily selection of food



