



my pyramid

for the fun of eating and playing

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5+
SERVES



Vegetables and Fruits

Did you know?

Fruits are the only foods on this planet that may contain 80% water. Believe it or not, this is as much water as your body has!

Vegetables and fruits are packed with vitamins, minerals, fibre and antioxidants and are important for healthy growth and development. They are naturally low in fat and calories and contain no cholesterol. Vegetables and fruits also contain many 'phytochemicals' - non-nutrient plant compounds - that help prevent heart disease and some types of cancer.

When it comes to good nutrition, all forms of vegetables and fruits matter - fresh, whole fruits, 100% juices, frozen, canned or dried. Eating a variety of colours of vegetables and fruits everyday is an important part of a healthy diet.

My Pyramid recommends **5** servings of vegetables and fruits everyday.

3
SERVES



Milk and Milk Products

Did you know?

As many as 206 bones are alive and growing in your body. And everyone will have 32 permanent teeth!

Milk group foods provide calcium that helps build strong bones and teeth. The intake of milk products is especially important to bone health during childhood and adolescence when bone mass is being built.

Milk group foods also provide other important nutrients including protein, vitamin A, vitamin D and B vitamins. Diets that include milk products tend to have a higher overall nutritional quality.

All milk products made from milk eg. milk, curd, paneer, cheese and yogurt are good sources.

My Pyramid recommends **3** servings of milk and milk products everyday.

2
SERVES



Meat, Pulses and Nuts

Did you know?

You need more muscles to frown than to smile. A recent report by Oxford University has discovered that you use 23 muscles to frown and 11 to smile. And every step you take your body uses 54 muscles!

Foods in this group help build strong muscles and supply protein, B vitamins, iron and zinc. Proteins are the building blocks for muscles, cartilage, skin and blood. They are also the building blocks for enzymes, hormones and vitamins.

All foods made from fish, poultry, egg, meat, whole and cracked pulses and legumes such as bengal gram, black gram, green gram, red gram, peas, rajma, soyabean form part of this food group.

My Pyramid recommends **2** servings of foods from this group everyday.

LESS



Fats, Oils and Sweets

Did you know?

Fats are often seen as fattening and as a cause of obesity; but overweight is not caused by fats alone in the diet, and not even just by the diet! Just as important is the amount of exercise you do - it is a question of balance.

Fats, oils and sweets are an important source of vitamins A, D and E and essential fatty acids. These foods add flavour and texture to your food, but should be had sparingly.

Groundnut oil, Sunflower oil, Rice Bran oil, Soyabean oil, Olive oil, Safflower oil, Flaxseed oil and saturated fats – like butter and desi ghee form part of this group. Sweets include sugar, jaggery and honey.

My Pyramid recommends **LESS** of these foods for a balanced diet.



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