

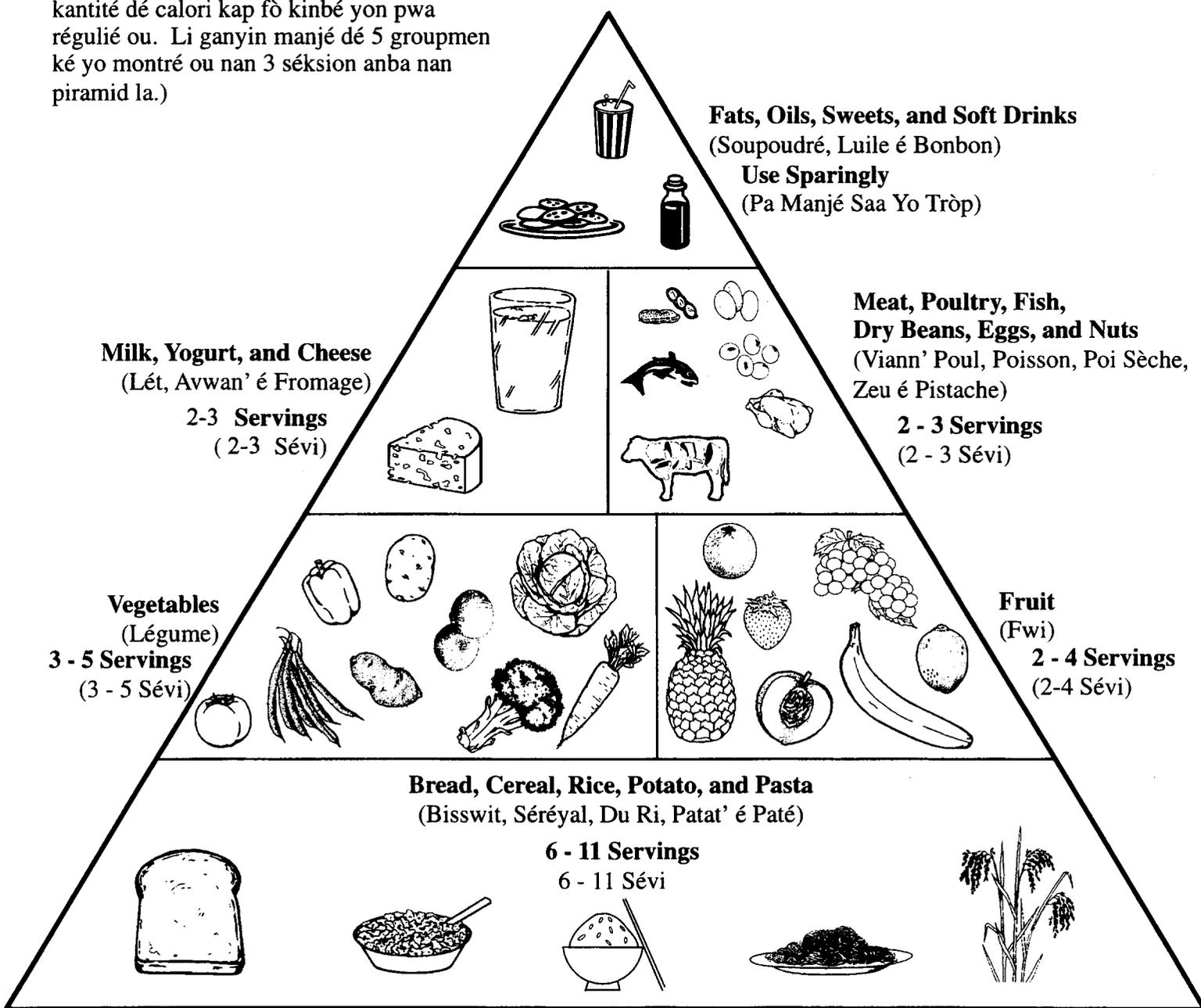
The Food Pyramid (Manjé Piramid Amerikin)

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eat the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

(Manjé Piramid Amerikin yan sé yon guide pou lésé ou chwozi manjé ki ap bon pou santé ou. Piramid saa sé yon séri dé manjee ki ganyin vitamin ké ou bézoin avek kantité dé kalori kap fò kinbé yon pwa régulié ou. Li ganyin manjé dé 5 groupmen ké yo montré ou nan 3 séksion anba nan piramid la.)

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(Chak group yo ba ou kelké, min pa touté vitamin yo ké ou bézoin. Manjé ki nan yon group pa ka remplace lòt ki nan yon lòt group yo. Pa ganyin yon group manjé ki pi impòtan ké yon lòt group. Pou santé ou, ou bézoin tout group dé manjé saa yo.)



Haitian Creole Language Version

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