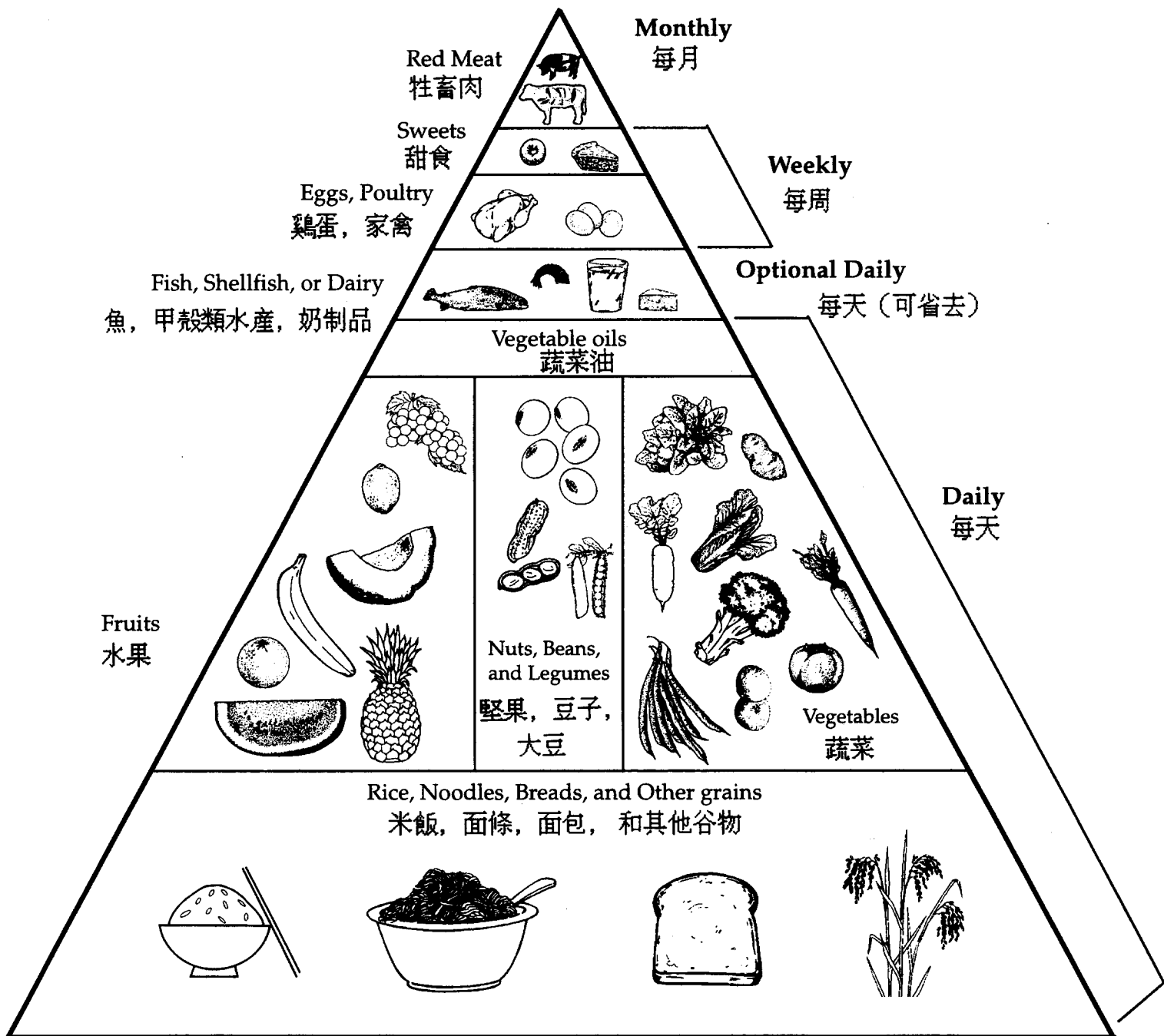


# Asian Food Pyramid

## 亞洲食物三角

The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide 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.

食物三角指導你制定適合你的健康食譜。以下每一類食物都提供一些，但不是全部你所需要的營養，它們不能互相代替，也沒有某類食物比其他食物更重要。要使身體健康，每一類食物你都需要。



Chinese Language Version