

FOOD PYRAMID

Multi-vitamins
Omega 3 fatty acids
and antioxidants

High glycemic foods -
(bread, potato, pasta, rice)
to minimum

Nuts and seeds
healthy oils

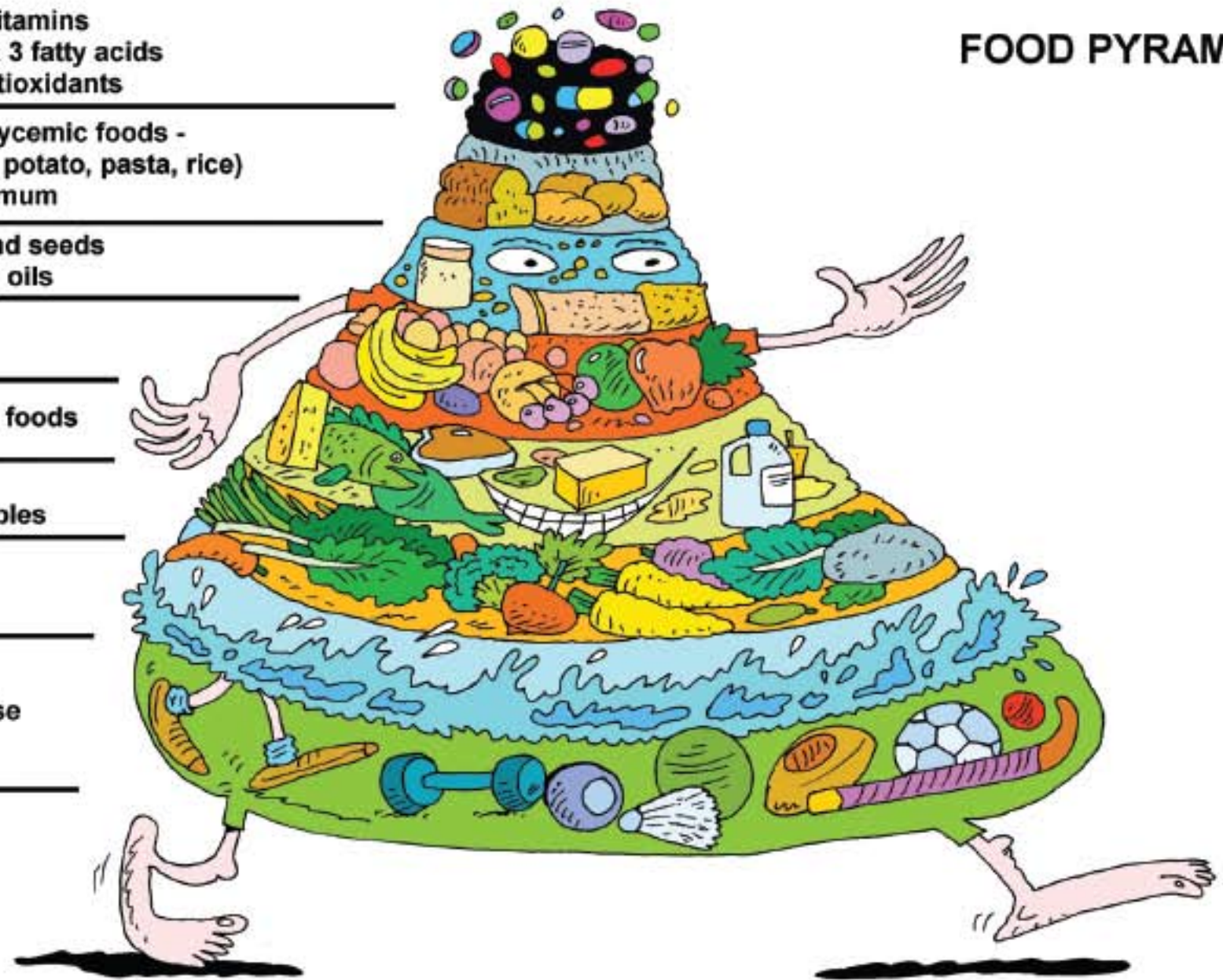
Fruit

Protein foods

Fresh
vegetables

Water

Exercise



Dee and Tamarin Pigneguy's
suggested healthy food
pyramid from their book *Feed
Me Right*