

# FOOD PYRAMID

**Multi-vitamins  
Omega 3 fatty acids  
and antioxidants**

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

**Nuts and seeds  
healthy oils**

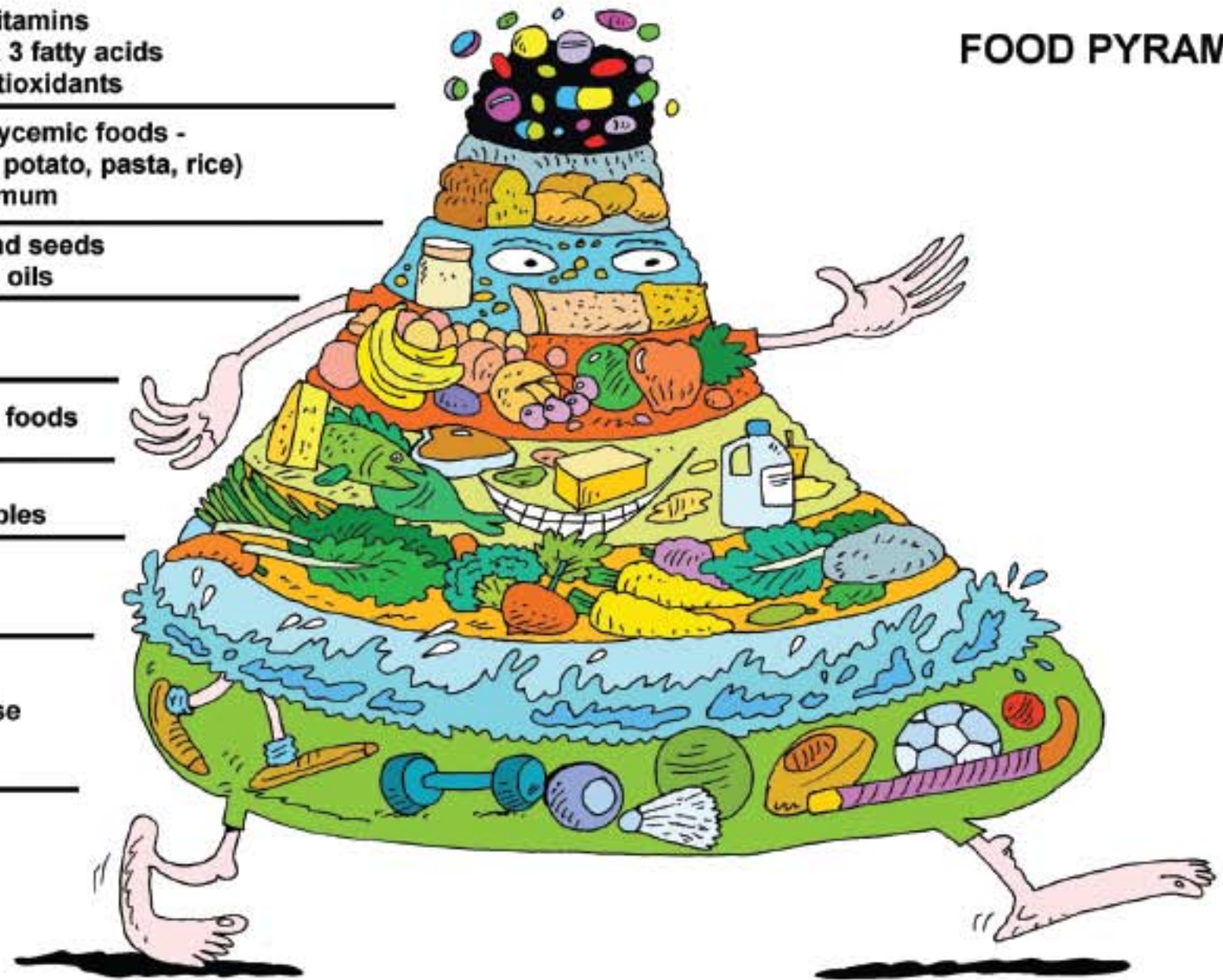
**Fruit**

**Protein foods**

**Fresh  
vegetables**

**Water**

**Exercise**



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