**ENVIRONMENTAL PYRAMID**

**FOOD PYRAMID**

- **Sweets**
- **Milk**
- **Bread, Pasta, Potatoes, Rice**
- **Vegetables**
- **Fruit**
- **Legumes**
- **Eggs**
- **Poultry**
- **Fish**
- **Cheese**
- **Olive Oil**

**RECOMMENDED CONSUMPTION**

**HIGH**
- Beef
- Fish
- Pork
- Olive Oil
- Dried Fruit
- Eggs
- Sweets
- Yogurt
- Pasta
- Cookies
- Rice
- Milk
- Bread

**LOW**
- Sweets
- Yogurt
- Pasta
- Cookies
- Rice
- Milk
- Bread