

# Food Pyramid



**Green Concepts Health Shop**

2/F, Prosperous Comm. Bldg,

54 Jardine's Bazaar, Causeway Bay, H.K.

Tel : 2882-4848 [www.healthshop.com.hk](http://www.healthshop.com.hk)

**Fish & Meats**  
(Naturally Reared)



**Organic Oils**

Olive Oil,  
Coconut Oil, Sesame Oil,  
Grape Seed Oil, Flax Oil



**Organic Nuts & Seeds**

Flax Seed, Chia Seed,  
Brazilnuts, Hazelnuts,  
Almonds, Walnuts, Pine Kernels



**Organic Beans &  
Pulses**

Soy beans, Black Beans,  
Red Beans, Mung Beans,  
Red Kidney Beans, Chick Peas



**Organic Fresh &  
Dried Fruits**

Apricots, Raisins,  
Dried Figs, Dried Cranberry



**Organic Vegetables** (Excluded root part) : 8-12 portions per day  
At least 1/2 of it should eat in raw or in salad form.