



THE TIBETAN FOOD PYRAMID

© SNOWLAND CHILDREN FOUNDATION

6 G's: GO GROW GLOW
AND YOU WILL



GAIN → STRENGTH, HEIGHT, POWER, ENDURANCE
GET → HEALTHY, SMART, SUCCESSFUL
GATHER → KNOWLEDGE, PATIENCE, WISDOM

1. GO

ENERGY GIVING: CARBOHYDRATES (FAST ENERGY) + FATS (ENERGY RESERVE)

a) FAST Energy: Simple sugars (sweet)

Sources: Regular sugar, glucose, fresh fruits, dried fruits, etc.

b) SLOW Energy

Sources: rice, noodles, cereals and flours, maize, millet, potatoes, **TSAMPA** etc.

c) LONG LASTING Energy: FATS

Sources: Soybean oil, olive oil, rapeseed oil, butter, nuts, avocado, cheese

2. GROW

BODY BUILDING: PROTEIN & MINERALS E.G. CALCIUM, PHOSPHORUS, IRON, ZINC

Sources: **ANIMAL** (high protein quality): milk & milk products like paneer or curd, yoghurt or dahi, lassi, etc meat, fish, sea food, eggs

Sources: **PLANT** (lower protein quality): Tofu (soy protein) and other soybean products, peas & beans (Pulses) like different lentils, kidney beans, chick peas, goa beans, red beans, etc, nuts, mushrooms

3. GLOW

PROTECTIVE AND REGULATORY - AS COLORFUL AS POSSIBLE

Sources: Vegetables as colourful as possible like tomatoes, peppers, all green leafy vegetables, cauliflower, broccoli and other cabbage, carrots and other roots. All kinds of fruits.

Eggs (especially egg yolk contain ADEK vitamins and iron)
Cheese contains lots of Calcium

