

Filipino Pyramid Food Guide Drawing

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Filipino Pyramid Food Guide Drawing

Draw The Filipino Pyramid Food Guide Following the Food Pyramid as a guide will help you get the right balance of nutritious foods within your calorie range. Studies show that we take in too many calories from foods and drinks high in fat, sugar and salt, on the top shelf of the Food Pyramid.

Draw The Filipino Pyramid Food Guidelines

Filipino Pyramid Food Guide Drawing Filipino Pyramid Food Guide Drawing The healthy food plate for Filipino adults (Pinggang Pinoy) completes the messages of the pyramid by showing adequate distribution of nutritious foods in a meal. Messages Eat a variety of foods every day to get the nutrients needed by the body. Filipino Pyramid Food Guide ...

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Teen (13-19yrs. old) Equivalents of one serving portion of common foods. Fats and Oils 1 tsp coconut oil (5g) 1 Tbsp coconut cream 1 tsp margarine/butter

Nutritional Guide Pyramid - FNRI Website

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THE FILIPINO PYRAMID FOOD GUIDE: THE PERFECT FOOD MATCH ... Method 1 Drawing a Food Pyramid. The third level from the base contain products made from animals - milk, yogurt, and cheese; and meat, poultry, fish, dry beans, eggs, and nuts. These foods are high in protein, calcium, iron, and zinc.

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Filipino Pyramid Food Guide Drawing

Draw The Filipino Pyramid Food Guide Draw The Filipino Pyramid Food Guidelines A food pyramid or pyramid is a representation of the optimal number of servings to be eaten each day from each of the basic food groups The first pyramid was published in [Books] Pyramid Food Guide To make a food pyramid, first draw a Draw The Filipino Pyramid Food ...

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