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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.

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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

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coconut cream 1 tsp margarine/butter

## **Nutritional Guide Pyramid - FNRI Website**

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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

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protein, calcium, iron, and zinc.

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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



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useful to illustrate the foundation-based relationships. ConceptDraw DIAGRAM, a business charting software, includes some build-in symbols for designer to draw all kind of the pyramid diagrams.

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