

## The Food Guide Pyramid

The Food and Nutrition Research Institute (FNRI) of the Department of Science and Technology (DOST) has designed a daily nutritional guide for Filipinos of all ages. Below is the Food Guide Pyramid designed by FNRI for Filipino adolescents.

The Food Guide Pyramid (1) shows how many servings you need to eat from each food group every day. Each food group is composed of foods that provide the same nutrients. The Food Guide Pyramid and the daily dietary guidelines designed for Filipino adolescents may help you avoid malnutrition and micronutrient deficiency.

The bottom part of the pyramid shows the food that you should eat in greater amounts. The number of servings decrease as you go to the higher levels of the pyramid. The very top of the pyramid shows fats, oils, and sweets that are to be taken sparingly since they are not classified as healthy food when taken in big amounts.

**The Food Guide Pyramid (1)**



# What Is The Food Guide

**JR Anderson**



**What Is The Food Guide:**

Delve into the emotional tapestry woven by in **What Is The Food Guide** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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