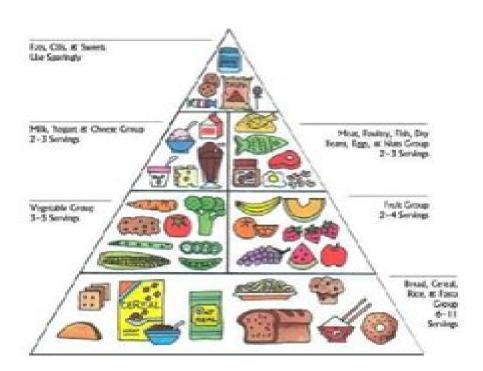
The Food Guide Pyramid

The Food and Nutrition Research Institute (FNRI) of the Department of Science and Technology (DOST) has designed a daily nutritional guide fir 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 groups 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 mainutrition 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



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Table of Contents What Is The Food Guide

- 1. Understanding the eBook What Is The Food Guide
 - The Rise of Digital Reading What Is The Food Guide
 - Advantages of eBooks Over Traditional Books
- 2. Identifying What Is The Food Guide
 - $\circ \ Exploring \ Different \ Genres$
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an What Is The Food Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from What Is The Food Guide
 - Personalized Recommendations
 - What Is The Food Guide User Reviews and Ratings
 - What Is The Food Guide and Bestseller Lists
- 5. Accessing What Is The Food Guide Free and Paid eBooks
 - What Is The Food Guide Public Domain eBooks
 - What Is The Food Guide eBook Subscription Services
 - What Is The Food Guide Budget-Friendly Options

- 6. Navigating What Is The Food Guide eBook Formats
 - o ePub, PDF, MOBI, and More
 - What Is The Food Guide Compatibility with Devices
 - What Is The Food Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of What Is The Food Guide
 - Highlighting and Note-Taking What Is The Food Guide
 - Interactive Elements What Is The Food Guide
- 8. Staying Engaged with What Is The Food Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers What Is The Food Guide
- 9. Balancing eBooks and Physical Books What Is The Food Guide
 - $\circ\,$ Benefits of a Digital Library
 - o Creating a Diverse Reading Collection What Is The Food Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine What Is The Food Guide
 - Setting Reading Goals What Is The Food Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of What Is The Food Guide
 - Fact-Checking eBook Content of What Is The Food Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements

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