Filipino Food Pyramid Guide

The Food Pyramid is a tool to help consumers plan a healthy and nutritious diet. It can be used as a tool to learn more about proper nutrition and healthy eating habits. Your Nutrition Guide: The Food Pyramid | Lactum 3+ & 6+ Philippines

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The Philippine Physical Activity Pyramid is a guide that encourages people to eat healthily. The pyramid is divided into levels of recommended consumption. Messages about food and nutrition are shown in a way that educates and communicates to people on support messages for the pyramid.

The Food Pyramid is a simple visual guide designed to make eating healthy easier. Food that contains the same type of nutrients are grouped together on each of the shelves of the Food Pyramid. It was designed to be a guide that encouraged people to eat healthily. The guide had information about different types of foods and the right portions to be included in a daily meal.

Pinggang Pinoy is a quick and easy guide on how much to eat per mealtime, while the DNG Pyramid shows at a glance the whole day food intake recommendation. "Both the Pinggang Pinoy and..."