

Filipino Pyramid Food Guide Drawing

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Draw The Filipino Pyramid Food Guidelines

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.

Filipino Pyramid Food Guide Drawing

Get Free Filipino Food Pyramid Guide Filipino Food Pyramid Guide 1 cup cooked rice = 4 slices of loaf bread. = 5 pcs small pan de sal. = 1 cup of corn. = 2 slices/pieces of puto. = 2 cups of noodles. = 1 cup of yellow kamote. Adults (20-39yrs. old) Equivalent of one serving portion of common foods. Fats and Oils. Page 4/23

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