Fats & Oils
6 - 8 tsps

Sugar/Sweets
5 - 6 tsps

Fish, Shellfish, Meat & Poultry, Dried Beans & Nuts
2 1/2 servings

Eggs
1 piece

Milk & Milk Products
1 glass

Vegetables
3 servings

Fruits
3 servings

Rice, Rice Products, Corn, Root Crops, Bread, Noodles
6 - 8 servings

Water/Beverages
6 - 8 glasses

EXERCISE
PERSONAL & ENVIRONMENTAL HYGIENE

- Engage in physical activities like swimming, biking, hiking or household chores rather than in sedentary activities such as television watching or playing computer games.
- Do not smoke.
- Avoid alcoholic beverages.

EATING PLAN FOR HEALTHY LIVING

Eat a variety of foods everyday to ensure that all nutrients are provided in proper amount and balance. Use iodized salt and eat other fortified foods to increase the intake of micronutrients.

Food and Nutrition Research Institute
Department of Science and Technology
General Santos Avenue, Bicutan, Taguig City
Tel./Fax: 837-29-34; 837-31-64
http:// www.fnri.dost.gov.ph

Source: Nutritional Guidelines for Filipinos (NGF) 2000

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Personalized Food Guide Pyramid Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Personalized Food Guide Pyramid**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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