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A food pyramid is a representation of the optimal number of servings to be eaten each day from each of the basic food groups. The first pyramid was published in Sweden in 1974. The 1992 pyramid introduced by the United States Department of Agriculture (USDA) was called the "Food Guide Pyramid" or "Eating Right Pyramid". It was updated in 2005 to "MyPyramid", and then it was replaced by ...

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The food guide pyramid contains 5 categories: grains vegetables fruits meats milk and beans Some pyramids may contain a cateogry for sweets/fats, but those are only to be used sparingly and aren't ...

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Fruits. 1 serving of vit-C-rich fruits = 1 med sized fruit or 1 slice of a big fruit. 1 serving of other fruits = 1 med sized fruit or 1 slice of a big fruit. Rice, Corn, Root Crops, Bread and Noodles. 1 cup cooked rice

= 4 slices of loaf bread. = 5 pcs small pan de sal. = 1 cup of corn. = 2 slices/pieces of puto.

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According to FNRI, 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 the DNG Pyramid for Filipinos are based on the latest science about how our food, drink, and activity choices affect our health.

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Food guide. The Philippines uses the daily nutritional guide pyramid and has developed pyramids for different population groups. The pyramid is divided into levels of recommended consumption. Messages about exercise and personal and environmental hygiene serve as support messages for the pyramid.

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~~The Nutritional Guidelines for Filipinos (NGF) is a set of dietary guidelines based on the eating pattern, lifestyle, and health status of Filipinos. The NGF contains all the nutrition messages to healthy living for all age groups from infants to adults, pregnant and lactating women, and the elderly.~~

~~Look: This is the recommended food plate for Filipinos ...~~

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But now, we can identify clearly and visualize properly how a Filipino food plate should look like with the help of the " Pinggang Pinoy. " . The development of the " Pinggang Pinoy " for specific population groups was spearheaded by FNRI in 2015 and was launched during the 61st NDAP convention in 2016. " Pinggang Pinoy " is a food guide using a food plate model to show the recommended proportion by food groups in every meal, intended specifically for healthy Filipinos.

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The Filipino Pyramid Activity Guide Philippine Association for the Study of Overweight and Obesity (2015) C1

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