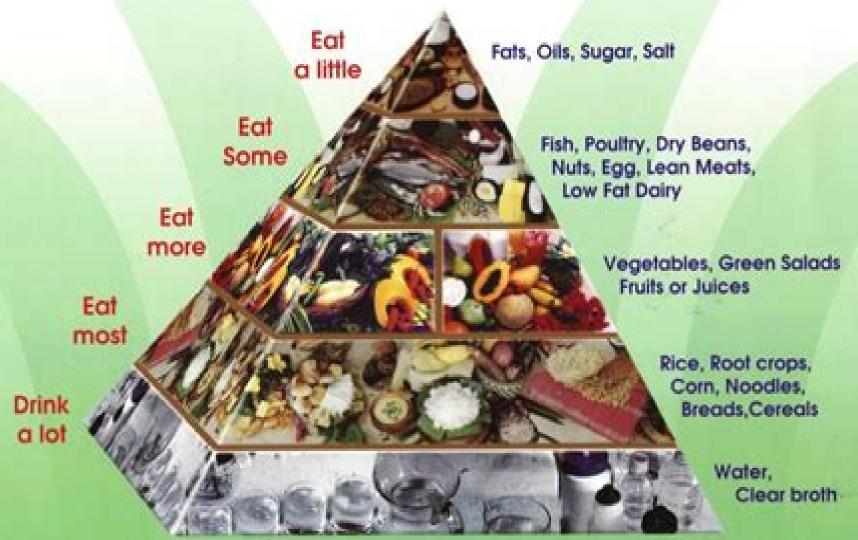
# THE FILIPINO PYRAMID FOOD GUIDE FOR TODAY'S LIFE STYLE

**Your Daily Eating Choices** 



Developed by: Santose S. Orbers, M.S., R.O., FADA and The Food and Nutrition Research Institute Endorseld By: Philippine Association for the Study of Overweight And Obesity



# **Draw The Filipino Pyramid Food Guide**

**RJ Alexander** 

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