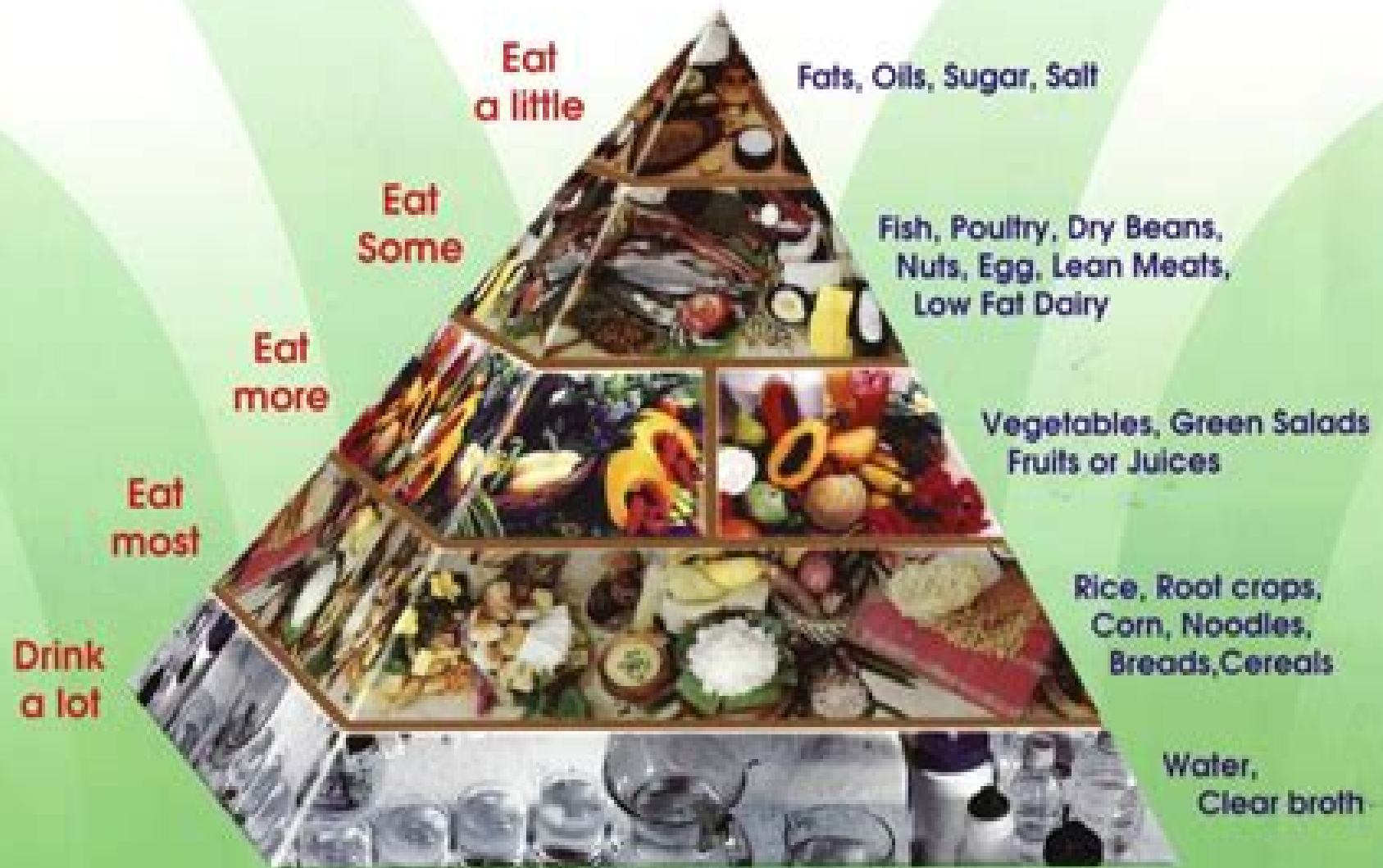


THE FILIPINO PYRAMID FOOD GUIDE FOR TODAY'S LIFE STYLE

Your Daily Eating Choices



Developed by:
Santosa S. Olibera, M.S., R.D., FADA and The Food and Nutrition Research Institute

Endorsed By:
Philippine Association for the Study of Overweight And Obesity



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