



## 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>

# Personalized Food Guide Pyramid

**Stephen J. McPhee, Maxine A.  
Papadakis, Michael W. Rabow**

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