

# FILIPINO FOOD PYRAMID

# THE FILIPINO PYRAMID ACTIVITY GUIDE

**Keep HEALTHY by keeping ACTIVE**

**RECOMMENDATION FOR TOTAL HEALTH**  
Enjoy Leisure & Recreational Activities, Aerobic, Strength and Flexibility Activities as often as you can **DO DAY TO DAY ACTIVITIES HABITUALLY AND REGULARLY FOR METABOLIC EFFICIENCY**

**10 minutes at a time for 30 minutes a day at least 5 days a week**

**MINIMALLY**  
(a few times a month)

- Sit, lie around
- Be a couch potato
- Watch TV
- Play cards / Mahjong
- Sit and do needle work
- Indulge in computer games and surfing
- (0.63Kcal/min/Kg BW)

**OFTEN**  
(2-3 times a week at least 30-45 minutes or longer)

**LEISURE ACTIVITIES:**

- Go Golfing
- Play Mini-golf
- Go Bowling
- (0.94-0.99 Kcal/min/Kg BW)

**EXERCISE FOR STRENGTH & FLEXIBILITY:**

- Stretching
- Yoga
- Tai Chi
- Breaststroke Training
- (0.64-0.12 Kcal/min/Kg BW)

**REGULARLY**  
(3-5 times a week: at least 30-45 minutes or longer)

**AEROBIC EXERCISES:**

- Brisk Walking
- Running/Jogging
- Bicycling
- Aquatic Dancing
- Swimming
- Aero - Rock Boating
- (0.88-0.23 Kcal/min/Kg BW)

**RECREATIONAL ACTIVITIES:**

- Ballroom Dancing
- Sedimenton, Basketball, Softball
- Golfing / Roller Skating
- Tennis
- Fishing, Salsa, Patinators
- (0.85-0.14 Kcal/min/Kg BW)

**HABITUALLY**  
(as often as possible)

**DAY-TO-DAY ACTIVITIES:**

- Taking the stairs instead of the elevator
- Taking longer routes
- Walking to the store, church, bank or mailbox
- Parking your car farther away
- (0.04-0.10 Kcal/min/Kg BW)

**Additional Day-to-Day Activities:**

- Adding extra steps to your daily routes
- Taking stretch breaks at home or work
- Drying household clothes
- Burning errands
- Grocery Shopping

Developed by the Philippine Association for the Study of Physical Education (PAPSE)  
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**HABITUALLY**  
(as often as possible)

**PHILIPPINE PYRAMID FOOD GUIDE FOR TODAY'S LIFE**  
Your Daily Eating Choices

**Eat a lot** (Green section): Vegetables, Fruit, Bread, Rice, Pasta, Corn

**Eat a little** (Yellow section): Meat, Fish, Eggs, Beans, Tofu

**Eat a little** (Red section): Fats, Oils, Sugar, Salt

**Eat a little** (White section): Fish, Poultry, Dry Beans, Eggs, Meat

Fish, Poultry, Dry Beans.

# Draw The Diagram Of Food Pyramid For Filipino

**Jennifer MacKay**



### **Draw The Diagram Of Food Pyramid For Filipino:**

*Sports Nutrition* Jennifer MacKay, 2014-10-06 This guidebook deals with nutrition as part of sports It delves into how diet impacts athletic performance and which types of food should be eaten for particular sports Full color photographs and diagrams a glossary sources for further reading and research and a detailed subject index are also included The National Union Catalog Library of Congress, 1953 Constitutes the quinquennial cumulation of the National union catalog Motion pictures and filmstrips The New York Times Index , 2003 Food Pyramid Chart Studio Publishing Limited, Let's Look, 2002-05-01 **Food Pyramid Pocket Chart & Card Set** , 2000 This hanging chart shows current USDA nutritional guidelines with brightly colored sections representing each of the 6 food groups Manufacturer s website *The Food Pyramid [chart-medium]* . , 2000

## Reviewing **Draw The Diagram Of Food Pyramid For Filipino**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Draw The Diagram Of Food Pyramid For Filipino**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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