



Republic of the Philippines
REGIONAL NUTRITION COMMITTEE
MIMAROPA



EXCERPTS FROM THE MINUTES OF THE
REGIONAL NUTRITION COMMITTEE
HELD ON 25 MARCH 2015 AT COCOON BOUTIQUE HOTEL,
DILIMAN, QUEZON CITY
RNC Resolution No.1, Series 2015

**REQUESTING ALL REGIONAL NUTRITION COMMITTEE MEMBER AGENCIES
AND LOCAL GOVERNMENT UNITS OF MIMAROPA REGION
TO WIDELY DISSEMINATE THE 10 KUMAINMENTS**

WHEREAS, malnutrition and diet-related non-communicable diseases remain to be a problem in the Philippines and that poor nutrition can be caused by poor nutrition practices as a result of inadequate information on proper diet and nutrition behaviors;

WHEREAS, the NNC Governing Board in 2012 approved the updated Nutritional Guidelines for Filipinos (NGF) and tasked to spearhead the formulation of a communication and promotion plan to ensure its widest dissemination and adoption.

WHEREAS, the development and dissemination of the popularized version of the updated NGF called the "10 Kumainments" to promote positive nutrition practices to prevent malnutrition and encourage healthy lifestyle for Filipinos.

WHEREAS, the "10 Kumainments" consists of shorter and simpler messages for better recall and understanding. It is presented on 2 slices of bread meant to resemble the tablets that held the original 10 Commandments presented to Moses. In line with this theme, the character Mang Moi carries the 2 slices and advocates the 10 Kumainments. This is meant to encourage both young and old to follow the guidelines.

WHEREAS, the "10 Kumainments" are all important lessons that, although seem simple, actually help deal with the health and nutrition risks that the country currently faces. The 10 Kumainments is a key strategy to adapt with the changing state of nutrition within the country and is a part of the different health related programs of government and non-government bodies. The 10 Kumainments may also be seen and heard through print media, radio & TV plugs, and online networks.

NOW THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED, in consideration of the benefits of adopting a revised Nutritional Guidelines for Filipinos that is relevant to the current nutritional and related situation, to enjoin all Regional Nutrition Committee (RNC) member agencies and local government units of MIMAROPA Region to adopt and widely disseminate the "10 Kumainments" as the official nutritional guidelines in the country;

1. Kumain ng iba't-ibang pagkain.
2. Sa unang 6 months ni baby, breastfeeding lamang; mula 6 months, bigyan din siya ng ibang angkop na pagkain.
3. Kumain ng gulay at prutas araw-araw.
4. Kumain ng isda, karne at ibang pagkaing may protina.
5. Uminom ng gatas; kumain ng pagkaing mayaman sa calcium.
6. Tiyaking malinis at ligtas ang ating pagkain at tubig.
7. Gumamit ng iodized salt.
8. Hinay-hinay sa maaalat, mamantika at matatamis.
9. Panatilihin ang tamang timbang.
10. Maging aktibo. Iwasan ang alak; huwag manigarilyo.

RESOLVED FURTHER,


1. For the member agencies and local government units and agencies to disseminate and include activities but not limited to the following:
 - a. Serve nutritious foods in meetings, seminars and in canteens;
 - b. Establish a conducive environment to promote physical activity, avoidance of alcoholic beverages and smoke-free environment;
 - c. Encourage food establishment to serve fruits, vegetables, low fat, low salt foods;
 - d. Promote the use of iodized salt by encouraging that only iodized salt is available for human and animal consumption;
 - e. Ensure participation of non-government organizations, media, the academe and civil society;
2. For the Department of Agriculture to promote production of food commodities for Filipino consumers;
3. For the Department of Health to formulate new, and enhance existing policies, and develop guidelines on the use and promotion of "10 Kumainments" within the health sector and other related stakeholders;
4. For the Department of Education to integrate the "10 Kumainments" in the school curricula for primary and secondary education;
5. For the Department of the Interior and Local Government to issue a memo circular to local government units to enjoin them to promote the "10 Kumainments" among their constituents;
6. For the Department of Labor and Employment to disseminate the "10 Kumainments" in the labor sector to promote health and nutrition among workers and employers; and
7. For the other members of the Regional Nutrition Committee to promote the "10 Kumainments" within their networks.

AND RESOLVED FURTHER,

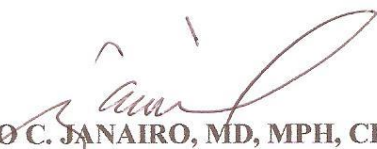
1. For the different relevant agencies and local government units to include budget in their annual appropriations to support the promotion of the "10 Kumainments";

UNANIMOUSLY APPROVED, 25th day of March 2015.

Attested by:


CARINA Z. SANTIAGO, MCN
OIC-Regional Nutrition Program Coordinator
National Nutrition Council - MIMAROPA
Secretary, RNC MIMAROPA

Approved:


EDUARDO C. JANAIRO, MD, MPH, CESO III
Regional Director
Department of Health - MIMAROPA
Chair, RNC