

MODERATE ACUTE MALNUTRITION

MAM Recipes



**Alternative to Ready to Use Supplementary Food (RUSF)
2020**



This document is still in the final layout stage. Several aesthetic details may be changed during the actual publication. Nonetheless, all of the information has been validated and approved for dissemination as deemed necessary.

FOREWORD

Following the issuance of the 2015 Department of Health's Administrative Order on the National Guidelines on the Management of Acute Malnutrition for Children Under-Five Years, the United Nations World Food Programme (WFP) extended its technical support to the Department in the development of the Manual of Operations specific for the Management of Moderate Acute Malnutrition (MAM).

The Manual features various types of supplementary food preparations for children with MAM, which ranges from the standard Ready to Use Supplementary Food (RUSF); Fortified Blended Food (FBF), such as the super cereals; and the locally-prepared foods. Both the RUSF and the FBF are procured internationally and in the absence of such, locally-prepared food remains the practical option. Further, children who are on RUSF and FBF often develop "taste fatigue" overtime that leads to poor compliance, and therefore, the slow recovery from acute malnutrition, underscoring the need for having alternatives.

The supply chain and logistics of RUSF and FBF have always been a perennial problem and children with MAM can't wait for it to be available before getting treated. Timeliness, maximum coverage, appropriate medical and nutritional rehabilitation and providing care as long as needed - are the four guiding principles of the integrated management of acute malnutrition.

During the roll-out training on the Management of Moderate Acute Malnutrition conducted by the DOH co-facilitated by WFP and support from NNC, there was a felt need to develop a supplementary material which contains the standard locally-available, culturally sensitive and age appropriate supplementary food that will serve as alternative to the standard regimen, thus, the birth of this Project "MAM Recipes- Alternative to Ready to Use Supplementary Food". As the recipes are meant for the rehabilitation of MAM, the term "supplementary" food will be used to distinguish it from "complementary" food given to children aged 6-23 months.

This Project was spearheaded by the WFP Nutrition Team (Martin Parreno and Corazon Barba), with support from the Senior Management (Stephen Gluning, Mats Persson, Jutta Neitzel, and Laurene Goublet) and the Communications and Partnership Unit (Catherine Mones and Katrina Mae Leros). This initiative was made possible in collaboration with the University of the Philippines Los Banos - Institute of Human Nutrition and Food (UPLB-IHNF) utilizing existing local recipes compiled by WFP and recipes from the Menu Guide Calendars

of the Department of Science and Technology- Food and Nutrition Research Institute (DOST-FNRI).

These standardized recipes are meant for children aged 6-59 months diagnosed with MAM and should be prepared at the treatment facility or in any appropriate location where children can be fed. As children with MAM need higher macro and micronutrients than a normal child, each food serving was designed to contain 510-560 kcal of energy comprised of 11-16 grams of protein, 26-36 grams of fat and 30-70 grams of carbohydrates and added with one (1) sachet of Multiple Micronutrient Powder to match the nutrients provided by the RUSF and FBF.

The macronutrient content of each recipe was computed and re-adjusted to meet the required standard. Verification and standardization were done twice with sensory evaluation in between. The recipes, compiled in this material, provide 10 servings; thus can be served to 10 children with MAM on a daily basis.

These MAM recipes will serve as supplementary material to the Manual of Operations in the Management of Moderate Acute Malnutrition among Children Under-Five Years.

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MESSAGE

The foundation of a progressive country is its healthy and productive citizen and investing in children's nutrition is paramount.

Undernutrition is one of the deterring factors of a country's comprehensive development. The Philippines lag behind other neighboring countries in the ASEAN region in terms of nutrition with nearly a million children under-five years suffering from acute malnutrition. The government is doubling its effort to address this in order to achieve the SDG 2 target of decreasing Acute Malnutrition to less than 5% by 2030.

WFP is supporting the government in finding quick and feasible solutions to address gaps in the management of childhood malnutrition with supply chain being one. While specialized nutritious food such as Ready to Use Supplementary Food (RUSF) and Fortified Blended Food (FBF) are the standards for treatment for Moderate Acute Malnutrition (MAM), these are not locally produced and not always globally available on time.

Children with MAM can't wait as their risk of dying is 2-3 times than that of a normal child, thus, WFP with its partners, designed recipes as alternative to the standard treatment. The ingredients are culturally acceptable and locally available, and it also fosters local production of those ingredients energizing local economy.

We hope that this material, as supplement to the MAM Manual of Operations, will provide additional resource to the Program Managers from the national up to the local levels in their effort to suppress childhood undernutrition.

MATS PERSSON

Office In-Charge

WFP Philippines Country Office

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TABLE OF CONTENTS

Foreword	i
Message	iii
Acknowledgement	iv
Supplementary Food for 6-11 months	
Chicken Sopas	8
Sweet Ginataang Munggo	9
Arrozcaldo with Gata	10
Creamy Champorado	11
Mashed Potato and Carrots	12
Halayang Kalabasa	13
Maja Blanca.....	14
Sweet Potato and Carrot Puree	15
Creamy Chicken and Corn Soup	16
Cheesy Cauliflower Puree	17
Supplementary Food for 1-5 years old	
Ginataang Sitaw at Kalabasa	19
Mungbean and Chicken Patty	20
Sweet and Sour Chicken	21
Bite-seze Breaded Chicken with Sweet Sauce	22
Mungbi with Chicken	23
Pork and Beans	24
Miswa and Upo Soup with Pork Meatballs	25
Homemade Fish Ball	26
Pochero	27
Afritada	28
Cheese Croquettes	29
Lumpiang Gulay	30
Pork Bites in Gravy with Mashed Potato and Beans	31
Bistek	32

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SUPPLEMENTARY FOOD FOR 6-11 MONTHS



CHICKEN SOPAS

NUTRITION DATA PER SERVING:

Energy 506 kcal | **Protein** 16 g | **Fat** 32.6 g | **Carbohydrates** 37.7 g

COST: PHP 34.36 per serving

YIELD: 10 servings

SERVING SIZE: 1 cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 45 minutes cooking

INGREDIENTS

- 400 g pasta, macaroni
- ¼ kg chicken breast, ground
- 200 g celery, diced
- 200 g carrots, diced
- 5 tbsp. onion, bulb, minced
- 5 tsp. garlic, minced
- 2 ½ pcs. chicken egg, whole, medium, beaten
- 200 ml milk, evaporated
- 10 tbsp. oil, coconut
- 3 tbsp. butter, melted, salted
- 8 tbsp. fish sauce
- 1/8 tsp. ground black pepper
- 10 cups of water

MATERIALS NEEDED

- Large Pot
- Ladle
- Solid Measuring Cup
- Measuring Spoon
- Liquid Measuring Cup

DIRECTIONS

- Heat vegetable oil and butter in a cooking pot.
- Once the oil became hot, sauté onion and garlic. Cook for 3 minutes until the onion is translucent and the garlic is brown.
- Add ground chicken. Season with 3 tbsp. fish sauce and black pepper. Cook for 10 minutes until brown.
- Add the carrots and celery sauté for 5 minutes or until the vegetables are soft.
- Add the macaroni. Blend all the ingredients in the pot.
- Pour water and let it boil. Cover the cooking pot and continue to cook in medium heat for 5 minutes.
- Season with 4 tbsp. fish sauce, salt, and pepper. Boil for 20 minutes until the pasta is cooked.
- During boiling time, swirl scrambled egg into the soup. Boil for 1 minute.
- Add evaporated milk. Stir. Transfer to a serving bowl.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



SWEET GINATAANG MUNGGO

NUTRITION DATA PER SERVING:

Energy 541 kcal | **Protein** 12.4 g | **Fat** 35.2 g |
Carbohydrates 43.2 g

COST: PHP 75.85 per serving

YIELD: 10 servings

SERVING SIZE: 1 cup; one serving is enough for a child with MAM

COOKING TIME: 40 pre-preparation of pounded mung bean seeds and glutinous rice;
1 hour cooking

INGREDIENTS

- 225 g munggo beans, dried
- 113 g sugar, white, refined
- 1000 ml coconut cream
- 200 g rice, milled, glutinous

MATERIALS NEEDED

- Large Saucepot
- Ladle

DIRECTIONS

- Heat a small wide pan over medium-low heat. Add the munggo beans and keep stirring to toast until brown for 10 minutes.
- Let the toasted munggo beans cool and then using a mortar and pestle, pound it coarsely.
- Transfer the pounded munggo beans onto a fine mesh sieve set over a bowl. Shake the sieve to get rid of the fine pieces. Set aside the pounded munggo beans, discarding the ones in the bowl.
- In a heavy pan over medium high heat, add the rice, toasted munggo beans and coconut milk. Cook over low heat and stir frequently for 1 hour or until the rice is cooked and the munggo beans are tender.
- Add the sugar and stir until dissolved. Remove from the heat.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



ARROZCALDO WITH GATA

NUTRITION DATA PER SERVING:

Energy 513 kcal | **Protein** 14.6 g | **Fat** 31.3 g |
Carbohydrates 43.4 g

COST: PHP 35.65 per serving

YIELD: 10 servings

SERVING SIZE: 1 cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour and 30 minutes cooking

INGREDIENTS

- 5 tbsp. onion, bulb, minced
- 5 tsp. garlic, minced
- 5 tsp. ginger, julienne
- 500 g or 2 ½ cups rice, milled, glutinous
- 250 g chicken breast, ground
- 5 tsp. oil, coconut
- 5 tbsp. fish sauce
- 1/8 tsp. ground black pepper
- 10 pcs. quail egg, boiled

MATERIALS NEEDED

- Large Saucepot
- Ladle/ Wooden Spoon

DIRECTIONS

- Put water in a pot and boil the sticky rice for 30-40 minutes until the rice is soft and sticky. Then, set aside.
- In a separate pot, sauté ginger, onion and garlic. Cook for 3 minutes.
- Add chicken breast and season with ground pepper and 2 tbsp. fish sauce. Cook for 10 minutes under medium heat until the chicken is brown.
- Transfer the pre-boiled sticky rice into the pot and add 2 ½ cups of water. Blend well. Boil for 5 minutes.
- Season with fish sauce and stir.
- Add coconut milk and blend well. Boil for 5 minutes.
- Add 1 quail egg for each serving.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



CREAMY CHAMPORADO

NUTRITION DATA PER SERVING:

Energy 551 kcal | **Protein** 8.8 g | **Fat** 26.4 g |
Carbohydrates 69.5 g

COST: PHP 58.03 per serving

YIELD: 10 servings

SERVING SIZE: 1 cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour cooking

INGREDIENTS

- 450 g rice, well-milled, glutinous
- 200 g chocolate bar, Dutche chocolate bar, premium
- 150 g sugar, white, refined
- 200 ml milk, evaporated, Alaska
- 600 ml coconut milk
- 10 cups water

MATERIALS NEEDED

- Large Saucepot
- Ladle
- Measuring Cup
- Measuring Spoon

DIRECTIONS

- Put water in a pot and boil the sticky rice for 30-40 minutes until soft and sticky.
- In a bowl, add coconut milk and chocolate bar or tablea. Melt over a boiling water. Set aside.
- Add the melted chocolate in the sticky rice and blend well.
- Add the sugar and evaporated milk. Boil for 5 minutes until the consistency is thick.
- Serve in a bowl. Add evaporated milk on top, if desired.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



MASHED POTATO AND CARROTS

NUTRITION DATA PER SERVING:

Energy 533 kcal | **Protein** 12 g | **Fat** 31.3 g |
Carbohydrates 50.9 g

COST: PHP 67.62 per serving

YIELD: 10 servings

SERVING SIZE: : ½ cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour cooking

INGREDIENTS

- 2 kg potatoes, cut into cubes
- ½ kg carrots, cut into cubes
- 150 g cheese, grated
- 20 tbsp. butter, melted, salted
- 500 ml milk
- 1 ½ tsp. iodized salt

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- In a pot filled with water, boil the potatoes and carrots for 30 minutes or until soft. Drain and mash.
- In a separate pot, add milk, butter and salt. Stir for 1 minute.
- Add the mashed potatoes and carrots.
- Under low-medium heat, blend for 10 minutes or until the potatoes and carrots absorb the liquid.
- Add the grated cheese. Blend for another 2 minutes.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



HALAYANG KALABASA

NUTRITION DATA PER SERVING:

Energy 535 kcal | **Protein** 14.7 g | **Fat** 27.1 g |
Carbohydrates 58.2 g

COST: PHP 46.25 per serving

YIELD: 10 servings

SERVING SIZE: : ½ cup; one serving is enough for a child with MAM

COOKING TIME: 3 hours cooking

INGREDIENTS

- 1940 g squash (*kalabasa*), boiled, mashed
- 500 ml condensed milk
- 1000 ml evaporated milk
- 10 tbsp. coconut milk

MATERIALS NEEDED

- Large Carajay/ Sauce Pot
- Wooden Spoon
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- In a large pot, mix boiled and mashed squash, condensed milk, evaporated milk and oil. Blend for 3 hours under low-medium heat until the consistency thickens.
- Transfer into a bowl. Allow to cool for at least an hour.
- In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



MAJA BLANCA

NUTRITION DATA PER SERVING:

Energy 569 kcal | **Protein** 12.5 g | **Fat** 35.9 g |
Carbohydrates 48.9 g

COST: PHP 74.78 per serving

YIELD: 10 servings

SERVING SIZE: : 1 square slice; one serving is enough for a child with MAM

COOKING TIME: 1 hour cooking

INGREDIENTS

- 800 ml coconut milk
- 150 ml evaporated milk
- 250 g white sugar, refined
- 300 g corn, whole kernel
- 300 g cheese, grated
- 150 g cornstarch
- 20 ml water

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- In a pot, add coconut milk, water, sugar and evaporated milk. Stir under low heat. Bring to boil for 10 minutes.
- Add corn kernels and grated cheese. Stir slowly for 1 minute.
- Combine the cornstarch and water. Add the mixture into the pot and stir thoroughly for 5 minutes. Mix until desired consistency was reached.
- Grease the pan with oil or butter. Pour the mixture into a serving tray then flatten the top using a spatula or spoon.
- Allow to cool for at least an hour.
- Cut into 10 equal sizes.
- In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



SWEET POTATO AND CARROT PUREE

NUTRITION DATA PER SERVING:

Energy 541 kcal | **Protein** 12.1 g | **Fat** 27.2 g | **Carbohydrates** 62.2 g

COST: PHP 66.98 per serving

YIELD: 10 servings

SERVING SIZE: : ½ cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour cooking

INGREDIENTS

- 1750 g sweet potato, yellow, boiled
- 500 g carrot, julienne, boiled
- 400 g chicken breast, ground
- 10 tbsp. butter, melted, salted
- 6 ½ tbsp. cream
- 3 tbsp. fish sauce
- 1/8 tsp. ground black pepper

MATERIALS NEEDED

- Saucepot
- Blender
- Ladle
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- In a pot, add butter and cook the ground chicken for 5 minutes until brown. Season with fish sauce and ground black pepper.
- Using a blender, blend the sweet potato, carrots, cream and 2 ½ cups of water. Blend for 2 -3 minutes.
- Transfer blended soup into a pot and boil for another 3 minutes.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



CREAMY CHICKEN AND CORN SOUP

NUTRITION DATA PER SERVING:

Energy 515 kcal | **Protein** 15.3 g | **Fat** 35.7 g |
Carbohydrates 33.4 g

COST: PHP 27.03 per serving

YIELD: 10 servings

SERVING SIZE: : 1 cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 40 minutes cooking

INGREDIENTS

- 300 g chicken breast, ground
- 1 kg grated white corn
- 20 tbsp. cream
- 15 tbsp. oil, coconut
- 8 tbsp. fish sauce
- 1 ½ tsp. iodized salt
- 1/8 tsp. black pepper, ground
- 5 pcs. chicken egg, whole, medium, beaten
- 50 g spring onions (topping)

MATERIALS NEEDED

- Saucepot
- Blender
- Laddle
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- Grate the corn, then set aside the cobs.
- In a saucepot, add 10 cups water and boil corn cobs. After 10 minutes of boiling, remove corn cobs. Set aside the water.
- In a separate saucepot, add oil and ground chicken. Season with 4 tbsp. fish sauce and black pepper. Cook the chicken for 10 minutes or until brown under medium-low heat.
- Add the grated corn and blend. Add the water from boiled corn.
- Season with 4 tbsp. of fish sauce. Boil for 3 minutes until the consistency thicken.
- Add the cream and stir for 1 minute until the cream is blended.
- Add beaten egg into the soup. Boil for 1 minute.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



CHEESY CAULIFLOWER PUREE

NUTRITION DATA PER SERVING:

Energy 507 kcal | **Protein** 15.8 g | **Fat** 33.7 g | **Carbohydrates** 35.3 g

COST: PHP 147.11 per serving

YIELD: 10 servings

SERVING SIZE: : 1 cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 15 minutes cooking

INGREDIENTS

- 3 kg cauliflower, cut into small pieces, boiled
- 1500 ml milk, cow
- 10 tbsp. cream
- 13 tbsp. butter, melted, salted
- 10 tbsp. all purpose flour
- 100 g cheese, processed, grated
- 1 ½ tsp. iodized salt

MATERIALS NEEDED

- Saucepot
- Blender
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- Using a blender, add boiled cauliflower, milk and cream. Blend the ingredients per batches. Blend for 2-3 minutes per batch.
- In a saucepot, mix equal parts of all purpose flour and butter.
- Add the blended cauliflower into the pot. Boil for 5 minutes.
- Add the grated cheese. Boil for another 3 minutes.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



SUPPLEMENTARY FOOD FOR 1-5 YEARS OLD



GINATAANG SITAW AT KALABASA

NUTRITION DATA PER SERVING:

Energy 514 kcal | **Protein** 14.5 g | **Fat** 34.7 g | **Carbohydrates** 36 g

COST: PHP 50.49 per serving

YIELD: 10 servings

SERVING SIZE: ½ cup vegetables + ¼ cup reduced coconut milk sauce served with ½ cup rice ; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour cooking

INGREDIENTS

- 350 g or 2 pcs. chicken breast, cut into cubes (1")
- 8 cups coconut milk or 500 ml coconut cream diluted to 6 cups of water
- 5 tbsp. or 2 ½ pcs. small onion, bulb, minced
- 5 tsp. or 5 cloves garlic bulb, minced
- 250 g string beans (*sitaw*), cut into ½" long
- 875 g squash (*kalabasa*), cut thinly approximately 3 cm thick
- 10 tbsp. oil, coconut
- 5 tsp. and 3 tbsp. fish sauce, Lorins
- ½ tsp. and 1/8 tsp black pepper, ground

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- Heat oil in a large carajay, medium heat.
- Sauté garlic and onion.
- Add the chicken and season with 5 tsp. fish sauce and ½ tsp. ground black pepper. Then, continue to cook for 10 minutes until the color turns light brown.
- Add the squash and string beans in the carajay and sauté for 5 minutes.
- Add the coconut milk. Cook for 15 minutes or until the vegetables are soft.
- Sprinkle some ground black pepper into the pot and pour 3 tbsp. fish sauce. Stir and cook for 2 minutes.
- Remove the chicken, squash and string beans. Set aside. Reduce sauce for 25 minutes under low heat.
- Transfer to a serving bowl.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



MUNGBEAN & CHICKEN PATTY

NUTRITION DATA PER SERVING:

Energy 526 kcal | **Protein** 15.3 g | **Fat** 33.6 g | **Carbohydrates** 40.7 g

COST: PHP 26.00/serving

YIELD: 10 servings

SERVING SIZE: 2 pieces served with ½ cup rice (50g each patty) ; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour cooking

INGREDIENTS

- 150 g munggo beans, green, dried, boiled
- 9 cups water for boiling
- 10 tbsp. onion, bulb, minced
- 275 g chicken breast, ground
- 200 g squash (*kalabasa*), grated
- 200 g carrots, grated
- 75 g onion, spring, minced
- 2 ½ pieces chicken egg, medium, whole, beaten
- 100 g cheese, cheddar, pasteurized, processed, grated
- 5 tbsp. wheat flour, all-purpose
- ½ tsp. black pepper
- ½ tsp. iodized salt
- 2 ½ tbsp. soy sauce
- 20 tbsp. (2 tbsp. per patty) oil, coconut

MATERIALS NEEDED

- Large Carajay/ Non-stick Pan
- Turner
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- Wash the munggo seeds. Then, in a covered pan, pour 3 cups of water and boil the munggo beans over medium fire for 20 minutes. Strain the mung bean seeds. In the same pan, pour another 3 cups of water and boil for 30 minutes until tender. Strain then set aside.
- In a bowl, combine the munggo, onion, chicken, squash, carrots, and spring onion. Blend well. Set aside.
- In a separate bowl, mix together the egg, soy sauce, pepper, salt and all-purpose flour.
- Pour in the munggo mixture. Blend well.
- Scoop out 1/4 cup of the mixture. Mold into patties.
- Using a carajay or a non-stick pan, heat oil. Use 2 tbsp. of oil for each patty. Fry the patties, 5 minutes per side, over medium fire until golden brown. Remove from the pan when cook and drain excess oil.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



SWEET AND SOUR CHICKEN

NUTRITION DATA PER SERVING:

Energy 562 kcal | **Protein** 15.2 g | **Fat** 26 g | **Carbohydrates** 66.7 g

COST: PHP 35.66 per serving

YIELD: 10 servings

SERVING SIZE: 55 g of chicken and ½ cup of sweet and sour sauce served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour cooking

INGREDIENTS

Marinated Chicken

- 500 g chicken breast, cut into ½ inch cubes
- ½ tsp. iodized salt
- ½ tsp. black pepper, ground
- 2 ½ tsp. soy sauce
- ½ tsp. white sugar
- 5 pcs. chicken egg, egg white only
- 3 tbsp. onion, spring, minced

Sweet and Sour Sauce

- 5 tbsp. or 2½ pcs. small onion, bulb, minced
- 2 cups or 200 g carrots, diced

- 1 cup or 100 g celery, Chinese leaves and petioles, diced
- 2 cans or 454 g pineapple, slice, tidbits
- 2 ½ cups of water
- ½ tsp. of salt
- 1 cup white sugar, refined
- 8 tbsp. of vinegar

MATERIALS NEEDED

- 2 sauce pans with cover
- Turner
- Solid Measuring cup
- Measuring Spoon
- Liquid measuring cup

DIRECTIONS

- Using a bowl, marinate the chicken with iodized salt, black pepper, white sugar, soy sauce, egg whites, and spring onions. Blend well. Cover, and place inside the refrigerator for at least an hour.
- Heat oil under medium-low heat in a saucepan or deep fat fryer.
- Drop pieces of chicken in the oil, one by one, and fry for 10 minutes or until evenly browned. Drain on paper towels or rack with strainer. Fry chicken per batches. Avoid overcrowding.
- On a separate sauce pan, heat oil over medium heat. Stir in the onion, celery and carrots. Add ¼ cup of water and cook the vegetables until tender and when water evaporates. Remove from heat and set aside.
- In a bowl, mix water, salt, white sugar, vinegar, ketchup, and soy sauce. Bring to boil, and mix in cornstarch and water to thicken. Return to boil and add the pineapples.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



BITE-SIZE BREADED CHICKEN

WITH SWEET SAUCE

NUTRITION DATA PER SERVING:

Energy 533 kcal | **Protein** 15 g | **Fat** 27.2 g |
Carbohydrates 57.1 g

COST: PHP 25.76 per serving

YIELD: 10 servings

SERVING SIZE: 50 g of chicken per serving served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour cooking

INGREDIENTS

Marinated Chicken

- 450 g chicken breast, cut into approximately 1" by 1"
- 10 tbsp. cornstarch
- 2 ½ chicken egg, whole, medium
- 150 g bread crumbs
- ¼ tsp. salt
- ½ tsp. ground black pepper
- 10 pcs. calamansi, small
- 15 tbsp. oil, coconut for frying

Sweet Sauce

- 10 tbsp. ketchup, tomato, sweet
- 7 ½ tsp. soy sauce

- 1 ¼ tsp. worcestershire sauce
- 2 tbsp. white sugar, refined
- ¼ cup water
- 2 ½ tsp. Cornstarch
- 5 tsp. water for cornstarch

MATERIALS NEEDED

- Carajay
- Turner
- Sauce Pan
- Ladle
- Strainer
- Utility Plate

DIRECTIONS

- Heat coconut oil in a large carajay over medium-low heat.
- Season the chicken breast with salt and pepper, to taste. Squeeze the lemon or calamansi juice. Working one at a time, dredge chicken breast in cornstarch, dip into egg, then dredge in bread crumbs, pressing to coat.
- Add the breaded chicken breast to the carajay and cook until evenly golden and crispy, about 3-4 minutes on each side. Transfer to a paper towel-lined plate.
- Serve immediately with ½ cup rice and sweet sauce:
 - a. Stir water, ketchup, soy sauce, brown sugar, and Worcestershire sauce together in a bowl.
 - b. In a pan, stir under low heat the mixture until dissolved and the flavors blend.
 - c. Mix cornstarch and water. Add to the sauce. Stir until the consistency thickens.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



MUNGBI WITH CHICKEN

NUTRITION DATA PER SERVING:

Energy 543 kcal | **Protein** 15 g | **Fat** 27.7 g |
Carbohydrates 58.4 g

COST: PHP 24.32 per serving

YIELD: 10 servings

SERVING SIZE: 1 cup each serving served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 40 minutes pre-preparation of mung bean seeds; 1 hour cooking

INGREDIENTS

- 500 g or 2 ½ cups munggo seed, green, dried
- 8 cups of water for boiling mung bean seed
- 20 tbsp. butter, Magnolia, salted
- 10 tbsp. onion, bulb, minced
- 10 tsp. garlic, minced
- 300 g chicken breast, ground
- 50 g malunggay leaves only, without stems
- 200 g sotanghon noodles
- 6 tbsp. fish sauce
- 1 ¼ tsp. black pepper, ground

MATERIALS NEEDED

- Pot
- Ladle
- Measuring spoon
- Liquid Measuring cup

DIRECTIONS

- Boil munggo seeds for 40 minutes until soft. Set aside.
- In a separate pot, add oil and sauté the garlic and onions under medium-low heat.
- Add the ground chicken and cook for 15 minutes or until brown. Season with 3 tbsp. fish sauce and ¼ tsp. ground black pepper.
- Add the boiled munggo seeds into the pot and boil for 5 minutes.
- Add another 2 cups of water into the pot. Boil for 10 minutes.
- Add the sotanghon to the pot and cook for 10 minutes.
- Add the malunggay leaves. Serve while hot with ½ cup rice.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



PORK AND BEANS

NUTRITION DATA PER SERVING:

Energy 560 kcal | **Protein** 13.6 g | **Fat** 33.7 g | **Carbohydrates** 50.8 g

COST: PHP 36.07 per serving

YIELD: 10 servings

SERVING SIZE: ½ cup served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: Approximately 4 hours boiling for kidney beans and 30 minutes cooking

INGREDIENTS

- 150 g kidney/snap bean seed, white, dried
- 3 ½ cups water for boiling
- 450 g pork meat, lean, ground
- 750 ml tomato sauce
- 250 g snap bean pod, green, cut diagonally thinly approximately 3 cm
- 100 g cheese, processed, grated (small)
- 1 tbsp. onion, bulb, minced
- 1 tbsp. garlic, minced
- 5 tbsp. oil, coconut
- 3 tbsp. fish sauce
- ½ tsp. iodized salt
- 1/8 tsp. pepper
- ¼ cup water
- 6 tbsp. white sugar, refined

MATERIALS NEEDED

- Large carajay
- Ladle
- Solid Measuring cup
- Measuring Spoon
- Strainer

DIRECTIONS

- In a covered pan, add water and boil the white kidney beans over medium fire for 4 hours or until tender. A technique which can be used is by turning off the stove while boiling and by letting the beans cooked over covered pot. Strain and set aside.
- In another pan, heat oil. Sauté onion, garlic and pork. Cook for 10 minutes or until pork becomes tender. Season with 1/8 tsp. pepper and ½ tsp. salt.
- Add the Baguio beans. Sauté for 3 minutes. Add ¼ cup water. Boil for 3 minutes.
- Add the tomato sauce. Simmer for another 5 minutes.
- Season with fish sauce and white sugar.
- Add the cheese and simmer for another 3 minutes.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



MISWA AND UPO SOUP WITH PORK MEATBALLS

NUTRITION DATA PER SERVING:

Energy 560 kcal | **Protein** 15.4 g | **Fat** 34.6 g | **Carbohydrates** 46.5 g

COST: PHP 31.21 per serving

YIELD: 10 servings

SERVING SIZE: 1 cup, 2 meatballs served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 30 minutes cooking

INGREDIENTS

- 9 tbsp. onion, , bulb, minced
- 9 tsp. garlic, minced
- 200 g misua
- 200 g upo, cut into quarters and thinly approximately 2 cm each
- 10 tsp. oil, coconut
- 5 tbsp. fish sauce
- 10 cups of water

Pork Meatballs

- 500 g pork, ground
- 1 tbsp. soy sauce

- 5 tbsp. all-purpose flour
- 1 tbsp. onion, minced
- 1 tsp. garlic, minced
- 1/8 tsp. black pepper
- ½ piece chicken egg, medium

MATERIALS NEEDED

- Large carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- In a bowl, mix the ground pork, onion and garlic. Add the all-purpose flour and egg. Season with salt and pepper. Set aside.
- In a pot, add oil and sauté onion and garlic. Cook for 2 minutes until onion is translucent and garlic is brown under medium-low heat.
- Add the ground pork. Cook for 10 minutes or until brown. Season with 3 tbsp. fish sauce and pepper.
- Add the upo. Blend well for 2 minutes.
- Add water, cover and bring to boil for 10 minutes.
- While boiling, form balls using the ground meat and drop in boiling water.
- Add the misua and boil for another 3 minutes. Season with 2 tbsp. fish sauce.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



HOMEMADE FISH BALL

NUTRITION DATA PER SERVING:

Energy 556 kcal | **Protein** 16 g | **Fat** 34.2 g |
Carbohydrates 46 g

COST: PHP 64.27 per serving

YIELD: 10 servings

SERVING SIZE: 5 balls per serving served with ½ cup of rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour cooking

INGREDIENTS

- 1 ¾ kg galunggong, medium sized, slightly orange tail
- 200 g carrot, boiled, mashed
- 200 g potato, boiled, mashed
- 5 pcs. chicken egg, whole, medium
- 2 ½ cups all-purpose flour
- 10 tbsp. soy sauce
- ¼ tsp. black pepper, ground
- 1 cup and 4 tbsp. oil, coconut

MATERIALS NEEDED

- Deep Fryer
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- Before boiling the fish, clean the fish thoroughly. Remove head and entrails. Make sure that no blood will be left.
- In a pot, add water and boil the fish for 1 hour under medium-low heat. Drain and set aside.
- Flake the fish. Use only the white meat. Remove fish bones, dark meats and skin. (1 ¾ kg of fish will yield 350 g of fish meat)
- In a bowl, blend the flour, salt and pepper in a mixing bowl.
- Add the fish meat, as well as the potatoes and carrots to the dry ingredients until well combined.
- Pour in the soy sauce while stirring the mixture at the same time to ensure the soy sauce is equally distributed.
- Whisk the eggs and add them to the mixture. To form balls, scoop a tablespoon of the mixture.
- Heat the frying pan. Pour enough oil in the pan to cover the fish balls.
- Deep fry the fish balls for 3-5 minutes or until they have turned golden brown. Do not overcrowd the pan. If a small pan is used, cook 3 balls at a time. If large, 5 balls at a time. Drain and serve. May be served with tomato ketchup or sweet and sour ketchup.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



POCHERO

NUTRITION DATA PER SERVING:

Energy 547 kcal | **Protein** 15 g | **Fat** 27.9 g |
Carbohydrates 58.9 g

COST: PHP 32.72 per serving

YIELD: 10 servings

SERVING SIZE: ½ cup served with rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 30 mins cooking

INGREDIENTS

- 500 ml tomato sauce, Heinz
- 10 tbsp. onion, bulb, minced
- 10 tsp. garlic, minced
- 500 g chicken breast, cubes
- 200 g carrots, diced
- 200 g Baguio beans, diced
- 200 g Chinese cabbage, approximately 1" per side
- 300 g banana, saba, cubes
- 15 tbsp. oil, coconut
- 8 tbsp. fish sauce
- ¼ tsp. ground pepper
- 10 tbsp. white sugar, refined

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- In a pot, blanch Baguio beans and carrots for 10 minutes. Drain and set aside.
- In a pot, add oil and sauté garlic and onion under medium-low heat.
- Add the chicken. Season with 4 tbsp. fish sauce and ground black pepper. Cook for 10 minutes until brown.
- Add the carrots and Baguio beans. Cook for 2 minutes.
- Add the tomato sauce. Boil for 5 minutes.
- Add the banana saba and cabbage. Cook for 2 minutes.
- Add the white sugar and fish sauce. Boil for 2 minutes.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



AFRITADA

NUTRITION DATA PER SERVING:

Energy 512 kcal | **Protein** 15.1 g | **Fat** 26 g |
Carbohydrates 54.8 g

COST: PHP 30.63 per serving

YIELD: 10 servings

SERVING SIZE: ½ cup served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 30 mins cooking

INGREDIENTS

- ½ kg chicken breast, cubes
- 500 ml tomato sauce, Heinz
- 10 tbsp. sugar, white, refined
- 4 tbsp. fish sauce
- 1/8 tsp. black pepper, ground
- 200 g potato, small diced
- 200 g carrots, small diced
- 300 g Baguio beans, sliced
- 10 tbsp. onion, bulb, minced
- 10 tsp. garlic, minced
- 15 tbsp. oil, coconut

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- In a pot, blanched potatoes, carrots and Baguio beans for 10 minutes. Drain and set aside.
- In the same pot, add oil and sauté garlic and onion under medium-low heat. Cook for 3 minutes until onion is translucent and garlic is brown.
- Add the chicken. Season with 2 tbsp. fish sauce and ground black pepper. Cook for 10 minutes or until brown.
- Add the carrots, potatoes and baguio beans. Cook for 2 minutes.
- Add the tomato sauce. Boil for 5 minutes. Add ½ cup water.
- Add the white sugar and fish sauce. Boil for 2 minutes.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



CHEESE CROQUETTES

NUTRITION DATA PER SERVING:

Energy 546 kcal | **Protein** 15.2 g | **Fat** 32.6 g | **Carbohydrates** 48 g

COST: PHP 28.69 per serving

YIELD: 10 servings

SERVING SIZE: 2 pieces; one serving is enough for a child with MAM

COOKING TIME: 1 hour cooking

INGREDIENTS

- 225 g potatoes, mashed
- 1 pc. chicken, whole, beaten
- 4 pcs. egg whites, beaten
- 4 pcs. chicken egg yolk, beaten
- 100 g cheese, cubes, 20 pieces, 5 grams per cube
- 100 g all-purpose flour
- 250 ml evaporated milk
- 500 g bread crumbs
- 225 g oil, coconut
- 1/8 tsp. black pepper, ground
- 1 ½ tsp. iodized salt

MATERIALS NEEDED

- Deep Fryer
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- Add the milk, salt, pepper, 4 egg yolks, and flour to mashed potatoes. Chill and shape 10 grams of potatoes using 25 grams of bread crumbs. Add 1 piece of cheese cube inside. Repeat until all potatoes are molded.
- Dip the mashed potatoes to the beaten egg, then roll through bread crumbs again.
- Fry for 2 minutes or until golden brown. Do not overcrowd the fryer. If small, fry 2 croquettes at a time. May be served with ketchup or cheese dip.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



LUMPIANG GULAY

NUTRITION DATA PER SERVING:

Energy 511 kcal | **Protein** 15 g | **Fat** 35.7 g |
Carbohydrates 32.5 g

COST: PHP 44.21 per serving

YIELD: 10 servings

SERVING SIZE: 4 rolls; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 15 minutes cooking; 1 hour frying

INGREDIENTS

- 200 g pork, lean meat, ground
- 200 g carrots, sliced in long, thin strips
- 200 g sweet potato, sliced in long, thin strips
- 10 tbsp. onion, minced
- 2 kg munggo bean sprout (*toge*)
- 200 g Baguio beans, diced
- 40 pcs. spring roll wrapper, plain, large, thick
- 15 tbsp. oil, coconut

- 3 tsp. salt
- 1/8 tsp. ground pepper
- 5 tbsp. soy sauce

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- Heat 5 tbsp. cooking oil in a carajay. Once the oil gets hot, sauté garlic and onion.
- When the onion gets soft, add ground pork. Stir fry for 2 minutes. Add salt and ground black pepper. Stir.
- Add the carrots, sweet potato, and Baguio beans and then cook for 3 minutes.
- Stir-in the bean sprouts. Add the soy sauce. Stir and cook for 5-8 minutes until the sprouts are soft.
- Transfer the cooked vegetable in a plate. Drain the excess liquid. Set aside until cooled down.
- Start to wrap the cooked vegetables using the egg roll wrappers. Lay the wrapper flat on a big plate. Place 50 grams of vegetables at the end of the wrapper. Fold the opposite edges of the wrapper and then roll until the vegetables are secured. Seal the end of the wrapper with water then gently press the wet loose end towards the egg roll.
- Heat the oil in the pot. Fry egg rolls in medium heat, 1 minute per side, until brown. Do not overcrowd the pan. Cook 3 rolls per batch.
- Remove the egg roll and drain. Serve with vinegar or ketchup.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



PORK BITES IN GRAVY

WITH MASHED POTATO AND BEANS

NUTRITION DATA PER SERVING:

Energy 520 kcal | **Protein** 13.9 g | **Fat** 34.6 g |
Carbohydrates 38.2 g

COST: PHP 50.82 per serving

YIELD: 10 servings

SERVING SIZE: 55 g of pork per serving + ½ cup mashed potato and 45 g snap beans; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour and 30 minutes cooking

INGREDIENTS

- 550 g pork belly, less fat, cut into cubes
- 1 kg potato, boiled, mashed
- 450 g Baguio beans, blanched, cut into slants ½" each
- 11 tbsp. oil, coconut
- ½ tbsp. salt
- ½ tsp. black pepper, ground
- 5 pcs. calamansi, small
- 10 tbsp. onion, bulb, minced
- 10 tsp. garlic, minced
- 10 tbsp. soy sauce
- 10 tbsp. Cornstarch
- ¾ cup water
- 150 g onion spring for garnish: 1 tsp. per serving

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- Season the pork cubes with salt and pepper and calamansi.
- In a carajay, add oil and fry pork cubes for 10 minutes or until brown. Drain and set aside.
- In the same pan, remove excess oil and sauté onions and garlic. Add ½ cup water and add soy sauce. Simmer for 3 minutes.
- Add the cornstarch mixture by mixing cornstarch and water. Mix until the consistency thickens. Add fried pork cubes.
- Serve the pork with mashed potatoes and blanched Baguio beans. Season the mashed potatoes and Baguio beans with salt and pepper.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



BISTEK

NUTRITION DATA PER SERVING:

Energy 504 kcal | **Protein** 16 g | **Fat** 35 g |
Carbohydrates 31.2 g

COST: PHP 40.67 per serving

YIELD: 10 servings

SERVING SIZE: 70 g of meat each serving served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour cooking

INGREDIENTS

- 750 g pork belly, less fat, flatten, cut into cubes
- 550 g onion, bulb, minced
- 200 g spring onions (20 g per serving)
- 10 tbsp. oil, coconut
- 13 tbsp. soy sauce
- 10 pcs. calamansi, small
- ¼ cup water
- 1/8 tsp. ground black pepper
- ¼ tsp. salt

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- Marinate the pork with soy sauce, calamansi, onion, water, salt and ground black pepper. Set aside. Marinate for at least an hour.
- In a large carajay, add oil and fry the pork for 4 minutes per side under medium heat. Set aside.
- Using the same carajay, remove excess oil and sauté onions. Add the marinate. Reduce for 3 minutes or until the consistency thickens.
- Add the fried pork to the reduced marinate.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.

This document is still in the final layout stage. Several aesthetic details may be changed during the actual publication. Nonetheless, all of the information has been validated and approved for dissemination as deemed necessary.



World Food Programme

11th floor, South Tower, Rockwell Business Center Sheridan,
corner Sheridan and United Streets, Mandaluyong City, 1544,
Philippines

Contact us at wfp.philippines@wfp.org