



**EXCERPT FROM THE MINUTES OF THE 1<sup>st</sup> REGULAR RDC-1 FULL COUNCIL  
MEETING HELD ON 28 MARCH 2019 AT THE PNP REGIONAL OFFICE 1, SAN  
FERNANDO CITY**

**RDC-1 Resolution No. 7, s. 2019**

**ENJOINING REGIONAL LINE AGENCIES (RLAs), LOCAL GOVERNMENT UNITS  
(LGUs), STATE COLLEGES AND UNIVERSITIES (SUCs), THE ACADEME AND  
ALL CONCERNED ENTITIES TO UTILIZE THE PINGGANG PINOY AS BASIS IN  
SERVING MEALS AND SNACKS DURING MEETINGS, CONFERENCES,  
TRAININGS AND OTHER RELATED ACTIVITIES**

**WHEREAS**, Section 15 of Article 2 of the 1987 Constitution provides that the state shall protect and promote the right to health of the people and instill health consciousness among them;

**WHEREAS**, the 2015 Updating Survey on the Nutritional Status of Filipinos conducted by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) showed a high prevalence of adults who were overweight or obese with 37.7% in the Philippines, 27.6% in Region 1 and 29%, 25%, 26% and 28.3% in the Provinces of Ilocos Norte, Ilocos Sur, La Union and Pangasinan, respectively;

**WHEREAS**, same survey revealed that the consumption of fruits and vegetables in the Philippines and Region 1 is very low and results to risks to diseases and death;

**WHEREAS**, an unhealthy diet that is high in cholesterol, sodium, saturated fats, trans fats, and added sugars will lead to poor nutrition particularly over nutrition which is one of the major risk factors in developing non-communicable diseases;

**WHEREAS**, healthy diet emphasizes the eating of variety of foods everyday particularly vegetables, fruits, whole grains, root crops, fat-free or low-fat milk, lean meats, poultry, fish, egg, beans and nuts according to World Health Organization (WHO);

**WHEREAS**, most of the top leading causes of death and illness both in the Philippines and Region 1 include hypertension, diabetes, cancer, and other lifestyle and diet related diseases or non-communicable diseases mostly due to unhealthy diet and lifestyles;

**WHEREAS**, Pinggang Pinoy is a simple graphical food guide that promotes the proportions of Go, Glow and Grow foods in every meal which was developed by FNRI-DOST in 2013 and launched in 2014 in partnership with the Department of health (DOH) and the WHO;

**WHEREAS**, the Pinggang Pinoy is divided into portions visualizing the equivalent sizes of food groups per meal where the consumption of fruits and vegetables was

strongly emphasized occupying the half of the plate with adequate water consumption;

**WHEREAS**, serving healthy meals and snacks during meetings, conferences, trainings and other related activities recognizing Pinggang Pinoy as guide will help promote healthy eating and will contribute in curbing the alarming incidence of overweight and obesity especially among adults;

**WHEREAS**, conferences, meetings, workshops and trainings conducted by government institutions are good avenues for it to show its genuine commitment towards promoting good nutrition;

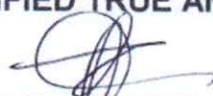
**WHEREAS**, the Regional Social Development Committee-1 (RSDC-1) approved and endorsed the request for support through Resolution No. 12, s.2018 during its 4<sup>th</sup> quarterly meeting on 19 December 2018;

**NOW THEREFORE**, for and in consideration of the above premises and on motion duly seconded, **BE IT RESOLVED, AS IT IS HEREBY RESOLVED**, to enjoin RLAs, LGUs, SUCs, the academe and all concerned entities to utilize the Pinggang Pinoy as basis in serving meals and snacks during meetings, conferences, trainings and other related activities;

**RESOLVED FINALLY**, to provide a copy of the resolution to all concerned for their information and appropriate action;

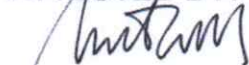
**APPROVED**, this 28<sup>th</sup> day of March 2019 at the PNP Regional Office 1, San Fernando City.

**CERTIFIED TRUE AND CORRECT:**



**DONALD JAMES D. Gawe**  
RDC-1 Secretary  
(NEDA RO1 Assistant Regional Director)

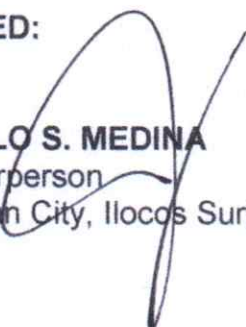
**ATTESTED BY:**



**NESTOR G. RILLON**  
RDC-1 Vice-Chairperson  
(NEDA RO1 Regional Director)

**CONCURRED:**

**JUAN CARLO S. MEDINA**  
RDC-1 Chairperson  
(Mayor, Vigan City, Ilocos Sur)





## PINGANG PINOY™

A food guide using a food plate model to show the recommended proportion by food group in every meal.

### GO ENERGY-GIVING

Go for rice, but mix it with vegetables and fruits, whole grains, and protein. Choose whole grains like brown rice, whole wheat, and barley. Choose lean proteins like skinless chicken, fish, and tofu. Choose low-fat dairy products like milk and yogurt.

**Choose** whole grains like brown rice, whole wheat, and barley. Choose lean proteins like skinless chicken, fish, and tofu. Choose low-fat dairy products like milk and yogurt.

### GLOW BODY REGULATING

Enjoy a wide variety of fruits and vegetables which are packed with vitamins, minerals and fiber needed for the regulation of body processes.

#### HEALTH TIPS:

**Eat less** salty, fried, fatty and sugar-rich foods to prevent chronic diseases.

**Understand** nutrition information on product labels to make smart food choices.



**STAY  
PHYSICALLY  
ACTIVE!**

### GROW BODY BUILDING

Eat lean, egg-rich, high-protein foods like fish, eggs, and lean meats. Choose low-fat dairy products like milk and yogurt.

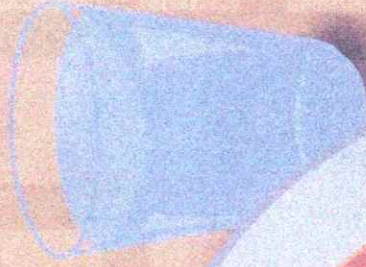
**Include** bone-rich foods like milk, cheese, and yogurt. Choose lean proteins like skinless chicken, fish, and tofu. Choose low-fat dairy products like milk and yogurt.

**Consume** milk, milk products and other calcium-rich foods like cheese and yogurt for strong bones and teeth.

### WATER

Drink lots of water every day for adequate hydration.

**Limit** intake of sugar-sweetened beverages to reduce the risk of obesity and tooth decay.



**Adults  
19-59 y**

This is a risk tool for healthy Filipino adults, 19-59 years old. Individuals with specific health conditions like hypertension and diabetes should consult a registered nutritionist or any health care provider regarding their energy and nutrient needs.



## A vibrant, abstract collage of various fruits and vegetables, including bananas, apples, and corn, arranged in a layered, artistic composition. The image is a vertical strip, likely a page from a book, featuring a dense arrangement of food items. At the top, there are several bananas and some red fruit. Below that, a large, bright yellow fruit, possibly a mango or a large apple, is prominent. The middle section shows a variety of smaller fruits, including what looks like a pinkish-red apple and some green leafy vegetables. The bottom part of the collage features several ears of corn and more fruit. The overall style is colorful and textured, with a focus on natural, organic shapes and colors.

## MALE

MALE FEMALE

[illegible]

**SAMPLE ONE-DAY MEAL PLAN\***

MALE	FEMALE
<p><b>Fred Bangus</b> Camote Tops Salad with Tomatoes Rice Banana</p> 	<p><b>Fred Bangus</b> Camote Tops Salad with Tomatoes Rice Banana</p> 
<p><b>Chicken Tinola</b> with Green Papaya and Maunggay Rice Mango</p> 	<p><b>Chicken Tinola</b> with Green Papaya and Maunggay Rice Mango</p> 
<p><b>Fried Galunggong</b> Papaibet Rice Watermelon</p> 	<p><b>Fried Galunggong</b> Papaibet Rice Watermelon</p> 
<p><b>A.M. Snack</b> Sunan <b>P.M. Snack</b> Boiled Camote 1 glass of milk daily</p> 	<p><b>A.M. Snack</b> Sunan <b>P.M. Snack</b> Boiled Camote 1 glass of milk daily</p> 

