

National Nutrition Council Davao Region



ADD BODY-BUILDING PROTEIN TO YOUR DIET

Idelia Glorioso, Supervising Science Research Specialist



<https://bit.ly/NNCEleven>



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region11@nnc.gov.ph

what is the **IMPORTANCE OF PROTEIN?**

- essential for the growth and repair of body tissues
- constitute in making hormones, enzymes and other vital functions to our body.
- supply additional energy when the body is not getting enough calories from tissue stores, particularly from fat or dietary sources



where can I get
PROTEIN-RICH FOODS?

Protein is mainly available through



ANIMAL SOURCES



PLANT SOURCES

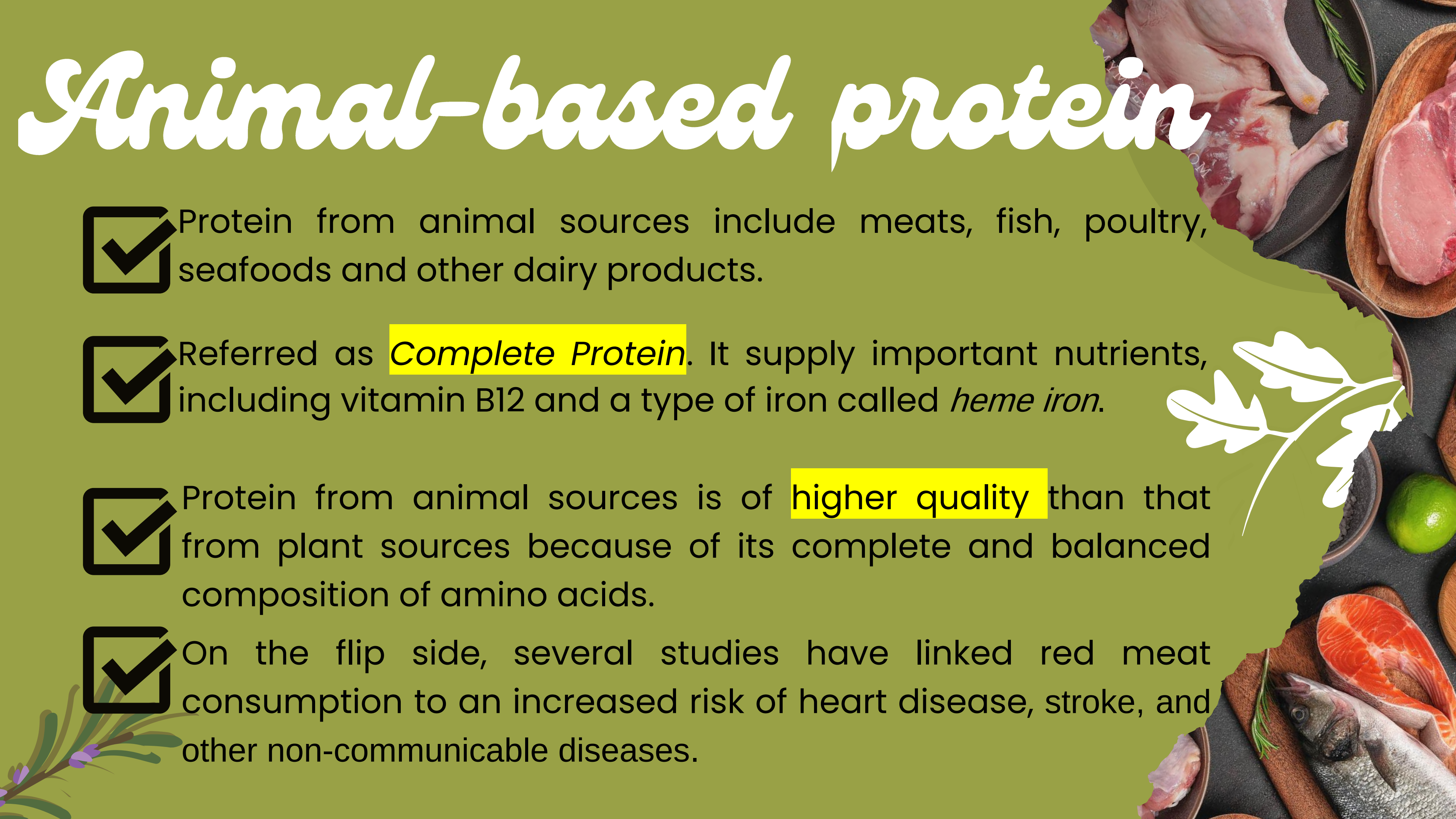
Animal-based protein

✓ Protein from animal sources include meats, fish, poultry, seafoods and other dairy products.

✓ Referred as *Complete Protein*. It supply important nutrients, including vitamin B12 and a type of iron called *heme iron*.

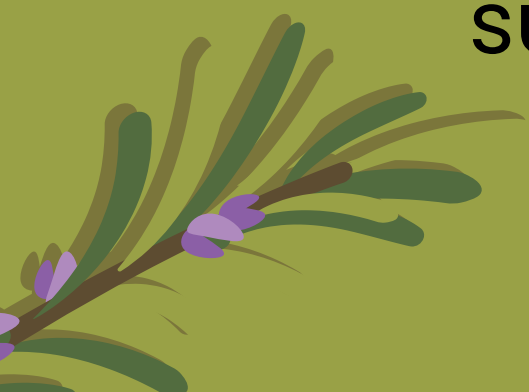
✓ Protein from animal sources is of *higher quality* than that from plant sources because of its complete and balanced composition of amino acids.

✓ On the flip side, several studies have linked red meat consumption to an increased risk of heart disease, stroke, and other non-communicable diseases.



Plant-based protein

- ✓ Protein from plant sources like dried beans, legumes, and nuts
- ✓ Referred as *Incomplete Protein* yet an excellent and cheap alternatives to meats
- ✓ Plant proteins are highly nutritious because they provide other nutrients such as fibre, vitamins and minerals.
- ✓ It comes with great health benefits. It can decrease disease risk, promote weight loss, manage cholesterol and blood sugar levels



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Healthy food plate for Filipinos

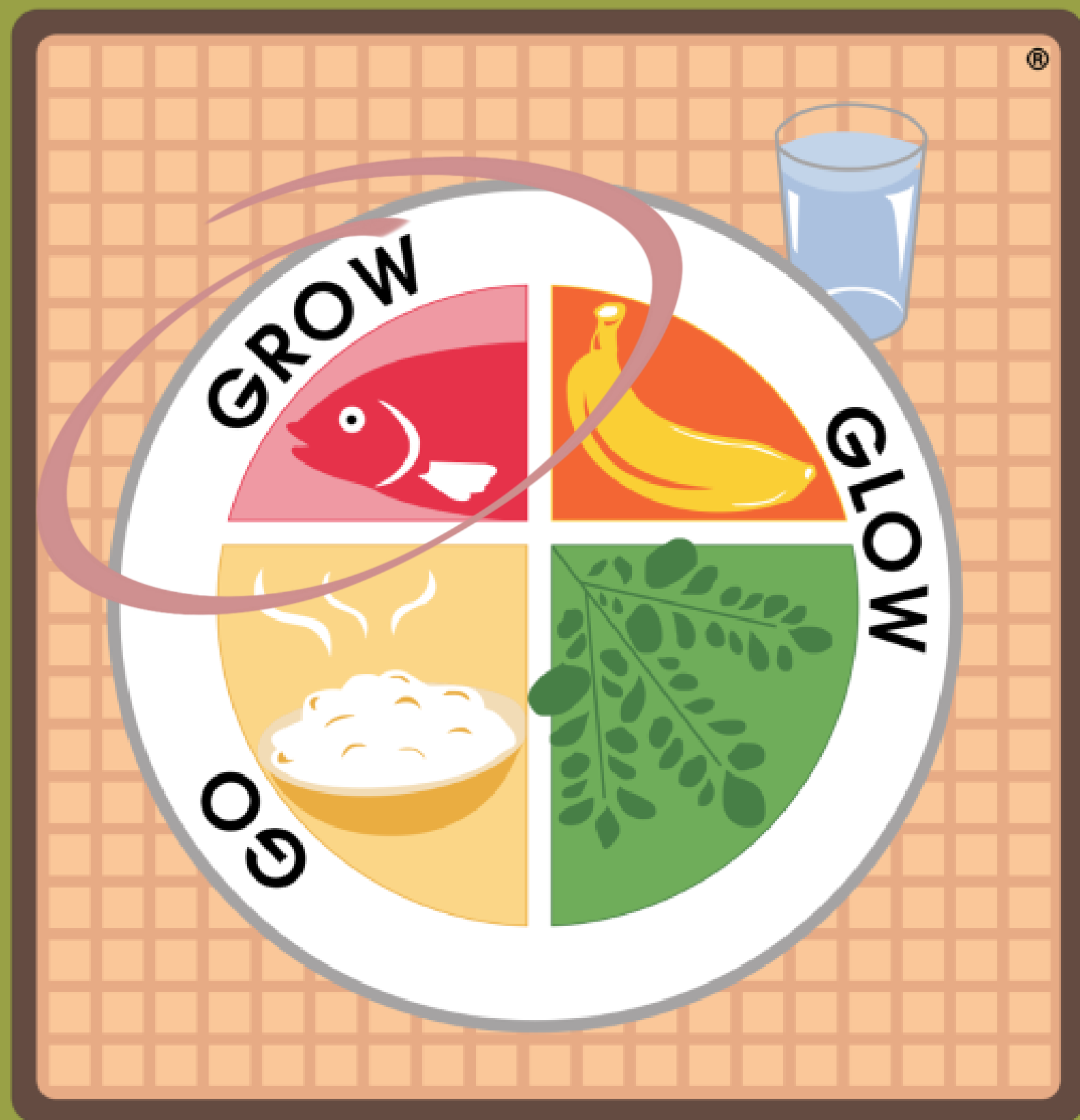


*How much protein
should I eat?*

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GROW Body-building

Fish and alternatives :

1 serving

- Fish
 - Shellfish
 - Lean meat
 - Poultry
 - Eggs
 - Dried beans
 - Nuts
- 2 pcs of small-sized fish
 - 2 slices of large fish
 - ½ c tokwa
 - 1 pc of small chicken leg
 - 2 matchbox size of meat
 - 1 piece of small chicken egg.

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It is recommended to:

- **Eat less Salty, Fried and Fatty foods**
- **Trim fats and prefer lean parts**
- **Choose healthier sources of protein**

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+

Practice

MOVABA

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VAriety

BAalance



“The foods you choose
make difference”

THANK YOU



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