Nutrient-dense foods boost immunity versus COVID-19

Courtesy of Eva A. Goyena, Ph.D., Senior Science Research Specialist Article (DOST-FNRI Menu Guide Calendar 2022)



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Healthy Diet is a MUST?

Healthy diets are important for supporting immune system. It can affect our body's ability to prevent, fight and recover from infections.

Key Message no. 1 #nutritionmonth2022

Good nutrition is key to building immunity, protecting against illness and infection, and supporting recovery.

Healthy Diet? as defined by the World Health Organization (WHO), it consists of nutrient-dense foods that are rich in vitamins, minerals, phytochemicals and fiber which greatly improve the immune system

Healthy Diet is composed of Fruits & Vegetables

- Important sources of vitamins and minerals
- Good source of soluble and insoluble dietary fiber
- Packed with phytochemicals

based on scientific studies, it acts as antioxidants, antibacterial, antifungal, antiviral, and cholesterol lowering "Eat Your Rainbow"

Each color of food represent phytochemicals

Carotenoid

Anthocyanin

Lycopene

Indoles & sulforaphane

Cryptoxanthin

Allicin

Nutri-tips for Fruits & Vegetables

- Choose locally-grown fruits and vegetables
- Go for in-season fruits and vegetables since its cheaper and have high nutritional value.
- Prepare meals in a way that conserves the nutrients of vegetables
- Incorporate vegetables and fruits in meals or snacks

ables since its Je.

Pinggang Pinoy recommends: GLOW **PINGGANG PINOY®** Healthy food plate for Filipinos **Body-Regulating** Eat a variety of at least 5 servings or at least 80 grams of fruits and vegetables



every day

1 serving of Vegetables

1–1/2 half cup of cooked leafy malunggay, saluyot, gabi leaves

1-1/2 half cup non-leafy , vegetables (squash, okra, amplaya, carrots

1 serving of Fruit

1 pc medium-sized (banana, dalaŋghita or mango)

1 slice of big fruit (papaya, pinya or pakwan)

Lean Meats

It is an excellent sources of protein, B vitamins, iron, and zinc.
The protein from these foods is an important nutrient for building muscles and healthy skin
have lower calories and less fatty

Healthy Diet is composed of 2

Healthy Diet is composed of **NO.3** Whole Grains

- Whole grains like corn, oats, cereals and crackers made from whole grains are good source of energy.
 Not only rich in vitamins and
- minerals but are also sources of
- fiber and phytochemicals.
 Other examples of whole grains are Brown rice or starchy tubers such as potato, yam, taro'or cassava.

Pinggang Pinoy recommends: **PINGGANG PINOY®** Healthy food plate for Filipinos **Energy-Giving Rice alternatives that are whole** grains contain more nutrients than



refined grains

1½-2 cups of cooked rice/noodles 6-8 pcs/slices small pandesal

1½-2 pcs of root crops half cup non-leafy vegetables

1 serving of ff:

Legumes

Healthy Diet is composed of

no. 4

 Legumes, such sa mungbean (mongo), cowpea (paayap), and pigeon pea (kadyos) are considered the cheapest source of protein for Filipinos—good alternative to fish, meat and poultry. These are also rich in fiber

Healthy Diet is composed of 5

and teeth. These are also good calories.

Milk and Dairy Products Milk, cheese, and yogurt are excellent sources of calcium and vitamin D for strong and healthy bones

> sources of potassium and protein. Milk with low fat and low sugar has lower

Achieve #Healthy Eating PINGGANG PINOY Follow Pinggang Healthy food plate for Filipinos Pinoy Plan ahead in GROW preparing meals G10 Do your best to eat ≶ nutritious and 00 nourishing meals.

"Good nutrition is the foundation of good health." Thank you

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