



Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
NATIONAL NUTRITION COUNCIL
Regional Office No. 8
Government Center, Candahug, Palo, Leyte



Regional Nutrition Committee VIII

RNC Resolution No. 3, Series of 2022

THE USE OF CAMOTE (SWEET POTATO) AS ONE OF THE ALTERNATIVE STAPLE FOODS FOR RICE

WHEREAS, Presidential Decree No. 1107, s. 1997 establishing the Philippine Root Crops Research and Training Center (PhilRootcrops) in the Visayas State College of Agriculture (now Visayas State University), Baybay City;

WHEREAS, the PhilRootcrops aspires to increase the utilization and consumption of root crops as a high value commodity that will promote nutrition and health at an affordable price;

WHEREAS, the LSU Purple or NSIC SP25 and VSP6 (yellow orange in color) types of sweet potatoes are the two most commercially important sweet potato varieties developed by the Root Crop Research and Training Center based at the Visayas State University in Baybay City, Leyte.

WHEREAS, Camote (Sweet Potato) with scientific name *Ipomoea Batatas* is an excellent source of carbohydrates, a decent source calcium to build and maintain strong bones, iron for red blood cells which metabolize proteins and prevents diseases, zinc necessary for the proper growth and development, high in Vitamin C and B6 (Pyridoxine) both essential for the functioning of the brain and neurological system;

WHEREAS, the sustainable intake of root crops such as sweet potato or "Camote" may not only modify serum cholesterol composition but may lower total cholesterol levels, and may play a significant role in the prevention for risk of cardiovascular diseases as well as obesity and type 2 diabetes mellitus;

WHEREAS, every 100-gram edible portion of Camote contains 29.8 grams of carbohydrates, 0.6 to 1 gram of protein and 3 to 4 grams of dietary fiber;

WHEREAS, the fiber and complex carbohydrates in sweet potatoes can help keep the blood sugar stable and it can help you feel full longer;

WHEREAS, promotion of local indigenous crops such as sweet potatoes are an important crop for bio-intensive gardening, nutrition education and functions as a tool or method combating malnutrition;

WHEREAS, root crops are alternatives to cereals and as starchy staples in the diet of many people and have the potential to provide more dietary energy per hectare than cereals;

WHEREAS, root crops may be used as staples, giving important color and flavors, as well as sources of nutrients to meals;

WHEREAS, root crops such as sweet potatoes are attracting attention as an important source of food, feed, and industrial products due to their versatility of use, high yield potential and adaptability to various cultivation systems;

WHEREAS, sweet potatoes are easy to cultivate being adaptable in tropical climates all year round and have lower rate of spoilage compared to grains;

NOW, THEREFORE, upon the motion of Ms. Nemi Abalos of Department of Agriculture, duly seconded by Dr. Catalino P. Dotollo of National Nutrition Council VIII;

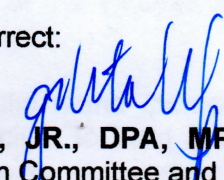
RESOLVE AS IT IS HEREBY RESOLVED, by the Regional Nutrition Committee in a meeting duly assembled, camote or sweet potatoes can be used as one of the alternative staple foods for rice;

RESOLVED FURTHER, that the NNC8 being the Secretariat of the Regional Nutrition Committee to furnish a copy of the foregoing resolution to the Department of Interior and Local Government (DILG) for its widest dissemination;

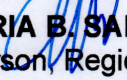
RESOLVED FINALLY, that the Department of Interior and Local Government (DILG) shall disseminate a copy of the resolution to all local government units in the region;

UNANIMOUSLY APPROVED this 29th day of June 2022 during the First Meeting of the Regional Nutrition Committee (RNC) held at The Oriental Leyte, Baras, Palo.

Certified true and correct:


CATALINO P. DOTOLLO, JR., DPA, MPH, MAN, PSNT
Secretary, Regional Nutrition Committee and
Regional Nutrition Program Coordinator
National Nutrition Council VIII

Approved:


EXUPERIA B. SABALBERINO, MD, MPH, CESe
Chairperson, Regional Nutrition Committee
and Regional Director, Department of Health VIII