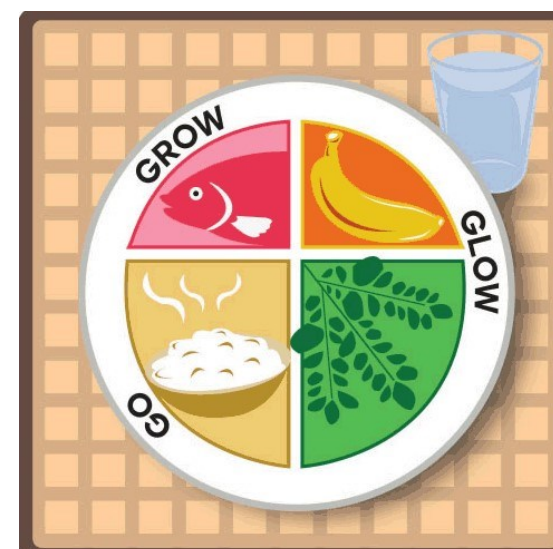




Pinggang Pinoy-Based Menu for Government Agencies and Other Institutions in the Cordillera Administrative Region (A Guidebook)



Wastong Nutrisyon:
Alamin, Gawin at Palaganapin



National Nutrition Council-Cordillera Administrative Region

Healthy Menu for Healthier Cordillerans


**Regional Social Development Committee
Regional Development Council- Cordillera Administrative Region
2600 Baguio City**

June 2019


RESOLVED FURTHER, that copies of this resolution be furnished to the Regional Implementation and Coordination Team (RICT) for information and appropriate action.

UNANIMOUSLY approved this 7th day of June, 2019 at the DSWD Training Center, Baguio City.

Certified True and Correct:


APOLLO EDWIN S. PAGANO
RSDC Secretariat
Chief, Development Research Division, NEDA-CAR

Attested:


DIR. AMELITA PANGILINAN, MD, MPH, CESO IV
RSDC Vice Chairperson
OIC-Regional Director, DOH-CHD-CAR

Approved by:


DIR. JANET P. ARMAS
RSDC Chairperson
Regional Director, DSWD-CAR



Botanical Garden, Leonard Wood Road, 2600 Baguio City
Tel./Fax No. (074) 442-3232 *** email: car@neda.gov.ph ; neda_cordillera@yahoo.com

RSDC - CAR Resolution No. 4, series of 2019

APPROVING THE PROPOSED PINGGANG PINOY-BASED MENU AND ENJOINING THE DEPARTMENT OF HEALTH (DOH) HOSPITALS, REGIONAL LINE AGENCIES (RLAs), STATE UNIVERSITIES AND COLLEGES (SUCs), AND LOCAL GOVERNMENT UNITS (LGUs) TO ADOPT THE MENU FOR THEIR TRAININGS, WORKSHOPS, MEETINGS, AND OTHER ACTIVITIES

WHEREAS, the Resolution No. 1, series of 2018 of the Regional Social Development Committee (RSDC) entitled, "Resolution Encouraging Regional Line Agencies, DOH Hospitals and LGUs to Provide Healthier Food Options During Meetings, Trainings Workshops and Other Activities," was approved in response to the high prevalence of overweight and obesity among regional government employees at 54%, based on the nutritional assessment survey conducted among regional offices in 2017;

WHEREAS, the high prevalence of overnutrition increases the risk of employees to non-communicable diseases, thereby potentially adversely affecting their productivity and quality of life;

WHEREAS, the National Nutrition Council (NNC) – Cordillera Administrative Region in coordination with the Nutritionist Dietitian Association of the Philippines (NDAP)-Baguio-Benguet Chapter convened a technical working group (TWG) to design and undertake the food preference survey among regional line agencies (RLAs), with the results inputted to the proposed menu;

WHEREAS, the food and beverage managers of hotels and restaurants and caterers were consulted to enable the TWG to finalize the menu and integrated it to the *Pinggang Pinoy*, a food plate model for Filipinos developed by the Food and Nutrition Research Institute indicating right food group proportions on a per meal basis, the 2018 food preference survey among the regional line agencies (RLAs), DepEd Order No. 13, s. 2017, and RICT resolution No. 1, s. 2018, and the established guidelines for meal planning;

WHEREAS, the members of the Regional Implementation and Coordination Team affirmed the adoption of the final menu during its meeting on July 2, 2019 as one step in ensuring healthier diets as well as in addressing the high overnutrition among government employees.

NOW THEREFORE, ON MOTION DULY SECONDED, BE IT RESOLVED, AS IT IS HEREBY RESOLVED, that the Regional Social Development Committee (RSDC) approves the proposed *Pinggang Pinoy* –based Menu and enjoins the Department of Health (DOH) hospitals, the regional line agencies (RLAs), state universities and colleges (SUCs) and local government units (LGUs) to adopt the menu for their trainings, workshops, meetings, and other activities;

Janet P. Armás



The round metal gong of the Cordillera known locally as "gangsa" is a symbol of the upland people's culture that has been passed on from generations to another.
The profile of a person blowing a "tangguyob" represents a community being called for an important matter or action.
The lines that shape the mountains, the rice terraces, clouds and rivers symbolize the connectivity and flow of human interaction in a geographic area such as the Cordillera.
All the symbols combined represent unity and harmony of the people with culture and environment in beating the gong for self-determination.



FOREWORD



Greetings!

It is my pleasure to present to you this guidebook, dubbed as "Healthy menu for healthier Cordillerans." This is first in the country.

Based on the results of the 2015 FNRI-DOST survey, the region has one of the highest prevalence of overweight and obesity. Records show that about 35.4 percent of Cordillerans aged 20 years old and above are either overweight or obese. This is higher than the national estimates of 31.1 percent. More

alarming is the results of a study conducted by the Benguet State University together with Regional Nutrition Committee last year indicating that obesity and overweight among government employees accounted for 54 percent.

The researchers revealed that in both instances the high rate of obesity could be attributed to unhealthy lifestyle which includes a diet composed mostly of calorie-dense food options as seen in foods served during meetings, trainings, seminars, and workshops.

It is for this reason that the Regional Social Development Committee of the Regional Development Council approved on June 7, 2019 the proposed *Pinggang Pinoy*-based menu and enjoined the DOH hospitals, regional line agencies (RLAs), state universities and colleges (SUCs), and local government units (LGUs) to adopt.

The RSDC, therefore, urges everyone to adopt the suggested sets of menu to be served during meetings, trainings, seminars, workshops, and other events, for good governance and healthier Cordillerans.

Janet P. Armás
JANET P. ARMAS
Chairperson, RSDC
(Regional Director, DSWD)

PREFACE

The preparation of the guidebook emanated from the Regional Implementation and Coordination Team, a subcommittee under the Regional Social Development Committee. Based on DOH reports, nine of the region's top ten causes of mortality in CAR in 2017 are due to non-communicable diseases and being overweight and obese are risk factors.

Without the contribution of the following entities, this menu would not be materialized:


- Technical Working Group (TWG) whose members were convened to design, and undertake a food preference survey among Regional Line Agencies in CAR;
- Regional Nutrition Committee;
- Regional Implementation and Coordination Team; and the
- Regional Social Development Committee.

Special mention goes to the National Nutrition Council (NNC) in coordination with the Nutritionist Dietician Association of the Philippines- Baguio Benguet Chapter for preparing the menu, including the nutrient analysis, and other details of the suggested menu and guidelines.

Special thanks also goes to the food and beverage managers of hotels and caterers in CAR who unselfishly shared their expertise in the finalization of the menu and expression of support towards healthier food options.

The menu supports the government's policy on the promotion of good nutrition in the bureaucracy (CSC memorandum Circular No. 4, s. 2003), healthy food selection and practices (DOH memorandum No. 2016-0430), and healthy food and beverage choices in schools and DepEd offices (DepEd Order No., series of 2017).

Undoubtedly, these are valid reasons to further push its full implementation and consumption for healthier Cordillerans!


AMELITA M. PANGILINAN
 Vice Chairperson, RSDC
 (Chairperson, RICT and
 Regional Director, DOH-CHD-CAR)



SUMMARY OF MENU

SET 4	SET 5	SET 6	SET 7
Fruits in Season Daing na Bangus Ensaladang Amti, Talinum & Kamatis Soft-boiled Egg Steamed Rice Soya Coffee/Tanglad Tea RICE ALTERNATIVE: Arroz Caldo	Fruits in Season Beef & Veg Patty with Mushroom Gravy Steamed French Beans & Corn Kernels Steamed Rice Brewed Coffee/ Gipah Tea RICE ALTERNATIVE: Mashed Potatoes	Fruits in Season Fried Pink Salmon Steaks Papaya Salad Steamed Rice Soya Coffee/Gipah Tea RICE ALTERNATIVE: Boiled Tugi	Fruits in Season Hardinera Vegetable-Oatmeal Fritata Steamed Rice Brewed Coffee/Gipah Tea RICE ALTERNATIVE: Pan de Sal
Vegetable chips Bottled Water	Suman sa Lihya Buko Water	Boiled Peanuts Minted Fruit Water	Taho
Fruits in Season Chicken Binakol Mongo Guisado Steamed White Rice RICE ALTERNATIVE: Boiled Tugi	Fruits in Season Grilled Karpa Dinengdeng Steamed White Rice RICE ALTERNATIVE: Mais (Binatog)	Fruits in Season Pinikpikan Pako Salad Steamed White Rice RICE ALTERNATIVE: Boiled Camote	Cucumber-Celery Soup Pork Barbecue Fruit and Salw Steamed Brown Rice RICE ALTERNATIVE: Steamed Cassava
Special Nilupak na Saging Bottled Water	Chicken Sandwich Cucumber-Lemon Water	Fresh Lumpia Bottled Water	Inab-abesang Gipah Tea
Fruits in Season Misua and Patola Soup Pork Adobo Baksay Steamed Brown Rice	Fruits in Season Veggy Soup Chicken Pastel Garden Salad Steamed White Rice	Fruits in Season Spinach Soup Kare-Kare Steamed Okra Steamed Brown Rice	Fruits in Season Fish Cocido Sisig na Puso ng Sag-ing Steamed White Rice

SUMMARY OF MENU

	SET 1	SET 2	SET 3
BREAKFAST	Fruits in Season Daing na Espada Ensaladang Talong at Sa- yote Tops Salted Egg Steamed Rice Brewed Coffee/Tanglad Tea RICE ALTERNATIVE: Boiled Camote	Fruits in Season Tinapa Camote Tops Salad Steamed White Rice Soya Coffee/Tanglad Tea RICE ALTERNATIVE: Arroz ala Cubana	Fruits in Season Vegemeat Tapa Sauteed Tokwa at Kangkong Steamed Rice Brewed Coffee/ Tanglad Tea RICE ALTERNATIVE: Oatmeal
AM SNACKS	Camote Cue Bottled Water	Palitaw Gipah Tea	Boiled Saba and Puto Lemon Iced Water
LUNCH	Fruits in Season Dinannaw Inihaw na Baboy Pinakbet Steamed Brown Rice RICE ALTERNATIVE: Boiled Saba	Fruits in Season Sinigang na Bangus sa Miso Ginataang Gulay Steamed White Rice RICE ALTERNATIVE: Boiled Gabi	Fruits in Season Nilagang Baka Lumpiang Hubad Steamed Brown Rice RICE ALTERNATIVE: Baked Po- tatoes
PM SNACKS	Binayto Ginger Tea	Pancit Canton Buko Water	Vegetable Pasta Bottled Water
DINNER	Fruits in Season Watercress Soup Beef Pochero Stir-Fried Baguio Beans with Hibe Steamed White Rice	Fruits in Season Corn Soup Rosemary-Orange Chicken Chopsuey Steamed Brown Rice	Fruits in Season Hot and Sour Soup Paksiw na Tilapia Sauteed Young Corn and Sweet Peas Steamed Brown Rice

Table of Contents

Foreword	i
Preface	ii
Rationale	1
Suggested Set of Pinggang Pinoy-Based Menu	2
Set 1	3
Set 2	5
Set 3	7
Set 4	9
Set 5	11
Set 6	13
Set 7	15
Summary	16
Food Exchanges	18
Appendix	
A. RSDC-CAR Resolution No.4 series 2019	20
Approving the proposed pinggang pinoy-based menu and enjoining the Department of Health (DOH) Hospitals, Regional Line Agencies (RLAs), State Universities and colleges (SUCs), and Local Government Units (LGUs) to adopt the menu for their trainings, workshops, meetings, and other activities	

FOOD EXCHANGES

RATIONALE

Results of a nutritional assessment study conducted in 2017 shows that 54 percent of the Cordillera Region's regional government employees are overweight and obese (Degay, 2017). The study revealed that one contributory factor is the serving of high calorie meals and snacks to the employees during meetings, workshops, trainings, fora among others. To help address this concern, the Cordillera Social Development Committee (RSDC-CAR), encouraged the serving of healthier food choices for government employees during trainings, meetings, workshops and other activities. Agency canteens were also encouraged to offer more choices of fruits, vegetables and healthier food, even as the agencies were enjoined to conduct regular IEC sessions on health lifestyle among the staff.

Two years after, the RSDC conducted a food preference survey among regional line agencies based on the Pinggang Pinoy proportions, with the view that health and wellness of every employee is key to a productive government workforce. The survey showed that majority of respondents are health conscious with 47 percent often considering their health in the choice of food and 24 percent always considering their health when choosing food. Majority (98.5 percent) also of the respondents agreed to adopt the menu. This led to a resolution approving the proposed pinggang pinoy-based menu (see Appendix A) in consultation with hotel food and beverage managers, and caterers guided by the principles of meal planning.

About Pinggang Pinoy and the Menu

The Pinggang Pinoy is a food plate guide to help Filipinos determine the kind of food and the proportion to be consumed per meal (FNRI-DOST, 2015).

This means that one's plate per meal should consist of Go, Grow and Glow foods. Examples of Go foods are rice, bread, corn, oats, sweet potatoes, while Grow are fish, egg, legumes, chicken, meat. Glow foods, on the other hand are vegetables and fruits. In terms of proportion per plate, 33 percent accounts for Go foods, 17 percent for Grow foods and the remaining 50 percent is a combination of Glow foods consist of fruits (17 percent) and vegetables (33 percent).

Having more fruits and vegetables is the major feature of the suggested set of menu.

RICE

A half cup of cooked rice can be exchanged with:

Pan de Amerikano	2 slices	Bibingka	1 slice
Pan de Sal	3 small pieces	Puto, Suman	1 pc
Boiled Corn	1 pc	Kutsinta	1 pc (6cm x 2 1/2 cm)
Bihon, macaroni, spaghetti, sotanghon	1 cup	Maja Blanca	1 slice (8 x 4 x 2)
Sweet Potato, Taro	1 pc	Whole wheat bread	2 slices
Rice gruel (lugaw)	1 c	Ensaymada	1 pc (8 1/2cm diameter)

MEAT

One matchbox size slice of meat (1 exchange) may be exchanged with:

Large Variety (Bangus, Dalag, Dalagang Bukid)	1 slice	Chicken Egg, Salted Egg, Balut Penoy	1 pc
Medium Variety (Hasa-hasa, Galunggong)	1 pc	Squid	3 medium size
Small Variety (Tawilis, Tamban, Tilapis)	2 pcs	Chicken	1/4 breast or 1 small leg
Dilis	1/4 c	Lean Pork or Beef	1 matchbox size
Shrimps (puti)	1/2 cup	Nuts (Roasted/boiled)	1/2 cup
Shrimps (suwahe)	5 pcs	Mongo	1/2 cup
Crab	2 medium size	Tokwa	1 pc

SUGAR

A teaspoon of sugar may be exchanged with:

Condensed Milk	2 tsp	Jams, Jellies, Preserve	2 tsp
Hard Candy	1 pc	Pastillas Gatas	1 pc
Honey	1 tsp	Taho with syrup and sago	1/4 c
Ube Halaya	1 tsp	Yema	1 pc (5 x 1.5cm)

FAT

1 tsp of oil maybe exchanged with:

Avocado	1/2 med. size	Peanut butter	2 tsp
Bacon	1 slice	Grated Coconut	2 tbsp.
Butter, margarine, mayonnaise	1 tsp	Coconut milk, gata	1 tbsp
Cream Cheese, Sandwich Spread	1 pc	Chicharon	1pc

**Please take note that you are consuming 1 teaspoon of oil/ fat in one fried matchbox size or one slice of meat or 1/2 cup of sautéed vegetables.*

FOOD EXCHANGES

FOOD	MEASURE	CHO (G)	PRO (G)	FAT (G)	ENERGY (KCAL)
Vegetables	1/2 c cooked or 1 c raw	3	1	-	16
Fruits	Varies	10	-	-	40
Milk					
Whole	Varies	12	8	10	170
Low Fat	4 tbsps.	12	8	5	125
Skimmed	Varies	12	6	tr	80
Rice	1/2 c	23	2	-	100
Meat					
Low fat	Varies	-	8	1	41
Medium	Varies	-	8	6	86
High fat	Varies	-	8	10	122
Fat	1 tsp	-	-	5	45
Sugar	1 tsp	5	-	-	20

FRUITS

1 small pc of banana (lakatan or latundan) maybe exchanged with:

Apple	1 piece (6cm diameter)	Pineapple	1 slice
Dalanghita	2 pieces (6cm diameter)	Rambutan	3 pcs
Grapes	4 pieces (3cm diameter)	Suha	3 segments
Mango	1 slice	Watermelon	1 slice
Melon	1 slice	Fruit Cocktail	3 Tbsp/ 1/4 cup
Papaya, ripe	1 slice		

MILK

1 cup of fresh cow's or carabao's milk maybe exchanged with:

Powdered milk (low fat)	1/4 cup or 4 tablespoons
Skimmed Milk	1/4 cup or 4 tablespoons
Yoghurt	1/2 cup
Lite Low Fat Milk	1 tetra brick (230ml)

SUGGESTED SET OF PINGGANG PINOY BASED- MENU

There are seven sets of menu with each set consisting of breakfast, morning snacks, lunch, afternoon snacks, and dinner. It also has guidelines on the ingredients and preparation tips for each set.

The set menus also include nutrient analysis per meal on the kilo-calories from carbohydrates, fats, and proteins.

The suggested serving sizes and estimated kilo-calories are for general reference and should not be taken as a prescription as the quantity of food for every individual differs based on individual diet requirements and individual choices, tempered by agency cost considerations and other guidelines.

Use of the proposed menu is flexible. Depending on the duration of activities, government agencies and other institutions may choose from set 1 to set 7, that is, one meal and snacks for half day activities or one or more complete sets as needed.

It should be noted that the agencies and other institutions are solely responsible in determining the quantity of food to be served. The serving sizes are mainly recommendatory.

While government agencies and other institutions may replace some dishes or recombine as they see fit, the nutrient analysis however will no longer apply. The same is true if servings and recommended preparations are not followed in the dishes (e.g., well-cooked vegetables as against half cook).

The following are the seven sets of menu, with tips and nutritional information:

SET 1

GUIDELINES

Set 7

*Two (2) kinds of fruits to be served

		NUTRITIONAL INFO	
BREAKFAST		NUTRI-TIPS	
Fruits in Season*	2 servings	<p>Hardinera is a famous meatloaf dish that originated in Quezon Province. Process of cooking is the same with embutido. It is made with diced pork, luncheon meat, liver spread, boiled eggs, and pineapple. This meal is rich in nutrients.</p> <p>Talong are high in fiber and low in calories.</p>	645 KCAL 87.8 g CHO 22.5 g CHON 22.6 g Fat
Daing na Espada	1 serving or 2 pcs		
Ensaladang Talong and Sayote Tops	1 cup		
Salted Egg	1 pc, scooped out from the shell		
Steamed Rice	1 cup packed		
Brewed Coffee/Tanglad Tea	Use 2 tsp sugar		
RICE ALTERNATIVE: Boiled Camote	1 pc or 1 cup		
MORNING SNACK		NUTRI-TIPS	
Camote Cue	4pcs	Taho is an excellent source of calcium, iron and some minerals.	80 KCAL 20 g CHO
Bottled Water			
LUNCH		NUTRI-TIPS	
Dinannaw		<p>Celery is rich in vitamins and minerals and has low glycemic index. It is also a good source of vitamin K which promotes proper blood coagulation and healthy bones.</p>	408 KCAL 73.2 g CHO 24.3 g CHON 2 g Fat
Inihaw na Baboy	1 slice		
Pinakbet	1 cup		
Steamed Brown Rice	1 cup packed		
Fruits in Season*	2 servings		
RICE ALTERNATIVE: Boiled Saba	2 pieces		
AFTERNOON SNACK		NUTRI-TIPS	
Binayto	1/2 cup cassava, 1 1/2 tbsp. grated coconut, 1 tsp margarine, 1 tsp peanuts, 1 tsp sugar	<p>Inab-abesang is rice and camote porridge. The rice and camote are boiled together. Boiled camote retains more beta-carotene which is easier for the body to absorb.</p>	174 KCAL 38 g CHO 2 g CHON 1.5 g Fat
Ginger Tea	Use 2 tsp sugar		
DINNER		NUTRI-TIPS	
Watercress Soup		<p>Puso ng saging is a rich source of vitamins and minerals like Vitamin A, C, E, potassium and fiber.</p> <p>Hibe is dried shrimp and has high protein content.p</p>	449 KCAL 74.6 g CHO 21.8 g CHON 7 g Fat
Beef Pochero	2 matchbox size kenchie		
Stir-fried Baguio Beans with Hibe	1/2 cup		
Steamed White Rice	1 cup packed		
Fruits in Season*	2 servings		

SET 7

GUIDELINES

Set 1

*Two (2) kinds of fruits to be served

		NUTRITIONAL INFO	
BREAKFAST		NUTRI-TIPS	
Fruits in Season*	2 servings	Daing na espada is a very good source of calcium which is important for bone growth and repair.	508 KCAL
Hardinera	1 1/2 slice		79 g CHO
Vegetable-Oatmeal Fritata	1 1/4 cup	Tanglad Tea is full of antioxidants which helps neutralize free radicals in our bodies and boost overall health.	25 g CHON
Steamed Rice	1 cup packed	Sayote Tops are high in fiber and low in calories which can help in weight management.	12 g Fat
Brewed Coffee/Gipah Tea	Use 2 tsp sugar		
RICE ALTERNATIVE: Pan de Sal	3 small pieces		
MORNING SNACK		NUTRI-TIPS	
Taho	1 cup	Sweet potato is good source of potassium, iron and vitamin C.	123 KCAL
			23 g CHO
			2 g CHON
			2.5 g Fat
LUNCH		NUTRI-TIPS	
Cucumber-Celery Soup	1 cup	Dinannaw is corn soup with patola and greens. It is better cooked without salt.	516 KCAL
Pork Barbecue	1 slice liempo	Pinakbet is made with mixed vegetables packed with vitamins and minerals essential for the body.	70.5 g CHO
Fruit and Slaw	6 tbsp assorted fruit, 1/2 cup cabbage, 1 tsp mayo	Brown rice contains higher vitamin , minerals and fiber than white rice. Eating foods with dietary fiber can help you stay healthy and lower risk of heart disease	13.5 g CHON
Steamed Brown Rice	1 cup packed		20 g Fat
RICE ALTERNATIVE: Steamed Cassava	2 cups or 2 pcs		
AFTERNOON SNACK		NUTRI-TIPS	
Inab-abetesang (Rice and Camote Porridge)	3/4 cup	Binayto is pounded cassava with grated coconut and peanuts. Cassava is a good source of niacin which improves circulation and cholesterol levels.	234 KCAL
Gipah Tea	Use 2 tsp sugar		31.5 g CHO
			2.6 g CHON
			10.8 g Fat
DINNER		NUTRI-TIPS	
Fish Cocido	2 slices fish steak, 1/2 cup camote tops & gabi	Watercress has high antioxidant content and high vitamin C level. Vitamin C protects our body from free radicals and aids in healing of wounds and bone fractures.	445 KCAL
Sisig na Puso ng Saging	1 cup	Baguio beans are a rich source of vitamins A, C, and K, and of folic acid and fiber.	72.1 g CHO
Steamed White Rice	1 cup packed		23.1 g CHON
Fruits in Season*	2 servings		7.1 g Fat

SET 2

GUIDELINES

Set 6

*Two (2) kinds of fruits to be served

		NUTRITIONAL INFO	
BREAKFAST		NUTRI-TIPS	
Fruits in Season*	2 servings	Salmon is a source of omega 3-fats and vitamin D. Omega 3 is an essential fatty acid, which the body cannot make thus, it is recommended to include foods rich in omega in one's diet.	561 KCAL
Tinapa	1/2 bangus or 2pcs galunggong or 2 pcs tamban	Papaya is high in vitamin C and lycopene which can improve heart health.	80.5 g CHO
Camote Tops Salad	1 cup	Soya coffee is made from soy and coffee beans. Soy beans can provide all eight essential amino acids not manufactured by the body.	21.5 g CHON
Steamed White Rice	1 cup packed		17 g Fat
Soya Coffee/ Tanglad Tea	Use 2 tsp sugar		
RICE ALTERNATIVE: Arroz ala Cubana	1 cup, thick consistency		
MORNING SNACK		NUTRI-TIPS	
Palitaw	4 pcs; 1 1/2 tbsp. grated coconut	Boiled peanuts have lower calories and fat content compared to roasted peanuts.	195 KCAL
Gipah Tea	Use 2 tsp sugar		5.6 g CHO
			9.3 g CHON
			15 g Fat
LUNCH		NUTRI-TIPS	
Sinigang na Bangus sa Miso	2 slices	Pako leaves are good sources of fiber, calcium, phosphorus and iron.	394 KCAL
Ginataang Gulay	1 cup	Pinikpikan is native chicken soup with smoked salt pork (etag). Native chicken provides higher protein and lower fat in the diet compared to commercial broilers.	72 g CHO
Steamed White Rice	1 cup packed		22 g CHON
Fruits in Season*	2 servings		2 g Fat
RICE ALTERNATIVE: Boiled Gabi	2 pcs or 1 cup		
AFTERNOON SNACK		NUTRI-TIPS	
Pancit Canton	1 cup noodles, 1/2 cup vegetables	Fresh Lumpia is a mixed of different vegetables wrapped in lumpia roll. It is fibrous which can aid in achieving healthy weight.	274 KCAL
Buko Water	1 cup		61 g CHO
			3 g CHON
			2 g Fat
DINNER		NUTRI-TIPS	
Corn Soup		Spinach is a good source of many vitamins and minerals such as vitamin A, C, K1, B9, iron and calcium. It is also low in carbs but high in insoluble fiber which may benefit in digestion.	378 KCAL
Rosemary-Orange Chicken	2 slices chicken meat	Okra is rich in many nutrients, particularly vitamins C and K.	69 g CHO
Chopsuey	1 cup		21 g CHON
Steamed Brown Rice	1 cup packed		2 g Fat
Fruits in Season*	2 servings		

SET 6

GUIDELINES

Set 2

*Two (2) kinds of fruits to be served

		NUTRITIONAL INFO	
BREAKFAST		NUTRI-TIPS	
Fruits in Season*	2 servings	Camote tops is a great source of vitamin A, B, C, K, iron, calcium, and zinc.	508 KCAL
Fried Pink Salmon Steaks	2 slices	Arroz ala Cubana has ground meat with tomato sauce which provides lycopene, a known anti-oxidant for heart health.	79 g CHO
Papaya Salad	1 cup	Soya coffee is made from soy and coffee beans. Soy beans can provide all eight essential amino acids not manufactured by the body.	21 g CHON
Steamed Rice	1 cup packed		12 g Fat
Soya Coffee/ Gipah Tea	Use 2 tsp sugar		
RICE ALTERNATIVE: Boiled Tugi	4 pcs		
MORNING SNACK		NUTRI-TIPS	
Boiled Peanuts	1/2 cup	Limit yourself to a small sprinkle of shredded coconut because it is high in saturated fats.	174 KCAL
Minted Fruit Water			33 g CHO
			2 g CHON
			2.8 g Fat
LUNCH		NUTRI-TIPS	
Pako Salad	1 cup	Milkfish is a very good source of protein, niacin and Vitamin B12.	468 KCAL
Pinikpikan	2 slices chicken, 1/2 cup chayote fruit and leaves	Coconut milk provides a concentrated source of energy suitable for active persons. It contributes flavor and palatability to the dish.	69 g CHO
Steamed White Rice	1 cup packed	Gabi has good amounts of fiber which is beneficial for blood sugar management.	21 g CHON
Fruits in Season*	2 servings		12 g Fat
RICE ALTERNATIVE: Boiled Camote	1c or 1 pc		
AFTERNOON SNACK		NUTRI-TIPS	
Fresh Lumpia	1 pc	Buko water is a great substitute for higher calorie drinks like sodas or juice. Opt for plain water if you are trying to lose weight.	216 KCAL
Bottled Water			33 g CHO
			4.9 g CHON
			7.2 g Fat
DINNER		NUTRI-TIPS	
Spinach Soup		Rosemary is an herb used to enhance the flavor of dishes. It is also good source of vitamin A which has antioxidant properties and is essential for vision.	449 KCAL
Kare-kare	2 matchbox size kenchie, 1 cup vegetables	Chopsuey is a good source of many vitamins, including calcium, iron, vitamin B6, vitamin C and folic and pantothenic acids. It has an average calorie and fat content and a high carbohydrate and protein content.	73.6 g CHO
Steamed Okra	1/2 cup		22.6 g CHON
Steamed Brown Rice	1 cup packed		7.1 g Fat
Fruits in Season*	2 servings		

SET 3

GUIDELINES

Set 5

*Two (2) kinds of fruits to be served

		NUTRITIONAL INFO	
BREAKFAST		NUTRI-TIPS	
Fruits in Season*	2 servings	Gipah Tea is rich in vitamin C which is good when you have cough or colds.	479 KCAL
Vegemeat Tapa		Potato has lower calorie compared to rice. They are a good rice-substitute for weight loss.	82 g CHO
Sauteed Tokwa and Kangkong	1/2 cup		22 g CHON
Steamed Rice	1 cup packed		7 g Fat
Brewed Coffee/Tanglad Tea	Use 2 tsp sugar		
RICE ALTERNATIVE: Oatmeal	1 pc or 1 cup		
MORNING SNACK		NUTRI-TIPS	
Boiled Saba and Puto	1 pc saba and 1 pc puto	Suman sa lihiya is made from glutinous rice, which contains selenium and other vitamins including minerals, that plays a role in lowering risk of chronic diseases.	140 KCAL
Lemon Iced Water	Use 2 tsp honey		33 g CHO
			2 g CHON
LUNCH		NUTRI-TIPS	
Nilagang Baka	2 matchbox size kenchie, 1cup vegetables	Carp or karpa is a good source of omega-3 fatty acids that are important for normal brain development and function.	468 KCAL
Lumpiang Hubad	1 cup	Dinengdeng include several leafy and fruit vegetables as ingredients, cooked by boiling and without the use of cooking oil. A dish which is rich in several vitamins and minerals.	69 g CHO
Steamed Brown Rice	1 cup packed		21 g CHON
Fruits in Season*	2 servings		12 g Fat
RICE ALTERNATIVE: Baked Potatoes	1 1/3 cup		
AFTERNOON SNACK		NUTRI-TIPS	
Vegetable Pasta	1 cup noodles, 1/2 cup vegetables, 1 tsp oil	Cucumber has antioxidants and is a good source of potassium which can help in lowering blood pressure. It has low glycemic index which can be a good option for snacks.	231 KCAL
Gipah Tea	Use 2 tsp sugar		28 g CHO
			6 g CHON
			10.5 g Fat
DINNER		NUTRI-TIPS	
Hot and Sour Soup		Garden salad is high in fiber which helps in lowering cholesterol and prevents constipation.	378 KCAL
Paksiw na Tilapia	1pc large tilapia	Lighter dressing for salad is recommended for those who are trying to lose weight.	69 g CHO
Sautéed Young Corn and Sweet Peas	1 cup		21 g CHON
Steamed Brown Rice	1 cup packed		2 g Fat
Fruits in Season*	2 servings		

SET 5

GUIDELINES

Set 3

*Two (2) kinds of fruits to be served

		NUTRITIONAL INFO	
BREAKFAST		NUTRI-TIPS	
Fruits in Season*	2 servings	Kangkong is a rich source of pro vitamin A.	663 KCAL 76 g CHO 23.4 g CHON 29.5 g Fat
Beef & Veg Patty with Mushroom Gravy	2 pcs	Tokwa is a good source of protein, a naturally gluten free and low in calories.	
Steamed French Beans and Corn Kernels	1 cup	It is also a good source of iron, calcium and fiber	
Steamed Rice	1 cup packed		
Brewed Coffee/ Gipah Tea	Use 2 tsp sugar		
RICE ALTERNATIVE: Mashed Potatoes	1 1/3 c		
MORNING SNACK		NUTRI-TIPS	
Suman sa Lihya	1 pc	Honey is known to have antioxidant and antimicrobial properties.	180 KCAL 43 g CHO 2 g CHON
Buko Water	1 cup		
LUNCH		NUTRI-TIPS	
Grilled Karpa	2 slices	Lumpiang hubad is fresh lumpia served without wrapper. Mixed vegetables used in preparing made the dish nutritious and fibrous.	418 KCAL 72 g CHO 23.6 g CHON 4 g Fat
Dinengdeng	1 cup	Potatoes are quite filling, which can help you lose weight by curbing hunger pains and cravings.	
Steamed White Rice	1 cup packed		
Fruits in Season*	2 servings		
RICE ALTERNATIVE: Mais (Binatog)	1 cup		
AFTERNOON SNACK		NUTRI-TIPS	
Chicken Sandwich	2slices loaf, 2tsp mayo, 1/8pc shredded chicken breast	Stir-fry vegetables (to retain more nutrients) before adding pasta.	161 KCAL 36 g CHO 3 g CHON 5 g Fat
Cucumber-Lemon Water	Use 1 tsp honey	The vegetable enriched pasta is slightly lower in calories and carbohydrates, slightly higher in protein and vitamin A.	
DINNER		NUTRI-TIPS	
Veggy Soup	1 cup	Young corn is a good source of fiber.	457 KCAL 75.3 g CHO 23.1 g CHON 7 g Fat
Garden Salad	1 cup	Sweet peas have antioxidant and anti-inflammatory phytonutrients that helps in blood sugar regulation.	
Chicken Pastel	2 slices chicken	Tilapia is a lean source of protein and is rich in niacin, vitamin B12, phosphorus, selenium and potassium.	
Steamed White Rice	1 cup packed		
Fruits in Season*	2 servings		

SET 4

GUIDELINES

Set 4

*Two (2) kinds of fruits to be served

		NUTRITIONAL INFO	
BREAKFAST		NUTRI-TIPS	
Fruits in Season*	2 servings	Amti is rich in iron and talinum is a rich source of pro vitamin A.	594 KCAL
Daing na Bangus	1/2 pc	Eggs are a valuable source of amino acids. Nutrients are mostly found in yolks while whites are mostly proteins.	79 g CHO
Ensaladang Amti, Talinum and Kamatis	1 1/2 cup	Soya Coffee has isoflavones which helps lower cholesterol.	29 g CHON
Soft-boiled Egg	1 pc		18 g Fat
Steamed Rice	1 cup packed		
Soya Coffee/Tanglad Tea	Use 2 tsp sugar		
RICE ALTERNATIVE: Arroz Caldo	1 cup		
MORNING SNACK		NUTRI-TIPS	
Vegetable Chips	1 cup	Locally produced vegetable chips have lower sodium content compared to commercial chips.	158 KCAL
Bottled Water			15.4 g CHO
			1.3 g CHON
			10.1 g Fat
LUNCH		NUTRI-TIPS	
Chicken Binakol	2 slices chicken meat	Chicken Binakol is similar to Tinola, but instead of using rice wash or normal water this soup is cooked in coconut water: a good source of fiber, vitamin C and several important minerals.	440 KCAL
Monggo Guisado	1/2 cup monggo and ampalaya	Munggo is a good and affordable source of protein for muscle growth and repair.	75.7 g CHO
Steamed White Rice	1 cup packed		26 g CHON
Fruits in Season*	2 servings		8.7 g Fat
RICE ALTERNATIVE: Boiled Tugi	4 pcs		
AFTERNOON SNACK		NUTRI-TIPS	
Special Nilupak na Saging	2 pcs saba, 2 tsp sugar, 1 tsp butter	Banana is a good source of potassium which helps maintain consistent blood pressure.	165 KCAL
Bottled Water			30 g CHO
			5 g Fat
DINNER		NUTRI-TIPS	
Misua and Patola Soup	1 cup	Patola is rich in vitamin needed for normal night vision and bone growth.	540 KCAL
Pork Adobo	1/4 cup	Baksay is a dish where taro bundles are cooked in coconut milk.	86.8 g CHO
Baksay	1 cup	Gabi leaves are good sources of vitamin C which can help boost immunity and it is also a rich source of vitamin A.	9.9 g CHON
Steamed Brown Rice	1 cup packed		17 g Fat
Fruits in Season*	2 servings		