

# Menu Guide Calendar 2012

A year-round menu guide  
featuring indigenous  
Filipino vegetables  
transformed into delectable  
dishes for the whole family



FOOD and NUTRITION  
RESEARCH INSTITUTE  
Department of Science and Technology

in cooperation with  
UNILEVER Philippines





# The FNRI's

## Mandates

As per E.O. 336, November 13, 2009:

- Undertake researches that define the citizenry's nutritional status, with reference to the malnutrition problem, its causes and effects;
- Develop and recommend policy options, strategies, programs and projects which address the malnutrition problem for implementation by appropriate agencies; and
- Diffuse knowledge and technologies in food and nutrition and provide S&T services to relevant stakeholders.

## Vision

Consistent with the FNRI's mandate is its vision of:

- optimum nutrition for all Filipinos, socially and economically empowered through scientifically sound, environment-friendly and globally competitive technologies.

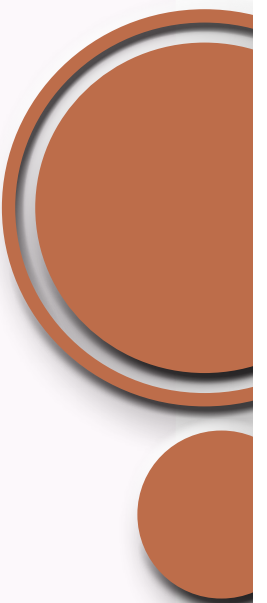
## Mission

As a lead agency in food and nutrition research and development, the FNRI's mission is the:

- provision of accurate data, correct information, and innovative technologies to fight malnutrition.

## Quality Policy

We are committed to provide products and services in food and nutrition to both the government and private sectors and other stakeholders with the highest standards of quality and reliability within our capabilities and resources according to customer requirements and to continually improve the effectiveness of our Quality Management System (QMS) at all times in order to meet our customer's satisfaction.







## Message from the Secretary

The Department of Science and Technology appreciates the Food and Nutrition Research Institute's continuous and diligent effort to improve the health of Filipinos by promoting proper nutrition and healthy lifestyle through this Menu Guide Calendar.

This year's theme, "A year-round menu guide featuring Filipino vegetables transformed into delectable dishes for the whole family", highlights the importance of eating nutritious indigenous vegetables.

The decline in vegetables intake among the Filipino population was evident in FNRI-DOST food consumption surveys, which revealed that vegetable consumption shrank from an average per capita vegetable intake of 145 grams in 1978 to 110 grams in 2008. This includes only 34 grams of green leafy and yellow vegetables, and 76 grams of other vegetables. Vegetables consumption shriveled further by one gram or from 111 grams per capita per day in 2003 to 110 grams per capita per day in 2008.

Despite of these data, FNRI remains steady in its focus to advance the nutritional and socioeconomic welfare of every Filipino family.

In fact, FNRI's technologies on brown rice and complementary foods are among the DOST's high impact technology solutions (HITS).

FNRI is working to extend brown rice's shelf life to six months to make it a practical and healthier alternative to white rice. With the technology, the DOST is hopeful that more Filipino families will switch to brown rice, which packs more minerals and vitamins compared to white rice or well-milled rice. It is also a potential functional food with additional health benefits aside from its nutritional contribution.

Meanwhile, the nutritious complementary foods are low-cost and easy to prepare foods for young children 6 months to 3 years old. These are DOST's practical solution to address the protein-energy malnutrition, and micronutrient deficiencies that affect this age group.

Moreover, the *S&T Sulong Pinoy* program is being implemented in the provinces of Antique, Occidental Mindoro, Leyte, and Iloilo to ensure the health and nutrition of Filipino children aged 0-5 years old, and to meet the Millennium Development Goal of reducing by 50% the proportion of children 0-5 year-old who are underweight-for-age.

Under the *DOST PINOY* package, children are fed for 120 days with complementary food blends and snack curls that are rich in protein and energy. This is complemented with nutrition education for mothers and caregivers.

This calendar features a year-round easy-to-follow menu guide and nutrition tips that can benefit the whole family. The printing of the Menu Guide Calendar, the 6<sup>th</sup> in a series, was made possible through a public-private partnership over the last five years between FNRI and Unilever Philippines. This is how, among many other innovative ways, nutrition must be addressed. That's because malnutrition is a pervasive menace that can or afflict anyone, including your family.

Let us work together for a healthier and properly nourished Filipino family. Have a healthy, hearty 2012!

**MARIO G. MONTEJO**  
Secretary, DOST



The public-private partnership of the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) and Unilever Philippines in bringing affordable and nutritious recipes to every Filipino household has been going on for five years now.

This year, we are proud to present the 2012 Menu Guide Calendar with the theme: “A year-round menu guide featuring indigenous Filipino vegetables transformed into delectable dishes for the whole family”. It promotes the consumption of vegetables, particularly those that are native to the Philippines.

According to the World Indigenous Vegetables (2006), indigenous vegetables refer to vegetable species native to or originating from a particular region or environment. It includes species that are naturalized or varieties that have evolved from materials introduced to the region from another geographical area over a long period of time.


Indigenous Filipino vegetables are cheap and can be grown in the backyard. These are accessible even in rural areas where livelihood opportunities are not abundant and which may not be reached by government nutrition programs.

More importantly, these vegetables are rich sources of vitamins and minerals like beta-carotene, B vitamins, calcium, iron, and potassium, among others, as well as dietary fiber. Nutrition surveys in the Philippines report that there has been a declining intake of vegetables for the past thirty years. Further, the surveys also show that, in general, Filipinos have low intake of vitamin A, iron, calcium, and other minerals. These are also coupled with the rising prevalence of lifestyle-related illnesses such as obesity, diabetes, cardiovascular diseases and some cancers.

Including indigenous Filipino vegetables can help diversify the diet, ensuring variety and balance, and increasing micronutrient adequacy. The indigenous vegetables featured in this Calendar are *Alukon* or *Himbaba-o*, *Kadyos*, *Kalabasa*, *Katuray*, *Kulitis*, *Labong*, *Pako*, *Pipino*, *Sigarilyas*, *Sitaw*, *Talinum*, *Talong* and *Upo*. The recipes developed using these vegetables highlight their value as food and as affordable and alternative sources of essential nutrients that help improve the nutritional quality of the Filipino diet. Aside from the recipes and their nutrient contribution, the Calendar also contains a one-week cycle menu for each month and some brief information about the vegetables.

We hope that this Calendar will encourage you to include indigenous vegetables in everyday cooking for the family.

Wishing every Pinoy household a well-nourished year. All the best in 2012!

  
**MARIO V. CAPANZANA**  
Director, FNRI



Message  
from the  
Director



# The 2012 Menu Guide Calendar

The 2012 Menu Guide Calendar highlights the consumption of indigenous vegetables in the Philippines.

Vegetables are rich sources of vitamins and minerals which are often deficient in the diet of Filipinos. Vitamins and minerals regulate many body processes that are responsible for our normal growth, clear vision, strong immune system, appetite control, strong bones and teeth, smooth skin, among others. Further, vegetables are low in calorie so weight-watchers are often advised to eat more of them.

Indigenous Filipino vegetables are cheap and accessible to every family even in far flung areas. However, not many households recognize their nutritive value and use in daily cooking. Thus, this calendar puts the spotlight to thirteen of the indigenous vegetables in the country to help promote consumption. These vegetables include *Alukon* or *Himbaba-o*, *Kadyos*, *Kalabasa*, *Katuray*, *Kulitis*, *Labong*, *Pako*, *Pipino*, *Sigarilyas*, *Sitaw*, *Talinum*, *Talong* and *Upo*.

The Calendar includes 12 monthly 7-day cycle menus which are lists of dishes that are to be served for breakfast, lunch, dinner and snacks that can serve as guide for the whole family.

Each month, from January to December, there is a featured recipe which uses one or more of the indigenous vegetables. These are delectable dishes that are nutritious, very affordable and easy-to-prepare. Some dishes, such as the *ensalada* are good appetizers, some are main dishes while to your surprise, some are vegetable desserts. These dishes are sure to be enjoyed by the young and old generation.

The Calendar is a symbol of strengthened partnership of the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) and Unilever Philippines particularly in promoting healthy food choices and nutritious and affordable recipes, and disseminating health and nutrition information to the public for six years now.

FNRI-DOST and Unilever hope that this Calendar encourages every household to include indigenous vegetables in daily cooking and for every Filipino to eat, enjoy and be more well-nourished throughout the year.





## Ingredients

¼ cup	Cooking oil
2 Tbsp	Garlic, crushed
2 Tbsp	Onion, <i>Bombay</i> , chopped
1 ½ cups	Macaroni, shell
¼ cup	Pork, <i>kasim</i> , ground
4 cups	Water
1 cup	Water
½ cup	Evaporated milk
½ cup	Cream, all purpose
1 tsp	Iodized salt
½ tsp	Black pepper, ground
½ cup	Mushroom, button, canned, drained
¼ cup	Bell pepper, red, chopped
2 cups	<i>Kulitis</i>
½ cup	Cheese, grated

## Procedure

1. Boil water. Add macaroni. Cook until tender but firm.
2. Put in a strainer or colander. Pass under running water and drain. Set aside.
3. In a pan, heat oil. Sauté garlic, onion, and pork. Add water. Simmer until tender.
4. Add milk and all purpose cream. Bring to a simmer, stirring often to avoid scorching.
5. Season with salt and pepper. Add mushroom and bell pepper.
6. Add *kulitis* and pasta. Toss gently in the sauce until well coated. Simmer for two minutes.
7. Sprinkle grated cheese on top.



## Kulitis Pasta

**Macaroni galore with a healthy twist of *kulitis* leaves, spongy button mushrooms and the distinct zesty whiff of red bell peppers all coated in thick milky sauce showered with grated cheese**

### Estimated energy and nutrient content per serving (using FCT + Menu Eval Software, v. 2002)

Energy, kcal	482
Protein, g	16.9
Calcium, mg	444
Iron, mg	1.4
Vitamin A, µg RE	110

Thiamin, mg	0.19
Riboflavin, mg	0.33
Niacin, mg	4.5
Vitamin C, mg	4

### Yield

Serving size	1 cup
Weight per serving	190 g
Number of serving	4.5 servings





# 01 January 2012

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## 02 February 2012

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January  
2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Fluffy scrambled egg Banana bread Hot mocha	Clubhouse sandwich Milk	Crispy bacon French toast Banana smoothie	<i>Tinapa kabasi</i> Garlic rice Hot tea	Steamed chicken sausage <i>Pandesal</i> Coffee	Eggs Benedict Hotdog bun Cappuccino	Cheddar cheese <i>Puto Biñan</i> Hot tea
<b>AM Snack</b>	Lasagna	<i>Pancit Malabon</i>	<i>Dendelot</i> with <i>matamis sa bao</i>	Chocolate cake	<i>Hopia</i> mongo	Wonton noodles	<i>Bibingka</i> with grated coconut and sugar
<b>Lunch</b>	Garlic steak <i>Kulitis pasta</i> <i>Latundan</i>	<i>Adobong igat</i> <i>Laing</i> Boiled rice Iced shredded <i>buko</i>	Cream of potato soup Fish shanghai with sweet and sour sauce Eggplant <i>relleno</i> Boiled rice <i>Chico</i>	<i>Papaitan</i> <i>Ensaladang</i> <i>kangkong</i> Boiled rice <i>Kaimito</i>	Clam chowder with <i>malunggay</i> leaves Grilled buffalo wings Boiled rice Apple	<i>Kadyos, baboy at</i> <i>langka</i> Garlic rice Papaya shake	Mushroom soup with corn and <i>kulitis</i> Steamed soy chicken Boiled rice Pear wedges
<b>PM Snack</b>	Fish cracker	Donuts	Baked potato	<i>Ginatan</i> mongo	<i>Halo halo</i>	<i>Karioka</i>	<i>Kikiam</i>
<b>Dinner</b>	Creamy fern soup Crisp-fried <i>tilapia</i> Boiled rice Green mango shake	<i>Kare-kareng</i> <i>kambing</i> Boiled rice <i>Datiles</i>	<i>Tinolang manok</i> with vegetables Boiled rice Fresh strawberry	<i>Ginataang hipon</i> Spicy <i>sitaw</i> Boiled rice <i>Bayabas</i>	<i>Adobong</i> <i>talimusak</i> <i>Kulitis</i> cracklings Boiled rice <i>Ube halaya</i>	<i>Lechon de leche</i> <i>Inabrao</i> Boiled rice <i>Pakwan</i>	<i>Callos a la</i> <i>Madrileña</i> Potato salad Honeydew





	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Toasted <i>danggit</i> and tomato wedges Boiled rice Coffee with milk	<i>Latundan</i> Corned beef omelet Garlic rice Coffee	Papaya slice <i>Bisugo pinangat sa kamatis</i> Boiled rice Hot tea	<i>Gisado</i> sardines with <i>talinum</i> Wheat bread Mango juice	Gloria banana Peanut butter sandwich Coffee with milk	<i>Tuna gisado</i> Biscocho Hot milk	Orange juice Pineapple-shrimp salad Wheat crackers
AM Snack	Macaroons	Pork <i>adobo</i> sandwich	Sweetened <i>saba</i> and <i>sago</i> with milk	<i>Pichi pichi</i>	Grilled tuna sandwich	<i>Goto</i>	Buttered corn on the cob
Lunch	<i>Lapu-lapu sinigang sa miso at mustasa</i> Boiled rice Ripe tamarind	Chicken <i>hamonado</i> Molded salad Boiled rice <i>Dalandan</i> juice	<i>Bulalo</i> soup with vegetables <i>Tokwa't baboy</i> in vinegar dip Boiled rice <i>Lakatan</i>	<i>Sotanghon</i> soup with veggies Crisp-fried <i>espada</i> with papaya <i>achara</i> Garlic rice	Spicy meatballs <i>caldereta</i> Fried <i>pancit</i> with vegetables <i>Makopa</i>	<i>Patani</i> soup Chicken lollipop Boiled rice Pineapple rings	<i>Tortang alimasag</i> <i>Ginataang langka</i> Boiled rice <i>Kaimito</i>
PM Snack	<i>Nilupak</i>	Pineapple <i>buche</i>	<i>Suman sa ibos</i>	Molded mango	<i>Tikoy</i>	<i>Mazapan de pili</i>	Squash bread with margarine
Dinner	Devilled egg Vegetable tempura Boiled rice Fresh lychee	Corn and mushroom soup Chili con carne Boiled rice <i>Upo delight</i>	Fried squid balls <i>Ginataang labong at saluyot</i> Boiled rice Chilled grapes	<i>Halabos na sugpo</i> Tomato salsa Boiled rice Apple cinnamon shake	<i>Suwam na tulya</i> with sili leaves Fried pork cutlets Boiled rice Squash icy with <i>kadyos</i>	Chicken with pork & beans and cabbage Boiled rice Ripe <i>langka</i>	<i>Inihaw na hito Kamote</i> tops-tomato- <i>bagoong</i> salad Boiled rice Ripe mango

## Ingredients

4 cups	<i>Upo</i> , skinned, seeded, grated
½ cup	Water
2 Tbsp	Butter
1 can tall	Milk, condensed
1 Tbsp	Vanilla
¼ cup	Cashew nut, roasted, chopped
¼ cup	Peanut, roasted, skinned, chopped

## Procedure

1. In a shallow pan; combine *upo* and water. Mix well and cook for 5 minutes, with constant stirring.
2. When *upo* becomes transparent, add butter, condensed milk and vanilla. Mix well.
3. Cook for 30 minutes with continuous stirring until mixture is caramelized.
4. Add cashew and peanut. Blend well.
5. Pour into a clean dry tray and flatten into one half (½) cm thick.
6. Allow to cool until set. Cut into serving - size (approximately 14inches x 10 x 1cm).

SOURCE: [http://thecookscottage.typepad.com/curry/2005/05/lauki\\_doodhi\\_kh.html](http://thecookscottage.typepad.com/curry/2005/05/lauki_doodhi_kh.html)

# Upo Delight



An unlikely dessert idea but once you indulge in the contrasting taste and texture of grated *upo* and the nuttiness of cashew and peanuts in rich creamy butter, milk and vanilla, you'll take a second serving of this treat

## Estimated energy and nutrient content per serving (using FCT + Menu Eval Software, v. 2002)

Energy, kcal	171	Thiamin, mg	0.26
Protein, g	4.3	Riboflavin, mg	0.23
Calcium, mg	116	Niacin, mg	1.4
Iron, mg	0.5	Vitamin C, mg	6
Vitamin A, µg RE	104		

## Yield

Number of pcs	12 slices
Serving size	2 Tbsp
Weight per serving	50 g/slice
Number of serving	12 servings





# 02 February 2012

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## 01 January 2012

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## 03 March 2012

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# Ensaladang Katuray



## Ingredients

1 cup	<i>Katuray</i> flower
¼ cup	Tomato, diced
¼ cup	Onion, <i>Bombay</i> , chopped
2 cups	Mango, medium ripe, cubed (any variety)
¼ cup	<i>Bagoong na isda</i>
¼ cup	Vinegar

## Procedure

1. Wash and drain flowers. Trim stem and remove stamen/pistil from the flowers.
2. Place the trimmed flowers in a bowl.
3. Blanch with boiling water for 1 minute then drain. Let the flowers cool.
4. In a separate bowl, gently toss flowers, tomato, onion and mango. Chill in the refrigerator.
5. Just before serving, pour the *bagoong*-vinegar mixture.

SOURCE: <http://www.overseaspinoycooking.net/2007/10/ensaladang-katuray.html>

An authentic ethnic appetizer featuring *katuray* flowers and ripe mango cubes blended with tomatoes, *bagoong isda* and vinegar that will surely stimulate your taste buds



## Estimated energy and nutrient content per serving (using FCT + Menu Eval Software, v. 2002)

Energy, kcal	130	Thiamin, mg	0.17
Protein, g	6.0	Riboflavin, mg	0.15
Calcium, mg	181	Niacin, mg	4.4
Iron, mg	3	Vitamin C, mg	69
Vitamin A, µg RE	177		

## Yield

Serving size	1 cup
Weight per serving	200 g
Number of serving	3 servings



# 03 March 2012

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## 02 February 2012

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## 04 April 2012

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March  
2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Ground pork <i>torta</i> Whole wheat bread Soy milk	Fried fish <i>tocino</i> with tomato Boiled rice Hot milk	<i>Pandesal</i> with cheese Champorado Green tea	Mango juice <i>Sinaing na</i> <i>tulingan</i> Garlic rice	Fruity oatmeal White cheese <i>Pandesal</i> Hot tea	Fried <i>alakaak</i> Boiled rice Coffee with milk	Scrambled egg with pork <i>tapa</i> bits Boiled rice Hot chocolate
<b>AM Snack</b>	Macaroni- pineapple-ham salad	<i>Tamales</i>	<i>Ginatan bilo-bilo</i>	Egg pie	<i>Malunggay</i> bread with <i>matamis sa bao</i>	Cassava pudding	Orange pancake
<b>Lunch</b>	Honey mustard chicken <i>Pipino</i> -carrot sticks Cheesy potato <i>Kalamansi</i> chiller	Fried <i>calamari</i> Molded coleslaw Boiled rice <i>Saba</i> with <i>langka</i> in syrup	Beef <i>mechado</i> <b><i>Ensaladang</i></b> <b><i>katuray</i></b> Boiled rice Watermelon shake	<i>Sinigang na</i> pork <i>buto-buto</i> with vegetables <i>Biya</i> Fritters Boiled rice <i>Anonas</i>	Buttered shrimp Sunshine salad Boiled rice Chilled avocado	<i>Suwam na</i> <i>asohos</i> with <i>malunggay</i> leaves Fried dumpling Boiled rice <i>Latundan</i>	Chicken <i>inasal</i> <i>Linubihang</i> <i>monggo</i> Boiled rice Ripe mango
<b>PM Snack</b>	<i>Piyaya</i>	<i>Puto taktak</i>	<i>Maruya</i>	Boiled <i>taro</i> balls with grated coconut and sugar	<i>Lomi</i>	<i>Maja blanca</i>	<i>Pancit molo</i>
<b>Dinner</b>	<i>Adobong pugo</i> <i>Lumpiang alukon</i> Boiled rice <i>Tiesa</i>	<i>Sinigang na tuna</i> <i>sa mustasa</i> Crispy <i>kangkong</i> with cheesy dip Boiled rice <i>Camachile</i>	<i>Miswa-patola</i> soup <i>Lechon paksiw</i> Boiled rice Pineapple wedges	<i>Pocherong dalag</i> Boiled rice <i>Mabolo</i>	<i>Inihaw na liempo</i> <i>Ginataang kuhol</i> with <i>sili</i> leaves Boiled rice <i>Kaimito</i>	<i>Bistek Tagalog</i> <i>Malunggay</i> pods <i>gisado</i> Boiled rice <i>Duhat</i>	<i>Pesang bangus</i> with vegetables <i>Tahure</i> -tomato dip Boiled rice Ripe papaya



April  
2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Orange juice Chicken <i>adobo</i> sandwich	Crab omelet Garlic bread Coffee	Ripe mango Salted egg <i>Puto bumbong</i> with grated coconut and sugar <i>Pandan</i> tea	Chunky potato- fruity salad Hot milk	<i>Danggit</i> crispies High fiber cold cereal Hot milk	Crunchy <i>tilapia</i> in oatmeal sauce Boiled rice Coffee with milk	Sweet ham Orange pancake with maple syrup Hot tea
<b>AM Snack</b>	Fettucine with tuna-white sauce	Peanut butter- banana sandwich	Pasta-veggie salad	Cookies with mango bits	Golden <i>kamote</i> roll	Chicken <i>mami</i>	<i>Pansit Cabagan</i>
<b>Lunch</b>	Clam soup with spinach Pork <i>humba</i> Boiled rice <i>Balimbing</i>	Meatball- macaroni soup with <i>malunggay</i> <i>Balay en tocho</i> Boiled rice Ripe papaya	<i>Inihaw na biya</i> Sunshine salad Boiled rice <i>Duhat</i>	Squid with egg stuffing Buttered beans and carrots Boiled rice Glazed <i>saba</i>	<i>Tulya</i> soup with young corn and <i>sili</i> leaves Crisp-fried chicken wings Boiled rice <i>Marang</i>	Pork ribs asado <i>Pako</i> summer salad Boiled rice <b>Squash icy with <i>kadyos</i></b>	Baked <i>tahong</i> <i>Malunggay</i> pods <i>gisado</i> Boiled rice Watermelon balls
<b>PM Snack</b>	Squash-yellow <i>kamote buchi</i>	<i>Ube</i> ice cream	Cinnamon-raisin toast	<i>Biko puti</i> with <i>latik</i>	<i>Mais-kamote</i> especial	Mango tart	Lemon bars
<b>Dinner</b>	<i>Tofu</i> -pork with <i>kinchay</i> and <i>tausi</i> Shrimp-pomelo salad Boiled rice Creamy potato flan	Golden crabs with broccoli and cauliflower <i>Kamote</i> -potato combo <i>Guyabano-nata</i> chill	Stir-fried mushroom Beef <i>tortillas</i> Boiled rice Sweetened <i>kaong</i>	Porkchop in orange sauce <i>Gabi gisado con</i> <i>mais</i> Boiled rice <i>Siniguelas</i>	Shrimp-veggie soup Fried rice with a twist <i>Atis</i>	Fried <i>talakitok</i> <i>Puso ng saging</i> <i>gisado</i> Boiled rice Chilled <i>langka</i>	Creamy squash- <i>malunggay</i> chowder Fried <i>dapa</i> Boiled rice Banana boat

## Ingredients

3 Tbsp	Cassava flour, sifted
3 cups	Water
1 cup	Sugar, white
½ cup	Squash, steamed and mashed
1 cup	Milk, evaporated, filled
1 tsp	Vanilla flavor
½ cup	<i>Kadyos</i> , fresh, boiled, skin removed
18 pcs	Ice candy bag

## Procedure

1. Combine cassava flour and water. Mix well until cassava flour is dissolved completely.
2. Place mixture in pan. Boil for a minute.
3. Add sugar and squash then cool.
4. Add milk and vanilla. Mix well.
5. *Kadyos* may be distributed in the ice candy bag.
6. Pour ¼ cup of the mixture in each bag. Tie securely and freeze.
7. Serve frozen.

SOURCE: Food and Nutrition Research Institute - Department of Science and Technology. Nutritious Recipes for the FNRI Supplementary Feeding Program. FNRI-DOST, FARM Foundation, Inc. 2005

# Squash Icy with Kadyos

Bring back one of the well-loved treats of good old summer days with the ice candy that's filled with cool healthy goodness of squash and *kadyos* enriched by the full-bodied flavor of cassava flour and creaminess of milk laced with the universal appeal of vanilla

### Estimated energy and nutrient content per serving (using FCT + Menu Eval Software, v. 2002)

Energy, kcal	157	Thiamin, mg	0.06
Protein, g	2.9	Riboflavin, mg	0.14
Calcium, mg	113	Niacin, mg	0.8
Iron, mg	0.3	Vitamin C, mg	4
Vitamin A, µg RE	64		

### Yield

Serving size	2 pcs
Weight per serving	125 g
Number of serving	9 servings





# 04 April

2012

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## 03 March

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## 05 May

2012

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# Alukon - Patani Gisado

## Ingredients

1 Tbsp	Cooking oil
1 Tbsp	Garlic, crushed
2 Tbsp	Onion, <i>Bombay</i> , sliced
½ cup	Tomato, sliced
½ cup	Pork, <i>kasim</i> , ground
2 Tbsp	<i>Patis</i>
⅛ tsp	Black pepper, ground
2 cups	Water
1 cup	<i>Patani</i> , shelled
2 cups	Eggplant, sliced
3 cups	<i>Alukon</i>

## Procedure

1. In a pan, heat oil. Sauté garlic, onion, tomato and pork.
2. Season with *patis* and pepper.
3. Add water and *patani*. Cover and simmer for five minutes.
4. Add eggplant and *alukon*. Cover and simmer for 2 minutes.
5. Serve hot.

SOURCE: PCARRD. *Mga Lutuing Katutubong Gulay*. Los Baños, Laguna: PCARRD, ADB, AVRDC, BPI-LBNCRDC/DA, 2007. 76p.

A mouth-watering appetizing mix-match of the unique *alukon* texture and crunchy *patani* contrasted by red crispy tomatoes and succulent eggplant with chewy pork *kasim*



## Estimated energy and nutrient content per serving (using FCT + Menu Eval Software, v. 2002)

Energy, kcal	138	Thiamin, mg	0.16
Protein, g	6.0	Riboflavin, mg	0.15
Calcium, mg	118	Niacin, mg	2.5
Iron, mg	3.5	Vitamin C, mg	23
Vitamin A, µg RE	42		

## Yield

Serving size	1 cup
Weight per serving	175 g
Number of serving	6 servings



# 05 May

2012

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## 04 April

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## 06 June

2012

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May  
2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Apple juice Fish steak with onion rings Boiled rice	Meatloaf and cheese Burger bun Fresh milk	Roast chicken Boiled rice Hot chocolate	Corned beef <i>gisado</i> with potatoes Fried rice Coffee with milk	<i>Suha</i> Fried <i>galunggong</i> Boiled rice Tea	Pork <i>longganisa</i> with tomato wedges Boiled rice Coffee	Eggplant omelet Boiled rice Hot milk
<b>AM Snack</b>	Ham roll sandwich	Chocolate cupcake	<i>Espasol</i>	Cheesy <i>puto</i>	Mango tart	<i>Nilupak</i> with cheese	<i>Taho</i> with <i>sago</i>
<b>Lunch</b>	Seafoods <i>kare-kare</i> Boiled rice <i>Buko pandan</i>	<i>Adobong halaan</i> <i>Ampalaya con</i> <i>karne</i> Boiled rice <i>Mabolo</i>	Braised beef shank <i>Sayote</i> with <i>tofu</i> Boiled rice Glazed <i>saba</i>	<i>Camaron</i> <i>rebosado</i> Cabbage and meatball soup Boiled rice Apple	Pork <i>dinuguan</i> with <i>upo</i> Boiled rice Chilled pineapple	Crispy crablets Spicy <i>ginataang</i> <i>langka</i> Boiled rice Chilled mixed fruits	Pork <i>binagoongan</i> <i>Pechay gisado</i> Boiled rice <i>Datiles</i>
<b>PM Snack</b>	<i>Maruya</i>	Chicken-macaroni salad	<i>Kamote</i> cue	<i>Lomi</i>	<i>Buko</i> pie	Pancake with corn syrup	Vegetable <i>empanada</i>
<b>Dinner</b>	Creamy carrot soup <i>Lechon manok</i> with gravy Steamed <i>sayote</i> tops Boiled rice <i>Bayabas</i>	Potato & spring onion soup Crunchy <i>embotido</i> <b><i>Alukon-patani</i></b> <b><i>gisado</i></b> Boiled rice <i>Sineguelas</i>	Radish-tomato- mango salad <i>Sinaing na</i> <i>tulingan</i> Boiled rice <i>Anonas</i>	Grilled <i>liempo</i> <i>Ampalaya</i> salad Boiled rice Mango-cheese jubilee	Chicken teriyaki Chilled cucumber Boiled rice <i>Pastillas</i>	<i>Adobong palos</i> Cauliflower polonaise Boiled rice Sliced papaya	Chili buttered shrimp Steamed broccoli Boiled rice <i>Guyabano</i> shake





June  
2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Fresh mango juice Spanish sardines Boiled rice	Steamed cheese dog <i>Pandesal</i> Hot chocolate	Chicken <i>longganisa</i> Fresh tomatoes Boiled rice Coffee with milk	Burger steak Boiled rice Fresh milk	<i>Dalandan</i> juice Fried <i>daing na bangus</i> with <i>atsara</i> Fried rice	Scrambled egg with onions and tomatoes Boiled rice Hot tea	<i>Papaya</i> rings <i>Hasa-hasa paksiw</i> Boiled rice Coffee with milk
<b>AM Snack</b>	Cassava <i>bibingka</i>	<i>Buche de leche</i>	<i>Suman sa ibos</i>	<i>Kuchinta</i>	Pasta Alfredo	Cheese pimiento croissant	Vegetable <i>empanada</i>
<b>Lunch</b>	<i>Kadyos, baboy at langka</i> Boiled rice <i>Rambutan</i>	Chicken <i>adobo Patani</i> with sotanghon Boiled rice	Crab & corn soup <i>Inihaw na hasa-hasa</i> Pako summer salad Boiled rice <i>Melon</i> wedges	Cream of mushroom soup Breaded <i>labahita</i> Fruity coleslaw Boiled rice <i>Kaimito</i>	Roast pork loin <b><i>Talinum-cucumber-fruity salad</i></b> Boiled rice <i>Avocado</i> shake	Molo soup Chicken <i>embotido</i> Boiled rice Fresh fruit medley	<i>Labanos at hipon</i> Fishball <i>na galunggong</i> Boiled rice <i>Duhat</i>
<b>PM Snack</b>	Baked macaroni	Corned tuna burger	Banana cue	<i>Ube</i> -macapuno pie	Mini donuts	Bacon sandwich	<i>Bilo-bilo</i> in coco sauce
<b>Dinner</b>	Chicken ala kiev Buttered vegetables Boiled rice Four seasons juice	Fried <i>galunggong</i> Mungo <i>gisado</i> with <i>tamling</i> Boiled rice Sliced mango	<i>Hamonado</i> <i>Mustasa con itlog</i> Boiled rice <i>Dalandan</i>	<i>Lumpiang shanghai</i> Chicharo-cauliflower <i>gisado</i> Boiled rice Chilled grapes	Chicken pastel Vegetable soup Boiled rice <i>Latundan</i>	<i>Adobong pusit</i> <i>Dinengdeng</i> Boiled rice Mangosteen	Beef <i>nilaga</i> with corn and veggies Boiled rice Squash maja

## Ingredients

3 cups	<i>Talinum</i> leaves, boiled, drained
1 cup	Pineapple, tidbits, canned, drained
1 cup	Cucumber, peeled, seeded, sliced
2 cups	Mango, ripe, sliced

## Dressing:

¼ cup	Sugar cane vinegar
½ tsp	Black pepper, ground
¼ tsp	Iodized salt
3 Tbsp	Sugar, brown

## Procedure

1. In a bowl, combine *talinum*, pineapple, cucumber & mango. Toss carefully. Cover and chill.
2. In another bowl, blend well the vinegar, pepper, salt and sugar. Mix until sugar is dissolved.
3. Pour dressing on prepared salad, toss lightly before serving.
4. Serve cold.

Chill out with this one of a kind concoction of zesty *talinum* leaves, succulent cucumber and refreshing mango splashed with the gentle sourness of cane vinegar and the raw sweetness of brown sugar sprinkled with salt and pepper

## Estimated energy and nutrient content per serving (using FCT + Menu Eval Software, v. 2002)

Energy, kcal	130	Thiamin, mg	0.13
Protein, g	1.2	Riboflavin, mg	0.11
Calcium, mg	56	Niacin, mg	1.1
Iron, mg	2.3	Vitamin C, mg	56
Vitamin A, µg RE	279		

## Yield

Serving size	¾ cup
Weight per serving	155 g
Number of serving	5 servings



# Talinum- Cucumber- Fruity Salad





06 June

2012

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05 May

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07 July

2012

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# Lumpiang Labong

## Ingredients

- 1 cup Pork, *kasim*, ground
- ½ cup Shrimp, *suahe*, shelled, chopped
- 1 cup *Labong*, blanched, chopped
- ½ cup *Singkamas*, chopped
- ½ cup Squash, finely chopped
- 2 Tbsp Onion, *Bombay*, sliced
- ¼ cup Spring onion, sliced thinly
- 1 pc Chicken egg
- 1 Tbsp Soy sauce
- 2 tsp Iodized salt
- ½ tsp Black pepper, ground
- 20 pcs *Lumpia* wrapper
- 2 cups Cooking oil

## Vinegar dipping sauce:

- ½ cup Vinegar
- 1 tsp Garlic, crushed
- ½ tsp Black pepper, ground
- 1 tsp Iodized salt

## Procedure

1. In a mixing bowl, combine the first 11 ingredients. Mix well.
2. Place a tablespoon of the mixture on each *lumpia* wrapper and roll. Moisten edge with water and wrap securely. Do the same with the rest of the mixture.
3. Deep-fry in hot cooking oil until golden brown. Drain excess oil.
4. Serve with vinegar dipping sauce or catsup.

Classic crunchy *Lumpiang Labong* enriched with the nutritious goodness of *labong* and squash interspersed in refreshingly crisp *singkamas* strips, protein-packed ground pork *kasim* and *suahe* shrimps with a tinge of spring onions waiting to plunge in a traditional spiced-up vinegar dip

## Estimated energy and nutrient content per serving (using FCT + Menu Eval Software, v. 2002)

Energy, kcal	232
Protein, g	7.7
Calcium, mg	37
Iron, mg	0.8
Vitamin A, µg RE	71

Thiamin, mg	0.12
Riboflavin, mg	0.10
Niacin, mg	2.8
Vitamin C, mg	4

## Yield

Serving size	2 pcs
Weight per serving	70 g
Number of serving	10 servings





# 07 July

## 2012

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### 06 June

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### 08 August

#### 2012

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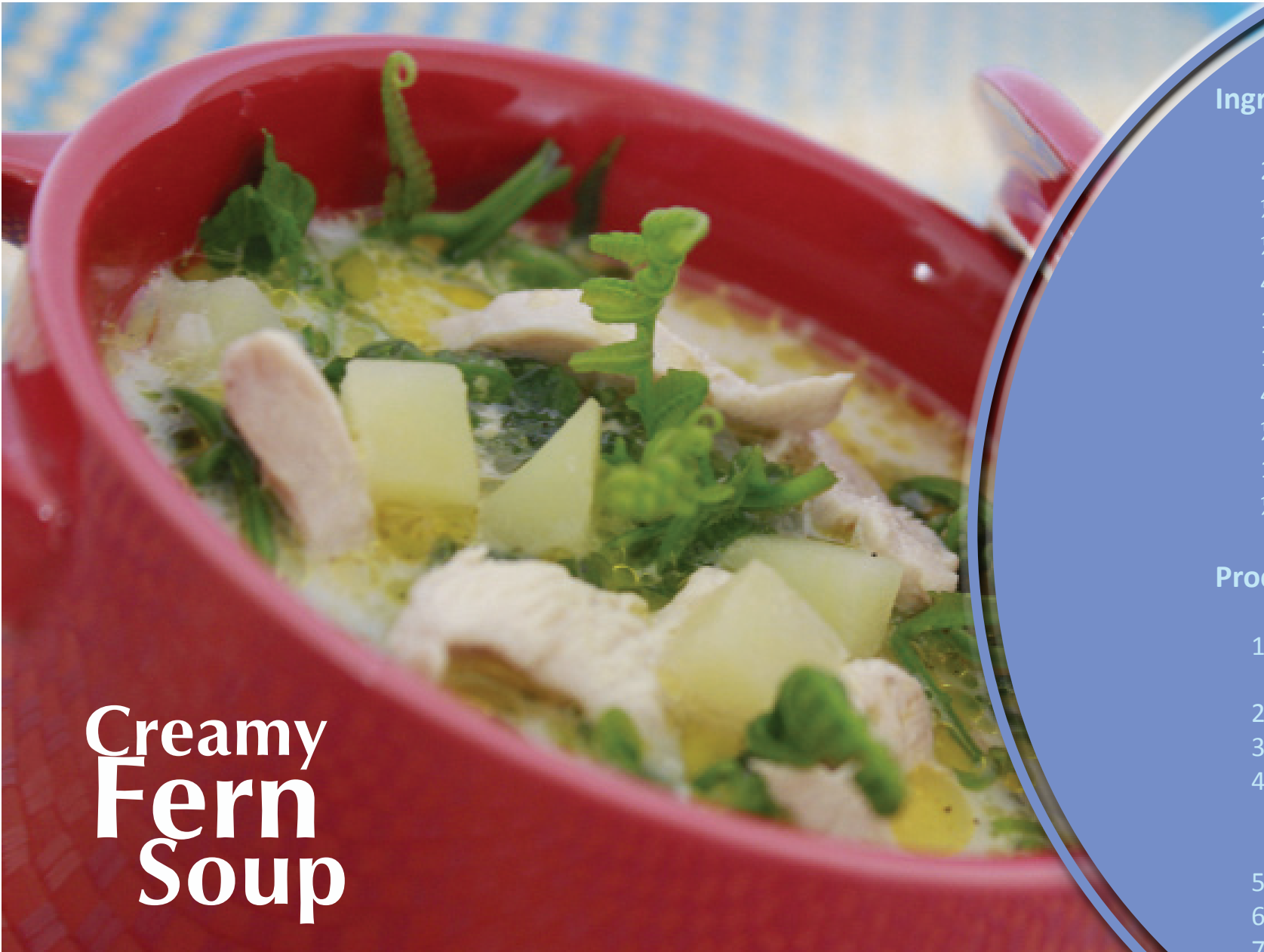
July  
2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Cavendish banana <i>Arroz caldo</i> with egg Hot chocolate	Fried <i>tinapang tamban</i> Fried rice Coffee with milk	Ripe papaya Sunny side-up <i>Pan amerikano</i> Coffee	Crisp-fried dried <i>pusit</i> with tomato Boiled rice Fresh milk	Beef <i>tapa</i> Fried rice Mango juice	Sliced mango <i>Tuna gisado</i> Boiled rice Hot milk	<i>Pinangat na sapsap</i> Boiled rice Coffee with milk
<b>AM Snack</b>	<i>Siopao bola-bola</i>	Spaghetti	<i>Ube palitaw</i> Pandan tea	Cheesy egg sandwich	<i>Mais con yelo</i>	<i>Biko</i> with grated coconut	<i>Mami</i>
<b>Lunch</b>	<i>Rellenong bangus</i> Mixed vegetables <i>gisado</i> Boiled rice Almond jelly	Egg drop soup <i>Ensaladang kulitis</i> Beef liver with onion rings Boiled rice Watermelon	<i>Inihaw na dalag</i> <i>Sitsaro gisado</i> Boiled rice Iced <i>buko</i>	Chicken BBQ Chopsuey with quail eggs Boiled rice Fruit salad	Steamed meat loaf Fruity coleslaw Boiled rice <i>Camachile</i>	<b><i>Lumpiang labong</i></b> Macaroni salad Peach-molded gelatin	<i>Pesang tilapia</i> with <i>upo</i> & <i>pechay</i> Boiled rice <i>Guyabano</i>
<b>PM Snack</b>	<i>Halo-halo</i>	<i>Ensaymada</i> supreme	Crispy squash fritters	<i>Pancit palabok</i>	<i>Turon</i> with <i>langka</i>	Chocolate cream cheese cake	Vegetable <i>lumpia</i>
<b>Dinner</b>	Pork <i>sinigang</i> with vegetables Boiled rice <i>Peras</i>	<i>Miswa-patola</i> soup Chicken <i>inasal</i> Boiled rice Coconut macaroons	Spicy <i>dilis</i> fritters <i>Gisadong sitaw at itlog</i> Boiled rice Strawberry shake	<i>Arroz ala valenciana</i> Pineapple	Chicken <i>tinola</i> with vegetables Boiled rice Apple	Crispy <i>sisig</i> Fresh <i>lumpia</i> Boiled rice <i>Yema</i> balls	<i>Ginataang hipon</i> <i>Abitsuelas gisado</i> Boiled rice <i>Balimbing</i>

August  
2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	<i>Champorado</i> with fried <i>dilis</i> Fresh milk	Ground beef <i>picadillo</i> <i>Pandesal</i> Apple juice	<i>Daing na bangus</i> Boiled rice Coffee with milk	Apple Sausage Fried rice Hot tea	Fried <i>torsilyo</i> with tomato slices Boiled rice Hot chocolate	<i>Kesong puti</i> <i>Pandesal</i> Hot milk	Cheese & mushroom omelet Sliced bread <i>Dalandan</i> juice
<b>AM Snack</b>	<i>Inihaw na mais</i>	Unsalted crackers	Cinnamon roll	<i>Pichi pichi</i>	<i>Binatog</i>	Cheese sticks	<i>Pan de coco</i>
<b>Lunch</b>	Crispy <i>pata</i> <i>Laswa</i> Boiled rice <i>Buko</i> salad	<i>Inihaw na hito</i> Cucumber- mango salad Boiled rice <i>Mabolo</i>	<i>Sinigang na baka</i> Boiled rice Lychees	Chicken curry <i>Squash-togue</i> <i>okoy</i> Boiled rice Strawberry	<i>Bopis</i> <i>Gisadong sitaw</i> Boiled rice <i>Bayabas</i>	<i>Calamares</i> <i>Kilawin labanos</i> Boiled rice Banana shake	Beef and asparagus stir- fry Boiled rice <i>Santol</i>
<b>PM Snack</b>	Banana muffins	<i>Pancit canton</i> with carrots and <i>sayote</i>	Mango crepe	<i>Ginataan mongo</i>	Creamy macaroni soup	Chicken sandwich	<i>Dinuguan at puto</i>
<b>Dinner</b>	Chicken <i>pochero</i> Boiled rice <i>Rambutan</i>	Fried meatballs <i>Pinakbet</i> Boiled rice Mango	<i>Bisugo</i> <i>escabeche</i> <i>Ginulayang mais</i> Boiled rice <i>Lakatan</i>	Savory pork in crispy noodles Eggplant & tomato salad Fruit tart	Fried chicken <i>Sayote-carrot</i> <i>gisado</i> Boiled rice Avocado shake	<i>Pinaputok na kitang</i> <i>Upo gisado</i> Boiled rice Papaya	<b>Creamy fern soup</b> Crispy shrimp balls Boiled rice <i>Lansones</i>





# Creamy Fern Soup

## Ingredients

- 2 Tbsp Unsalted butter or margarine
- ¼ cup Onion, Bombay, sliced
- ½ cup Chicken, breast, sliced thinly
- 4 cups Water
- 1 pc Chicken bouillon (optional)
- 1 cup Potato, diced
- 4 cups Fiddlehead fern, fresh, cleaned
- ½ can Milk, evaporated, tall
- 1 Tbsp Iodized salt
- ⅛ tsp Black pepper

## Procedure

1. Heat butter or margarine in a pan. Sauté onion and chicken.
2. Add chicken broth. Cover and bring to boil.
3. Add potato, cook for 5 minutes or until tender.
4. Add the milk and reduce heat to medium, heat until nearly boiling. Do not let the soup boil or the milk will curdle.
5. Season with salt and pepper.
6. Add fern, simmer for two minutes.
7. Serve hot.

SOURCE: Alternate Foods Research Group.  
Economical and Nutritious Alternate Foods-Recipes.

Nothing compares to a hot chicken soup for the weary mind and body especially if fresh ferns are tossed in a rich creamy broth absorbed by soft potato cubes



## Estimated energy and nutrient content per serving (using FCT + Menu Eval Software, v. 2002)

Energy, kcal	117	Thiamin, mg	0.05
Protein, g	7	Riboflavin, mg	0.17
Calcium, mg	124	Niacin, mg	3.7
Iron, mg	1.2	Vitamin C, mg	10
Vitamin A, µg RE	196		

## Yield

Serving size	1 cup
Weight per serving	230g
Number of serving	7 servings

# 08 August 2012

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## 07 July 2012

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## 09 September 2012

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# Beefy Sigarilyas

## Ingredients

- 3 Tbsp Cooking oil
- 2 cups Boneless beef, sliced thinly
- ¼ cup Garlic, crushed
- 1 pc Beef bouillon, optional
- 5 cups Water
- 2 Tbsp Soy sauce
- 3 Tbsp Sugar, white
- 2 cups Sigarilyas, sliced diagonally
- 2 Tbsp Green onion, sliced thinly

## Procedure

1. In a pan, heat oil. Stir fry beef. Add garlic.
2. Combine bouillon, water, soy sauce and sugar.
3. Let boil in a covered pan. Add beef and simmer, until beef is tender and sauce is of desired consistency.
4. Add *sigarilyas*, simmer for 3 minutes.
5. Remove from fire and garnish with green onions.

Relish the pungent aroma and tenderness of beef strips perfectly coupled with munchy *sigarilyas* and hints of green onions and garlic in a mild sweet sauce



## Estimated energy and nutrient content per serving (using FCT + Menu Eval Software, v. 2002)

Energy, kcal	218
Protein, g	18.1
Calcium, mg	41
Iron, mg	2.7
Vitamin A, µg RE	120

Thiamin, mg	0.19
Riboflavin, mg	0.20
Niacin, mg	8.5
Vitamin C, mg	6

## Yield

Serving size	1 cup
Weight per serving	130g
Number of serving	5 servings



# 09September 2012

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## 08 August 2012

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## 10 October 2012

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# September 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Fried <i>daing na bangus</i> Boiled egg Fried rice Coffee with milk	Fresh orange juice Ham and egg sandwich	Apple <i>Batchoy</i>	Crispy bacon bits Hotcake with syrup and butter Hot chocolate	Mango juice Corned beef with potato and onion rings Fried rice	Fried <i>tamban</i> Tomato slices Boiled rice Coffee with milk	Pineapple-orange juice Fried egg Rice
<b>AM Snack</b>	<i>Kamote fritters</i>	<i>Arroz caldo</i>	<i>Kuchinta</i>	<i>Pancit canton gisado</i>	<i>Pork siomai</i>	<i>Binatog</i>	<i>Tamales</i>
<b>Lunch</b>	<i>Hototay</i> soup Fried <i>galunggong</i> <i>Ginataang kadyos</i> Boiled rice Melon balls	Crispy <i>dinuguan</i> <i>Gisadong mongo at talinum</i> Boiled rice <i>Lakatan</i>	Chicken <i>sisig</i> Banana heart <i>kilawin</i> Boiled rice <i>Chico</i>	<i>Kilawing talaba</i> <i>Mustasa con itlog</i> Boiled rice Apple	Shrimp <i>sinigang</i> with vegetables Boiled rice <i>Bukayo</i>	<b>Beefy <i>sigarilyas</i></b> Boiled rice <i>Buko pandan</i>	<i>Inihaw na hito</i> <i>Ensaladang talong</i> Boiled rice Watermelon
<b>PM Snack</b>	<i>Pancit palabok</i>	Cheese roll	<i>Piyanono</i>	<i>Nilupak</i>	Sans rival	Pizza <i>pandesal</i>	<i>Suman sa lihiya</i>
<b>Dinner</b>	Breaded porkchop <i>Pinakbet</i> Boiled rice <i>Langka</i>	<i>Adobong pusit</i> Crispy <i>kangkong</i> Boiled rice Cathedral windows	Beef <i>pochero</i> with root crops and vegetables Boiled rice Peanut brittle	Fried <i>alumahan</i> Cabbage <i>gisado</i> Boiled rice <i>Lansones</i>	Broiled chicken in lemon-garlic marinade <i>Tinimtim</i> Boilde rice <i>Latundan</i> smoothie	<i>Sinabawang upo at daing</i> <i>Pata tim</i> Boiled rice <i>Suha</i>	<i>Pininyahang manok</i> <i>Sitaw-squash gisado</i> Boiled rice <i>Durian</i>



October  
2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Fried <i>longganisa</i> with tomatoes Fried rice Coffee with milk	Potato omelet Boiled rice Hot chocolate	Toasted <i>dilis Champorado</i> Coffee with milk	Fresh orange juice Grilled hotdog <i>Kesong puti</i> Boiled rice	Fried <i>tinapang galunggong</i> Tomato slices Boiled rice Coffee/Tea	Scrambled egg <i>Pandesal</i> with butter Hot chocolate	Macaroni soup Cheesy <i>puto Salabat</i>
<b>AM Snack</b>	Cassava <i>bibingka</i>	<i>Buko</i> pie	Spaghetti with meatballs	Mocha roll	Donut with nuts	<i>Biko</i> with grated coconut	Chicken sandwich
<b>Lunch</b>	<i>Bangus paksiw</i> with <i>ampalaya</i> and <i>talong</i> Boiled rice Mangosteen	<i>Arroz a la cubana</i> Caesar salad Boiled rice Ripe mango	Beef <i>nilaga</i> with corn and <i>pechay</i> Boiled rice <i>Lakatan</i>	Carrot-sotanghon soup with <i>hibe</i> Chicken <i>afritada</i> Boiled rice <i>Ponkan</i>	<i>Miswa</i> soup with meatballs and <i>patola</i> <i>Dulong</i> fritters Boiled rice <i>Guyabano</i>	Fried <i>maya-maya</i> <i>Ensaladang kulitis</i> Boiled rice Ripe mango	Pork tail <i>kare-kare</i> with <i>bagoong</i> Boiled rice Chilled dragon fruit
<b>PM Snack</b>	Chicken <i>empanada</i>	<i>Pancit bihon gisado</i>	<i>Ensaymada</i>	<i>Turon</i>	<i>Inihaw na mais</i>	<i>Piyanono</i> with caramel top	<i>Ginatan halo-halo</i>
<b>Dinner</b>	Breaded <i>tilapia Chopsuey</i> Boiled rice Strawberry	Fried chicken <i>Gisadong sitaw at itlog</i> Boiled rice <i>Datiles</i>	<b>Be Cool Express</b> Boiled rice Chilled fruit cocktail	Fried <i>hasa-hasa</i> <i>Apan-apan</i> Boiled rice Papaya shake	Beef steak <i>Tagalog Lumpiang ubod</i> fritter Boiled rice Kiwi	Pork <i>sinigang</i> with vegetables Boiled rice <i>Atis</i>	<i>Dulong</i> fritters <i>Ginataang mais</i> Boiled rice Durian





# Be Cool Express

One really has to be cool enough to take on this combo of hot chili peppers, nibbly *sigarilyas* and *sitaw* drenched-dried on creamy coconut milk with a tinge of *alamang* and gracious serving of juicy pork *liempo*

## Ingredients

- ¼ cup Cooking oil
- ½ kg Pork, *liempo* , sliced into strips
- 2 Tbsp Garlic, crushed
- 2 Tbsp Onions, chopped
- ¼ cup *Alamang*
- 1 cup Coconut milk (2<sup>nd</sup> extraction)
- 2 cups Coconut milk (1<sup>st</sup> extraction)
- 1 cup *Sigarilyas*, sliced diagonally
- 1 cup *Sitaw*, sliced 2 cm
- ¼ cup Chili peppers, seeded, strips
- 1 tsp Iodized salt

## Procedure

1. In a pan, heat oil. Sauté pork until cooked. Remove and set aside.
2. In another pan, sauté garlic, onion and *alamang*.
3. Add pork and coconut milk 2<sup>nd</sup> extraction. Cover and simmer until pork is tender.
4. Add the coconut milk 1<sup>st</sup> extraction. Simmer uncovered for 10 minutes.
5. Add *sitaw* and *sigarilyas* and chili peppers. Cook for 3 minutes.
6. Season with salt.



## Estimated energy and nutrient content per serving (using FCT + Menu Eval Software, v. 2002)

Energy, kcal	561
Protein, g	17.2
Calcium, mg	98
Iron, mg	2.5
Vitamin A, µg RE	31

Thiamin, mg	0.38
Riboflavin, mg	0.12
Niacin, mg	6.1
Vitamin C, mg	9

## Yield

Serving size	1/2 cup
Weight per serving	90g
Number of serving	8 ½ servings

# 10 October 2012

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# Stir-Fried Chicken with Kulitis

Chicken fillet that's crisp outside but tender inside serenaded by a generous symphony of *kulitis*, basil, bell pepper and ginger orchestrated by the allusion of oyster sauce

## Ingredients

- 8 pcs Chicken thighs, fillet, skinless, sliced
- 1 Tbsp Iodized salt
- 2 tsp Black pepper, ground
- 2 Tbsp Cooking oil
- 1 tsp Onion, chopped
- 1 Tbsp Garlic, crushed
- 1 tsp Ginger, cut into strips
- 1 Tbsp Green chilies, sliced
- 3 Tbsp Bell pepper, round, red
- ¼ cup Oyster sauce
- 1 tsp Basil leaves, coarsely chopped
- 3 cups *Kulitis*

## Procedure

- Season chicken with salt and pepper.
- In a pan, heat oil. Stir fry chicken until brown, and then set aside.
- In the same pan, sauté onion, garlic, ginger, chilies and bell pepper. When cooked, add the chicken.
- Add oyster sauce and basil. Cook for 1 minute.
- Add *kulitis*. Cook for another 1 minute. Serve hot.



## Estimated energy and nutrient content per serving (using FCT + Menu Eval Software, v. 2002)

Energy, kcal	269
Protein, g	18.2
Calcium, mg	109
Iron, mg	3.9
Vitamin A, µg RE	208

Thiamin, mg	0.06
Riboflavin, mg	0.25
Niacin, mg	8
Vitamin C, mg	27

## Yield

Serving size	¾ cup
Weight per serving	100g
Number of serving	4 servings



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# November 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Fried <i>tawilis</i> Tomato slices Boiled rice Coffee with milk	Tuna omelet Instant <i>pancit</i> <i>Pandesal</i> Hot chocolate	<i>Tapsilog</i> Coffee with milk	Orange juice Sliced bread Guava jelly Cheese	<i>Tortang talong</i> Boiled rice Hot tea	Pineapple- orange juce Pork and beans <i>Pandesal</i>	Fried <i>tinapang</i> <i>bangus</i> with <i>kalamansi</i> dip Boiled rice Coffee/Milk
<b>AM Snack</b>	<i>Maja blanca</i>	Cheese roll	<i>Pan de coco</i>	Carrot cake	<i>Karioka</i>	Boiled <i>saba</i>	<i>Pandan</i> muffin
<b>Lunch</b>	<i>Camaron</i> <i>rebosado</i> <i>Tinuto</i> Boiled rice <i>Lakatan</i>	Beef <i>pinapaitan</i> <i>Dinengdeng</i> Boiled rice Apple	<i>Inihaw na dalag</i> <i>Ginataang</i> <i>sigarilyas at</i> <i>kalabasa</i> Salad twister Boiled rice Guava	<i>Halabos na</i> <i>tatampal</i> <i>Kamote</i> tops- tomato-green mango salad Boiled rice Strawberry	<i>Tinolang mais</i> with <i>malunggay</i> Pork tenderloin in zesty sauce Boiled rice <i>Suha</i>	Boiled <i>alimasag</i> Shrimp-pomelo green salad Boiled rice Mango	Pork <i>menudo</i> <i>Laswa</i> Boiled rice Chilled ripe <i>langka</i>
<b>PM Snack</b>	<i>Siopao</i>	<i>Pancit malabon</i>	<i>Balut</i>	<i>Pilipit</i>	Cream puff	<i>Mamon</i>	Carbonara
<b>Dinner</b>	<i>Gisadong sardinas</i> <i>at talinum</i> Boiled rice Pineapple slices	Crab & corn soup Pork <i>adobo</i> Boiled rice Chilled fruit cocktail	<i>Ginataang</i> <i>kuhol</i> with <i>dahong sili</i> Boiled rice <i>Chico</i>	Chicken ala king Coleslaw Boiled rice Mangosteen	Cream of mushroom soup <i>Inihaw na biya</i> <i>Kulitis</i> salad Boiled rice Lychees	<i>Inihaw na</i> <i>tamban</i> <i>Sitsaro</i> -carrot- <i>kintsay gisado</i> Boiled rice <i>Latundan</i>	<b>Stir-fried chicken</b> <b>with <i>kulitis</i></b> Boiled rice <i>Guyabano</i>

December  
2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Hard-cooked egg <i>Goto arrozcaldo</i> Coffee/Milk	<i>Latundan</i> <i>Pandesal</i> with <i>matamis sa bao</i> Hot chocolate	Fresh orange juice Fried meatloaf Boiled rice	<i>Pesang bangus</i> Boiled rice Coffee with milk	Watermelon French toast with strawberry jam Hot tea	Pineapple- orange juice Cheese slices <i>Puto</i> with salted egg	Fried <i>tuyo</i> Scrambled egg Boiled rice Cappuccino
<b>AM Snack</b>	Waffle hotdog	Chicken pie	<i>Suman sa lihiya</i>	Banana cue	Chocolate cake	<i>Bitso-bitso</i>	<i>Tupig</i>
<b>Lunch</b>	<i>Ginataang tulingan</i> <i>Bulanglang</i> Boiled rice Chico	Nido soup Fried chicken <i>Adobong sitaw</i> Boiled rice <i>Pandan-nata de Dalandan</i>	<i>Bachoy Tagalog</i> <i>Sigarilyas-</i> squash <i>gisado</i> Boiled rice Lychees	Beef <i>caldereta</i> Cucumber slices Boiled rice <i>Lakatan</i>	<i>Pinaputok na tilapia</i> with tomatoes and onions <i>Pechay gisado</i> Boiled rice <i>Ube-macapuno</i>	Chicken gallantina Buttered yellow corn & brocolli Boiled rice Dragon fruit	<i>Adobong pusit</i> Baguio beans- cauliflower <i>gisado</i> Boiled rice Lychees
<b>PM Snack</b>	<i>Galyetas de patatas</i>	<i>Sapin sapin</i>	<i>Taho</i> in syrup with <i>sago</i>	Fettucine	<i>Binatog</i>	Blueberry muffin	Fried fishball
<b>Dinner</b>	Mini pork BBQ <i>Alukon sa maki</i> Papaya shake	Beef with oyster sauce Sauteed broccoli Boiled rice Leche flan	<i>Dalagang bukid</i> <i>escabeche</i> with SSS <i>Labong gisado</i> Boiled rice Avocado	<i>Callos</i> Waldorf salad Boiled rice Cheese tart	<i>Lechon kawali</i> <i>Ginataang langka</i> Boiled rice Mangosteen	Seafoods bouillabaise Sauteed squash tops & flowers Boiled rice Grapes	<i>Sopa de ajo</i> Beef with young corn Boiled rice <i>Buko</i> salad

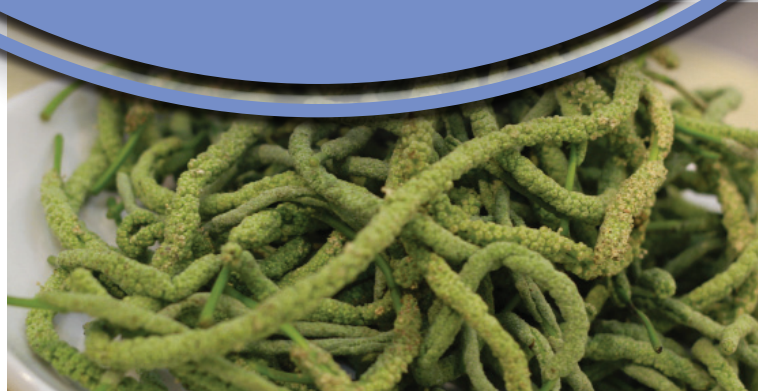


Ingredients

3 cups	Japanese rice (short grain)
3 ½ cups	Water
1/3 cup	Rice vinegar
2 Tbsp	Sugar, white
1 tsp	Iodized salt
9 Tbsp	Mayonnaise
9 pcs	Nori sheet
2 pcs	Cucumber, seeded, cut lengthwise
2 cups	<i>Alukon</i> , boiled
9 pcs	Crabstick, halved, cut lengthwise
¾ kg	Mango, ripe, sliced, cut lengthwise
2 Tbsp	Wasabi
½ cup	Soy sauce

Procedure

1. Wash rice once. Combine rice with water. Let soak for 30 minutes. Cook in rice cooker or in a regular pot. Set aside.
2. Mix rice vinegar, sugar and salt in a sauce pan. Heat until sugar dissolves in low heat. Let cool.
3. Mix with rice. Let the rice cool.
4. Meanwhile, put mayonnaise in a plastic squeezer.
5. Lay Nori sheet over a bamboo mat. Get a handful of the rice mixture and spread the cold cooked rice on the Nori sheet.
6. Squeeze mayonnaise on top of rice.
7. Align cucumber, *alukon*, crabstick and mango.
8. Gently roll Nori sheet, pulling and pushing till it forms a log.
9. Slice the rolled up *maki* with a sharp knife.
10. Serve with wasabi and soy sauce.



Alukon sa  
Maki

As a snack or main dish, *maki* with *alukon* and a myriad of unlikely mainstays such as cucumber, mango and crabstick with the assimilation of Japanese nori sheet and wasabi, will undoubtedly revolutionize your perspective on rice dishes

Estimated energy and nutrient content per serving  
(using FCT + Menu Eval Software, v. 2002)

Energy, kcal	211	Thiamin, mg	0.06
Protein, g	4.3	Riboflavin, mg	0.05
Calcium, mg	49	Niacin, mg	1.6
Iron, mg	1.3	Vitamin C, mg	11
Vitamin A, µg RE	48		

Yield

Serving size	½ roll or 6 slices
Weight per serving	125g
Number of serving	18 servings



# 12 December 2012

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# All about Vegetables

by Ma. Idelia G. Glorioso

- Vegetables may be classified into green leafy and yellow vegetables and other vegetables.
- Also, as an edible plant or their parts such as roots, tubers, bulbs, stems, shoots, leaves and flowers and may be consumed raw or cooked.

Green Leafy and Yellow Vegetables		Other Vegetables
<ul style="list-style-type: none"><li>• Malunggay</li><li>• Sayote Tops</li><li>• Carrot</li><li>• Gabi Leaves</li><li>• Sili Leaves</li><li>• Saluyot</li><li>• Upo tops</li><li>• Tamling</li><li>• Talinum</li><li>• Spinach</li><li>• Ampalaya leaves</li></ul>	<ul style="list-style-type: none"><li>• Kamote tops</li><li>• Alugbati</li><li>• Kangkong</li><li>• Mustasa</li><li>• Petsay</li><li>• Squash leaves, fruits &amp; flowers</li><li>• Other leafy green</li></ul>	<ul style="list-style-type: none"><li>• Abitsuelas</li><li>• Ampalaya</li><li>• Banana buds</li><li>• Bataw</li><li>• Upo</li><li>• Malunggay (fruit)</li><li>• Okra</li><li>• Patola</li><li>• Sigarilyas</li><li>• Sitaw</li><li>• Talong</li></ul>



## Benefits of eating vegetables

- Improved body's immune system and growth development
- Reduced risk of having diabetes mellitus, cancer, cardiovascular, and gastro-intestinal diseases
- Control of blood sugar levels
- Cholesterol lowering effects due to its fiber content
- Low chances of weight gain
- Improved teeth and bone structure
- Regulation of bowel movement
- Improved digestion and waste excretion
- Better memory and brain functioning

## Recommended servings

The recommended servings of vegetables for the day vary depending by age and lifestyle:

Age Group	Recommended Amounts	
	Green, leafy and yellow vegetables	Other vegetables
Pregnant Mothers	¾ cup, cooked	1 cup, cooked
Lactating Women	1 cup, cooked	1 cup, cooked
Children (1-6 years)	¼-½ cup, cooked	2 Tbsps-¼ cup, cooked
Children (7-12 years)	⅓-½ cup, cooked	½ cup, cooked
Adolescents (13-19 years)	¾ cup, cooked	¾ cup, cooked
Adults	¾ cup, cooked	¾ cup, cooked
Older Persons	¾ cup, cooked	¾ cup, cooked



# Nutritional value

Nutritional value of vegetable varies depending on its characteristics like color and the part of the plant that is eaten such as leaves and stems, fruit, flower, seed and roots.

- Green leafy and yellow vegetables are the most easily available and inexpensive sources of beta-carotene that is converted to vitamin A in the body.
- They also supply dietary fiber which gives bulk and roughage to the diet and variety to the meal.
- Green leafy and yellow vegetables may also contain minerals like calcium and iron.
- The greener or the deeper their yellow color, the higher their beta-carotene.
- Other vegetables on the other hand, provide significant amount of nutrients such as B-complex vitamins and minerals.
- They also supply dietary fiber which gives bulk and roughage to the diet and variety to the meal.

## Simple tips in selecting, preparing, storing and cooking vegetables

- Choose vegetables that are crisp and bright in color with no signs of decay or rotting.
- Buy vegetables which are in season, they not only cost least but also very high in quality.
- Fresh vegetables cannot be stored for a very long time. Buy only that can be properly stored. Before storing, remove any spoiled portion.
- Wash vegetables thoroughly to wash off pesticides.
- Wash vegetables before cutting to prevent loss of water-soluble vitamins and some trace minerals.
- Store, cook and preserve vegetables gently and carefully to retain its nutritive value, flavor and color.



**Eat vegetables  
for healthier life!**

## Frequently Asked Questions

**Question: Are vegetarian diets adequate?**

Answer: Vegetarian diets can be adequate if planned properly. The quantity and quality of protein in a vegetarian diet is the cause of concern. To maintain the quality of protein in the diet, choose alternatives to meat like nuts and dried beans.

Soy bean milk substitutes with added calcium as well as other soy bean products, dried beans and green leafy vegetables provide calcium and iron. Include vitamin C rich-foods in vegetarian diets to improve absorption of iron.

**Question: Children in general do not like vegetables. How can children be encouraged to eat vegetables?**

Answer: Vegetables must be prepared and served in such a way that they are attractive to children. For example, mothers may hide grated vegetables in foods that children love to eat such as *sopas* and omelette. Slice vegetables finely so children can chew them easily. Offer them in a variety of shapes.

**Question: Is it safe to eat raw vegetable salads?**

Answer: Yes, it is safe to eat raw vegetable salad if the vegetables have been washed thoroughly in cold running water before cutting. Soaking time should be reduced to a minimum to obtain maximum retention of water-soluble nutrients.

# List and Description of Indigenous Vegetables

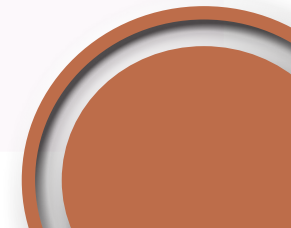
by Divorah V. Aguila

English Name	Scientific Name	Local Names	Description	Nutrient Content	Cooking Method
Birch flower	<i>Broussonetia luzonica</i>	<i>Himbaba-o, Alukon</i>	Birch species are generally small to medium-sized trees or shrubs, mostly of temperate climates. The simple leaves are alternate, doubly serrate, feather-veined, petiolate, and stipulate. The fruit is small, although the wings may be obscure in some species.	Good source of vitamin A, calcium, iron and potassium	<i>Himbabao</i> is a delectable vegetable. It becomes slimy when cook and gives the soup a thicker body. It is good as stand alone dish or mixed with other favorites.
Pigeon pea	<i>Cajanus cajan</i>	<i>Kadyos</i>	Refers to the pigeon pea, also known as red gram or Congo peas in English. The Philippine variety of this legume looks like small black beans to Filipinos. They sometimes translate it into English as black-eyed peas. They are probably native to Africa but thrive in many parts of Asia, especially in India, where there are several varieties, the two most common being described by their color, green or black	Seeds are rich in carbohydrates (58%) and proteins (19%). Fair source of calcium and iron; good source of vitamin B.	<i>Kadyos</i> beans are a popular ingredient in Ilonggo cuisine of Iloilo, in particular in the soup known as KBL or KMU: K = <i>kadyos</i> B = <i>baboy</i> (pork) L = <i>langka</i> (jackfruit)  K = <i>kadyos</i> M = <i>manok</i> (chicken) U = <i>ubod/ubad</i> (pith or core of the trunk of a banana plant)
Squash or pumpkin	<i>Cucurbita maxima</i>	<i>Kalabasa</i>	Belongs to the same family of watermelons and cucumber. It is grown abundantly in the Philippines. It thrives well in tropical climate. The colour of the skin can vary from green to yellow. The colour of the flesh is a deep yellowy-orange.	Per 100 grams of boiled <i>kalabasa</i> , the body may get 38mg calcium, 20 mg of phosphorus and 410ug of beta-carotene with only 47 kilocalories of energy.	Squash is not only used for cooking vegetable dish. It is also served as part of the ingredients in making pies, soups and breads in cafes and restaurants. It can be cooked with or without the skin.
West Indian Pea	<i>Sesbania grandiflora</i> (Linn.) Pers.	<i>Katuray</i>	<i>Katuray</i> is a tree, 5 to 12 meters high, often planted for its edible flowers and pods.	Flowers are an excellent source of calcium, fair source of iron, good source of vitamin B.	The large white or pink flowers are edible, eaten raw or steamed; makes for an excellent salad. Young pods are eaten like string beans.
Amaranth, Chinese spinach, tampala, pigweed	<i>Amaranthus spinosus</i> L.	<i>Kulitis, Uray</i>	<i>Kulitis</i> belong to the family Amaranthaceae. It is a common name used for plants with blossoms that do not readily fade when picked.  Vegetable <i>kulitis</i> are recommended as a good food with medicinal properties for young children, lactating mothers and for patients with fever, hemorrhage, anemia or kidney complaints.	Amaranth is a rich source of calcium, iron and vitamin A.	<i>Kulitis</i> is one of the most delicious leafy vegetables. It is a good crop for greens especially during the summer months when it is hard to grow and other kinds of vegetables. <i>Kulitis</i> is used in stews, “sinigang” and other dishes.
Bamboo shoots	<i>Bambusa vulgaris</i> Schrad.	<i>Labong</i>	<i>Labong</i> are young, new canes. They are harvested before they are two weeks old. In length, they are at maximum one foot tall. The young shoots of bamboo are common vegetables in the whole region of Pacific Asia.	Vegetable fiber derived from <i>labong</i> has very few calories, is tasteless and is white in color. <i>Labong</i> helps keeping cholesterol levels in check and should help in preventing colon cancer, they help, moreover, to maintain blood pressure and a steady heart beat.	Added to salads, soup and vegetable dish. Raw bamboo shoots are bitter tasting if not peeled and boiled for 20 minutes. They should be boiled, leaving the pan uncovered, in that way the bitterness can escape into the air.
Fresh-lady fern Vegetable Fern	<i>Athyrium esculentum</i> (Retz.) Copel.	<i>Pako Tagabas</i>	A terrestrial fern with a creeping rhizome and stout black roots on the undersurface. Compactly situated leaves are borne spirally, reaching a height of 1 m or more. The rhizome bears narrow, tapering toothed scales, about 1 cm long. Leaves are 2- or 3-pinnate; 50 to 80 cm long; the pinnules are lanceolate, coarsely toothed. Sori are superficial and elongate, arranged in pairs on the side of the veins or veinlets.	A good source of calcium, phosphorus, iron and vitamin B.	Young <i>pako</i> are eaten as a leafy vegetable, raw or cooked; or as an ingredient in salads or stews.

English Name	Scientific Name	Local Names	Description	Nutrient Content	Cooking Method
Cucumber	<i>Cucumis sativus</i> Linn.	<i>Pipino</i>	<i>Pipino</i> is an annual, fleshy, climbing vine. Leaves are ovate, 8 to 14 centimeters long, 5-angled or 5-lobed, the lobes or angles being pointed, and hispidious on both surfaces. Flowers are yellow and bell-shaped, axillary, solitary, stalkless or short-stalked. Male and female flowers are similar in color and size, yellow, and about 2 centimeters long. Fruit is usually cylindric, 10 to 20 centimeters long, smooth, yellow when mature, and slightly tuberculated. A variety is smaller and greenish. Seeds are numerous, oblong, compressed, and smooth.	Good source of calcium and iron, vitamins B and C.	Raw fruit is peeled, sliced thin, served with vinegar, sugar, salt, pepper and calamansi makes a good vegetable side dish.  Common salad ingredient; also boiled in stew dishes.  Seed kernel is edible.  A variety is used for making pickles.  In Malaya, young leaves are eaten raw or steamed.
Wing bean Four-angled bean Goa bean Short-day asparagus pea	<i>Psophocarpus tetragonolobus</i>	<i>Sigarilyas</i> <i>Kalamismis</i>	A vine with climbing stems and leaves, to a height of 3-4 meter. Leaves are pinnate or palmate to trifoliate. Bean pod is about 6 to 8 inches long, four-angled. Flowers are large and pale to bright blue.	Good source of vitamins A (235mg) and C (5mg), calcium (63 mg), phosphorus (32mg) and iron (0.6mg).	Whole plant is edible, the beans used as vegetable; but the other parts—leaves, flowers and roots—are also edible. Flowers used as rice and pastry colorant.  Young leaves can be pickled or prepared as vegetable, like spinach.
String/Snap Beans	<i>Vigna unguiculata</i> (L.) Walpers subsp. <i>sesquipedalis</i> (L.) Verdc.	<i>Sitaw</i>	Varies in range of sizes. It falls in the same family category of the red kidney beans and black beans.	Per 100 grams of boiled <i>sitaw</i> , the body may get 4 grams protein, 1.3 grams fiber, 74 milligrams calcium, 43 milligrams of phosphorus and 315 micrograms of beta-carotene with only 52 kilocalories of energy.	It is advisable to cook string beans with care since some of its nutrients are lost when over-cooked. Simmering or steaming beans until tender-crisp, makes them taste good.
Jewels of Opar Fame flower	<i>Talinum paniculatum</i> (Jacq.) Gaertn.	<i>Talinum</i>	Fleshy, erect herb, growing to 50 cm. Leaves are in whorls, obovate-lanceolate, flat, glossy and bright green. Flowers are in terminal panicles, small and pink colored.	A good source of beta-carotene, calcium and iron.	<i>Talinum</i> can be prepared just like spinach; so we can have stir-fry, spinach calzone, and of course just boiled spinach.
Eggplant	<i>Solanum melongena</i> L.	<i>Talong</i>	The fruit is long, thin and has a purple colour. The size can differ. The purple fruit is tasty and smooth. It is a fruit but eaten as a vegetable.	Eggplants are good sources of dietary fiber, calcium and phosphorus and contain minimal calories. Eggplants are very important sources of phytonutrients, which is obtained from their deep purple color.	Many times the <i>talong</i> is cut open in one piece, baked together with eggs, fish or meat and completed with other vegetables. Many people like it in this way as a kind of an omelette.
Bottle gourd White pumpkin	<i>Lagenaria siceraria</i>	<i>Upo</i>	Coarse vine reaching a length of several meters. Leaves are rounded, 10-40 cm wide, slightly hairy on both sides, 5-angled or lobed. Flowers, white, large, solitary. Petals are ovate, 3-4 cm long. Calyx is green, mottled gray or white, usually club-shaped or ovoid or depressed-globose, as thick as it is long.	The fruit can also be a source of calcium (14mg), and phosphorus (9mg).	Added to salads, soup and vegetable dish.

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# More veggies, healthier life

by Charina A. Javier

*“Kumain ng gulay, pampahaba ng buhay”*, our folks would usually tell us. Eating a lot of vegetables has definitely been associated with longer life, accounting for the testimonials of older people who reached 80 years and above.

Today, however, more and more people get diabetes, cardiovascular diseases, and cancer. These are in addition to the problems of micronutrient deficiencies like iron deficiency anemia, vitamin A deficiency disorders and other illnesses caused by vitamin and mineral deficiencies.

The status of vegetable intake in the Philippines is quite alarming with the declining trends in the past 30 years. In 1978, the per capita vegetable consumption was 145 grams while in 2008, vegetable intake was down to 111 grams.

Vegetables and fruits are considered regulating foods. They are rich sources of vitamins and minerals that are essential in body processes and are needed to effectively use carbohydrates, fats and protein in providing energy and building muscles and other tissues.

Yet, the 7<sup>th</sup> National Nutrition Survey showed that in general, only few Filipinos adequately meet their calcium, iron, vitamin A and vitamin C and other micronutrients from the diet.

Inadequate calcium intake may result to stunted growth, defective structure of teeth and bones among children, soft bones, low peak bone mass and subsequent increased risk to fracture, and osteoporosis among adults. Green leafy vegetables are rich sources of calcium, such as *malunggay*, *saluyot*, *kintsay* and *mustasa* and other vegetables like seaweed, *okra*, *abitsuwelas* and spinach.

Iron deficiency may cause easy fatigability, general weakness, poor physical performance, paleness, weight loss and nutritional anemia. Iron-rich vegetables include red mungbean, *balbalulang*, *kintsay*, *kasubha*, *kulitis*, *sabitan* leaf, banana flower and *saluyot*.

Vitamin A is needed for normal vision, growth, immunity, reproduction and red blood cell production, among others. A person can become vitamin A-deficient if there is chronically insufficient vitamin A intake or if there is infection. Vitamin A deficiency (VAD) can lead to a series of visual impairment including night blindness, Bitot's spot and eventually blindness, if not prevented. People with VAD are also more prone to infections and other illnesses. Vitamin A-rich vegetables include *gabi* leaves, *malunggay* leaves, *alugbati*, *ampalaya*, *kangkong*, spinach, *petsay*, *kamote*, lettuce, carrot and squash.

Vegetables contribute about 34-53 percent of the vitamin C intake of the population, making it the major source of vitamin C. However, only three in every 10 households met the estimated average requirement for vitamin C. Vitamin C increases the body's resistance to infection, keeps the gums and teeth healthy, helps in the absorption of iron and calcium, formation of red blood cells and acts as antioxidant. Vitamin C-rich vegetables include leafy greens like *malunggay*, *ampalaya*, *petsay*, *saluyot* as well as red and green pepper, *sitsaro* and raw cabbage.

Some vegetables are considered functional foods because these provide additional benefits beyond their nutritive value. Dietary fiber that comes from carbohydrate plant sources are not digested by intestinal enzymes, but processed in the colon as food for good bacteria which are beneficial to the health. High dietary fiber intake has been associated with reduced risk to chronic diseases such as obesity, diabetes, cardiovascular diseases and some forms of cancer.

Among the local vegetables in the Philippines that are potential functional foods and currently being studied include *malunggay*, rootcrops like *kamote*, legumes like *abitsuwas*, green peas, mungbean, pigeon pea and chick pea and herbs like ginger.

Vegetables also promote healthy weight maintenance and management of diabetes because these are naturally low in fat and the fiber these contain prolongs digestion. Thus, a person feels full for a longer period of time and lessens cravings for particular foods.

No wonder, in the old days, our ancestors had long life because they were physically active and they eat a lot of freshly-picked vegetables and whole grains that kept them from diseases.

So if you want a longer, healthier life, start eating more vegetables today!



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# Technical Working Group



## Nutrition and Food R&D Section Food and R&D Group

**Marietta M. Bumanglag**  
Senior Science Research Specialist

**May Ann R. Devanadera**  
Science Research Specialist I

**Maylene D. Pua**  
Science Research Analyst

**Allan R. Reyes**  
Project Assistant III

**Antonette Marie P. San Pedro**  
Project Assistant II



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## Creative and Publication Unit Technology Diffusion and S&T Services Division

**Ma. Idelia G. Glorioso**  
Senior Science Research Specialist

**Jund Rian A. Doringo**  
Science Research Specialist I

**Divorah V. Aguila**  
Science Research Specialist I

**Charina A. Javier**  
Science Research Specialist I

**Salvador R. Serrano**  
Science Research Specialist II

**Erlinda V. Ilao**  
Science Research Analyst

**Romeo R. Artuz**  
Administrative Assistant I

## Editor

**Zenaida V. Narciso, Ph.D.**  
Chief Science Research Specialist, TDSTSD

## Technical Advisers

**Mario V. Capanzana, Ph.D.**  
Director

**Ferdinand B. Oamar, DPA**  
OIC - Office of the Deputy Director  
Chief Administrative Officer, FAD

**Celeste C. Tanchoco, DrPh**  
Scientist III  
Chief Science Research Specialist, NFRDD

**Zenaida V. Narciso, Ph.D.**  
Chief Science Research Specialist, TDSTSD

**Jocelyn A. Juguan, Ph.D.**  
Supervising Science Research Specialist,  
OIC, NAMD

For more information write or call the

Food and Nutrition Research Institute  
Department of Science and Technology  
DOST Comp., Gen. Santos Ave., Bicutan, Taguig City  
837 2934 or 837 3164  
mvc@fnri.dost.gov.ph or mar\_v\_c@yahoo.com  
fnri.dost.gov.ph