

*** Menu ***

1



BESTSELLER!

Burger Queen

2



MUST TRY!

Cheesy Potato

3



MUST TRY!

Power Puff

4



NEW!

Munggo Overload Pizza

5



BESTSELLER!

Pinoy Fiesta Taco Mix

6



NEW!

Brown Rice Burrito

2016

Menu Guide Calendar

Helping meet the nutrient needs of adolescents through consumption of legumes and nuts



Food and Nutrition
Research Institute
Department of Science and Technology

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.

Mission

As the 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.

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.

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 customers' satisfaction.

Core Values

- Excellence
- Action-oriented
- Teamwork
- Sincerity





Message from the Secretary

In the words of our national hero Dr. Jose Rizal, “Our youth is our country’s future.” This indeed is true as the Department of Science and Technology through the Food and Nutrition Research Institute (DOST-FNRI) put great value in their well-being and all around health.

Adolescents in particular go through many changes which need proper nourishment, from brain and cognitive development to bone growth. During this critical stage, our youth who are mostly in school, are being guided, molded, and prepared for the future. Ensuring that they are well-nourished will warrant sound mental health and good performance. Nutrition goes hand in hand with education and is therefore a significant investment for our youth, for them to be able to contribute to the country’s progress.

The DOST is a proud partner in developing the potentials of these young individuals by nurturing their capabilities in becoming young scientists through critical and creative thinking. In order for them to flourish in school, the DOST is fully aware that proper nutrition is needed to fuel their bodies and minds throughout the day. Aside from having higher required energy and nutrient intakes to support rapid body growth, the nutrients will keep them alert and smart in making decisions, participating in class discussions, and socializing with fellow students.

The 2016 Menu Guide Calendar of the DOST-FNRI provides ideas on how to maximize the nutritional goodness of legumes among teenagers to help them choose healthy dishes. With this calendar, both our youths and the homemakers are guided with a featured legume recipe per month cycle menu for the growing adolescent and the whole family to benefit from.

It is an accepted fact that legumes are known to have high protein and dietary fiber contents and are great substitute for meat proteins. With the legume recipes featured in the 2016 Menu Guide Calendar, it is my pleasure to invite everyone to join us in promoting proper nutrition among adolescents through consumption of legumes. By investing in the health of our youth, we will be guaranteed of a productive, fruitful, and lively community in the future.

I would like to congratulate the DOST-FNRI for its commitment and continued effort in helping achieve a well-nourished nation.

Mabuhay!


MARIO G. MONTEJO



Message from the Director

During the teen years, nutrition is very important because this is the period of rapid growth. Thus, nutrient requirements are high. But this is also the time when getting proper nutrition is not always easy.

There are a lot of nutritional concerns during adolescence like skipped breakfast and poor lunches. Breakfast is the common missed meal by adolescents that lead to a higher probability of snacking. Skipping meals to lose weight is a poor idea because teenagers are likely to overeat during the next meal just because they are very hungry. Surveys show that people who skip breakfast or other meals tend to have poorer nutrition than those who do not. Poor lunches among teenagers are due to poor selection of foods eaten away from home and eating hurried lunches at school because of hectic school activities.

In the 2008 FNRI nationwide nutrition survey, legumes and nuts were not included in the list of 30 food items commonly consumed by adolescents, 13 to 19 years old. However, dried beans, legumes, and nuts are excellent and cheap alternatives to meats for daily meals. Legumes have the additional nutritional benefit of being low in fat and high in fiber, especially soluble fiber. These are also good sources of iron and B-complex vitamins. Soybean products like tokwa, tofu, and vegemeat are also good substitutes to animal protein foods.

The 2016 FNRI Menu Guide Calendar highlights the importance of good nutrition during teenage years and features recipes utilizing legumes and nuts.

The theme for this year's calendar **"Helping meet the nutrient needs of adolescents through consumption of legumes and nuts"** underscores the importance of these foods. The calendar focuses on the nutritional and health benefits of legumes and nuts and also features standardized recipes utilizing these foods with corresponding nutrient evaluation. The recipes are teenager-friendly. Adolescents will find food preparation easy and enjoyable.

With these nutritious recipes for teenagers highlighted in the 2016 Calendar, it is my fervent wish that all of us will work as one towards creating a healthy environment that gives importance to teenagers' nutrition and well-being. Through this simple act, we can help ensure that teenagers will practice healthy lifestyles for better health and longer life. Providing better nutrition among teenagers can also help families, communities and countries break the cycle of poverty. As the saying goes, *nasa kabataan ang pag-asa ng bayan*.

God bless and Mabuhay!


MARIO V. CAPANZANA, PhD



About the Calendar

This menu calendar can serve as a guide among homemakers in planning, preparing, and serving simple and healthy meals featuring legumes and nuts recipes for growing adolescents.

Adolescence is the transition phase of an individual to adulthood where physical changes are visibly noticeable. To support the rapid growth and development of the adolescents' bodies, they have higher required energy and nutrient intakes.

Although abundant and readily available in the Philippines throughout the year, legumes are not in the top thirty most commonly consumed food items by Filipino adolescents as revealed by the 2008 National Nutrition Survey.

Legumes are a great substitute to animal meat, having high protein and dietary contents.

Presented in this calendar are 15 recipes developed by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) to promote the consumption of legumes and nuts among teenagers. The recipes include main dish courses as well as healthy snacks that would appeal to adolescents.

Also, a four-week menu plan and helpful tips are included in the calendar to help the homemakers plan and prepare teenagers' foods.

◀ JANUARY ▶

Savory Pork N Beans



Nutrition Facts

Serving size 1 ½ cups

Amount per serving

Energy, kcal 765

Fat, g 53.8

Carbohydrate, g 37.8

Protein, g 32.3

Calcium, mg 131

Iron, mg 5.0

Vitamin A, µg RE 45

Thiamin, mg 0.56

Riboflavin, mg 0.29

Niacin, mg 12.6

Vitamin C, mg 37

Ingredients

- 1 cup Kidney beans, red, dried
- 8 cups Water for boiling
- 2 cups Potato, cubed
- 3 cups Cooking oil for frying
- ¼ cup Cooking oil
- ⅓ cup Onion, Bombay, chopped
- 3 Tbsps Garlic, chopped
- 3 cups Pork, *liempo*, sliced
- 4 cups Water
- 1 tsp Black pepper, whole
- 6 pcs Laurel leaves, dried
- ½ cup Tomato sauce
- ½ cup Bell pepper, red and green, strips
- 1 cup Baguio beans, sliced
- ½ cup Cheese, grated
- 2 tsps Iodized salt
- pinch Black pepper, ground



Procedure

1. Boil kidney beans:
 - In a covered pan, boil red beans over medium fire for 45 minutes or until tender. Drain. Set aside.
2. In a pan, deep fry potato. Set aside.
3. In another pan, heat oil. Sauté onion, garlic and pork. Cover and cook for 10 minutes or until pork becomes tender.
4. Add water, pepper and laurel leaves. Simmer for 15 minutes.
5. Add tomato sauce, bell pepper, baguio beans and cheese. Simmer for another 5 minutes.
6. Season with salt and pepper.
7. Add potato and beans. Mix well. Serve hot.

Serving size: 1 ½ cups | Number of servings: 6
Total cooking time: 1 hour & 35 minutes

2016

January

| February 2016 | SU | MO | TU | WE | TH | FR | SA |
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| | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | 28 | 29 | | | | | |

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---------|-----|-----|-----|-----|---------------------|-----|
| | | | | | 1 New Year's Day | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 31 | 25 | 26 | 27 | 28 | 29 | 30 |

Ingredients

Meat mixture:

- 1 cup Munggo, green, dried
- 4 cups Water for boiling
- ¼ cup Cooking oil
- 3 Tbsps Garlic, chopped
- ¼ cup Onion, Bombay, chopped
- 3 cups Pork, ground
- ¼ cup Shrimp, shelled, chopped
- 1 tsp Iodized salt
- ½ tsp Black pepper, ground
- 3 cups Kulitis, sliced

Toppings:

- 1 cup Pizza sauce, sweet
- ½ cup Bell pepper, red and green, strips
- 1 ½ cups Cheese, Quick melt, grated

4pcs Pizza crust (23.5 cm per piece)



Procedure

1. Boil munggo:
 - In a covered pan, boil munggo in water over medium fire for 30 minutes or until tender.
2. Prepare the meat mixture:
 - In a pan, heat oil. Sauté garlic, onion and pork. Cover and cook for 10 minutes or until pork is cooked.
 - Add shrimp and season with salt and pepper. Simmer for 2 minutes.
 - Add kulitis and munggo. Set aside.
3. Top and bake:
 - Pre-heat oven to 375°F.
 - Spread pizza sauce on the crust. Top with meat mixture, bell pepper and cheese.
 - Bake at 250°F for 15 minutes or until cheese melts.
 - Remove from the oven. Slice into serving sizes.
 - Serve hot.

Serving size: 3 slices | Number of servings: 8
Total cooking time: 1 hour & 15 minutes



► FEBRUARY ◀ *Munggo* Overload Pizza

Nutrition Facts

Serving size 3 slices

Amount per serving

| | |
|------------------|------|
| Energy, kcal | 775 |
| Fat, g | 46.8 |
| Carbohydrate, g | 58.4 |
| Protein, g | 30.9 |
| Calcium, mg | 157 |
| Iron, mg | 4.3 |
| Vitamin A, µg RE | 159 |
| Thiamin, mg | 0.49 |
| Riboflavin, mg | 0.24 |
| Niacin, mg | 8.6 |
| Vitamin C, mg | 19 |

2016

February

| March 2016 | SU | MO | TU | WE | TH | FR | SA |
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| | 27 | 28 | 29 | 30 | 31 | | |

| SUN | MON | TUE | WED | THU | FRI | SAT |
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| | 1 | 2 Chinese Lunar New Year's Day | 3 | 4 | 5 | 6 |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | | | | | |

MARCH

Power Puff

Nutrition Facts

Serving size 2 pieces

Amount per serving

| | |
|------------------|------|
| Energy, kcal | 487 |
| Fat, g | 30.4 |
| Carbohydrate, g | 35.6 |
| Protein, g | 17.9 |
| Calcium, mg | 270 |
| Iron, mg | 2.6 |
| Vitamin A, µg RE | 191 |
| Thiamin, mg | 0.17 |
| Riboflavin, mg | 0.26 |
| Niacin, mg | 5.0 |
| Vitamin C, mg | 14 |

Ingredients

- 2 cups *Patani*
- 4 cups Water for boiling
- 3 cups Potato, boiled then mashed
- 2 cups Luncheon meat, cubed
- 1 ½ cups Cheese, cubed
- 3 pcs Chicken egg, beaten
- ½ cup Milk, evaporated
- ¼ cup Butter, melted
- ¼ cup Flour, all purpose
- 1 tsp Iodized salt
- ½ cup Breadcrumbs, for rolling
- 3 cups Cooking oil, for frying
- 24 pcs Wax paper, cut into 4" x 4"

Toppings:

- 1 cup Cheese spread or
- 1 cup Chocolate syrup



Procedure

1. Boil *patani*:
 - In a covered pan, boil *patani* over medium fire for 25 minutes or until tender. Drain. Peel, then chop. Set aside.
2. In a bowl, combine chopped *patani*, mashed potato, luncheon meat and cheese. Blend well.
3. Add egg, milk, butter, flour and salt. Mix well.
4. Place ¼ cup of the mixture on a wax paper and mold like a log.
5. Sprinkle breadcrumbs to cover the log evenly.
6. Do the same with the rest of the mixture.
7. Arrange in a tray. Chill in the freezer for 30 minutes.
8. Deep fry in hot oil until brown or cooked.
9. Drain to remove excess oil.
10. Top with cheese spread or chocolate syrup. Serve hot.

Serving size: 2 pieces | Number of servings: 6
Total cooking time: 45 minutes

2016

March

| April 2016 | SU | MO | TU | WE | TH | FR | SA |
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| SUN | MON | TUE | WED | THU | FRI | SAT |
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| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 Maundy Thursday | 25 Good Friday | 26 |
| 27 Easter Sunday | 28 | 29 | 30 | 31 | | |

Nutty Rice Medley

Ingredients

- 2 cups Peanut, boiled, shelled
- 15 cups Water for boiling
- 1 cup Tokwa, cubed
- 2 cups Cooking oil, for frying
- ¼ cup Butter
- 3 Tbsps Garlic, chopped
- ¼ cup Onion, Bombay, chopped
- ½ cup Carrot, chopped
- 2 Tbsps Soy sauce
- 6 cups Rice, brown, cooked
- 2 cups Pechay, sliced thinly
- ¼ cup Bell pepper, red & green, cubed
- ¾ tsp Iodized salt



Procedure

1. Boil peanut with shell:
 - In a covered pan, boil peanut with shell over medium fire for 40 minutes or until tender. Drain and remove shell. Set aside.
2. In a pan, deep fry tokwa. Transfer in a bowl. Drain excess oil.
3. In another pan, melt butter. Sauté garlic, onion, carrots and tokwa.
4. Season with soy sauce.
5. Add rice. Mix well and simmer for 3 minutes.
6. Add pechay and bell pepper. Blend well.
7. Season with salt.
8. Add peanut. Mix well. Serve hot.

Serving size: 1 ½ cups | Number of servings: 6
Total cooking time: 1 hour & 10 minutes



| Nutrition Facts | |
|-----------------------|------|
| Serving size 1 ½ cups | |
| Amount per serving | |
| Energy, kcal | 727 |
| Fat, g | 33.9 |
| Carbohydrate, g | 85.4 |
| Protein, g | 19.8 |
| Calcium, mg | 138 |
| Iron, mg | 3.0 |
| Vitamin A, µg RE | 254 |
| Thiamin, mg | 0.72 |
| Riboflavin, mg | 0.13 |
| Niacin, mg | 14.2 |
| Vitamin C, mg | 13 |

2016

April

| May 2016 | SU | MO | TU | WE | TH | FR | SA |
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| 3 | 4 | 5 | 6 | 7 | 8 | 9 The Day of Valor |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

MAY

B and P



Nutrition Facts

Serving size 1 cup

Amount per serving

| | |
|------------------|------|
| Energy, kcal | 816 |
| Fat, g | 59.4 |
| Carbohydrate, g | 41.8 |
| Protein, g | 28.5 |
| Calcium, mg | 189 |
| Iron, mg | 3.1 |
| Vitamin A, µg RE | 68 |
| Thiamin, mg | 0.73 |
| Riboflavin, mg | 0.22 |
| Niacin, mg | 9.8 |
| Vitamin C, mg | 25 |

Ingredients

1½ cups *Patani*

4 cups Water for boiling

Pork mixture:

3 cups Pork, *liempo*, sliced thinly

3 Tbsps Onion, Bombay, chopped

½ cup Celery, chopped

3 pcs Laurel leaves, dried

½ tsp Iodized salt

4 cups Cooking oil (for frying pork)

Vegetable mixture:

¼ cup Cooking oil

1½ cups *Kamote*, yellow, cubed

½ cup *Okra*, sliced thinly

1 cup *Talong*, sliced thinly

¼ cup Onion, Bombay, chopped

3 Tbsps Garlic, chopped

½ cup Tomato, sliced

2 Tbsps *Alamang*

3 tsps Vinegar

1 Tbsp Sugar, white

½ cup Water



Procedure

1. Boil *patani*:
 - In a covered pan, boil *patani* for 25 minutes or until tender. Drain the hot water and replace with tap water. Peel. Set aside.
2. Prepare the pork mixture:
 - In a mixing bowl, combine pork, onion, celery, laurel leaves and salt. Blend well.
 - In a pan, heat oil. Deep fry the pork mixture until golden brown.
 - Drain to remove excess oil. Set aside.
3. Prepare the vegetable mixture:
 - In a pan, heat oil. Fry *kamote*, *okra* and *talong*. Set aside.
 - In the same pan, sauté onion, garlic, tomato and *alamang*.
 - Add vinegar and sugar. Simmer for 5 minutes.
 - Add water. Simmer for another 3 minutes.
4. Add *patani* and pork in the vegetable mixture. Mix well.
5. Serve hot.

Serving size: 1 cup | Number of servings: 6

Total cooking time: 1 hour & 25 minutes

2016

May

| June 2016 | SU | MO | TU | WE | TH | FR | SA |
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| | 26 | 27 | 28 | 29 | 30 | | |

SUN

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Labor Day

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Ingredients

Mashed Potato Mixture:

- 2½ cups Kidney beans, white, dried
- 8 cups Water for boiling
- 4 cups Potato, mashed
- 4 cups Water for boiling
- ½ cup Butter, melted
- ½ cup Cheese, grated
- 1 tsp Iodized salt
- 1 cup Kernel corn, drained

Meat Mixture:

- ¼ cup Cooking oil
- 3 Tbsps Garlic, chopped
- 3 Tbsps Onion, Bombay, chopped
- 1½ cups Pork, *kasim*, ground
- 1 tsp Iodized salt
- ¼ tsp Black pepper, ground
- ½ cup Bell pepper, red, chopped
- 1 whole, small size Lettuce, cut into serving size

Topping:

- 1 cup Cheese spread



Procedure

1. Boil kidney beans
 - In a covered pan, boil beans over medium fire for 45 minutes or until tender. Drain, peel then mash. Set aside.
2. Prepare the mashed potato mixture:
 - In a covered pan, boil potato. Cook for 25 to 30 minutes over medium fire or until soft. Drain, peel and mash.
 - In a bowl, mix beans, potato, butter, cheese, salt and corn. Blend well. Set aside.
3. Prepare the meat mixture:
 - In a pan, heat oil. Sauté garlic, onion and pork. Cover and cook for 10 minutes or until pork becomes golden brown.
 - Season with salt and pepper.
 - Add bell pepper. Simmer for 2 minutes.
4. Combine the meat and mashed potato mixtures. Blend well.
5. To serve:
 - Lay lettuce leaves over a container.
 - Scoop 1 cup of the mixture on top of lettuce.
 - Spread cheese. Serve.

Serving size: 1 cup | Number of servings: 9
Total cooking time: 1 hour & 45 minutes

▶ JUNE ◀ Cheesy Potato



Nutrition Facts

Serving size 1 cup

Amount per serving

| | |
|------------------|------|
| Energy, kcal | 681 |
| Fat, g | 37.4 |
| Carbohydrate, g | 61.7 |
| Protein, g | 24.2 |
| Calcium, mg | 280 |
| Iron, mg | 5.4 |
| Vitamin A, µg RE | 230 |
| Thiamin, mg | 0.51 |
| Riboflavin, mg | 0.32 |
| Niacin, mg | 9.8 |
| Vitamin C, mg | 40 |

2016

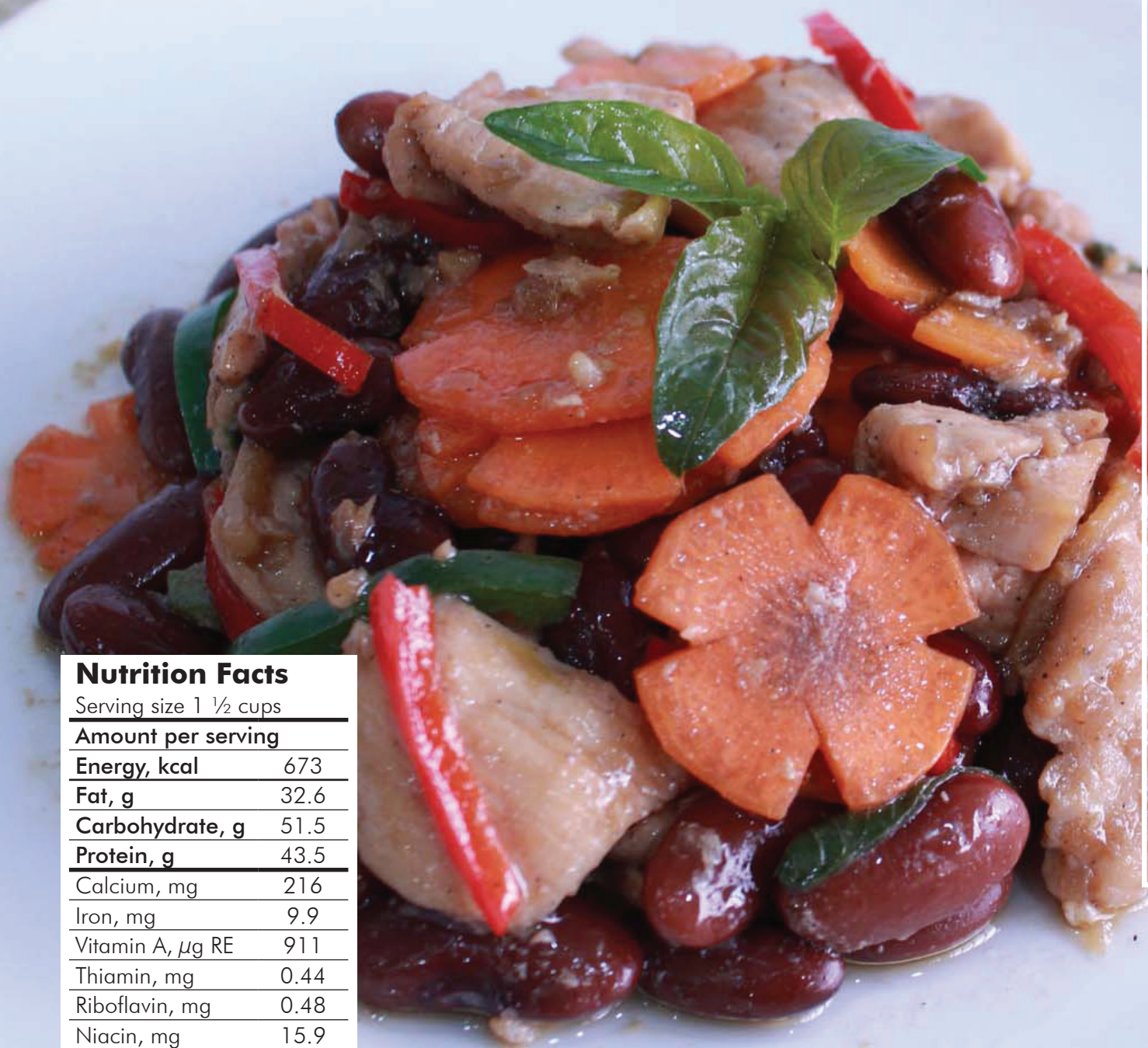
June

| July 2016 | SU | MO | TU | WE | TH | FR | SA |
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| SUN | MON | TUE | WED | THU | FRI | SAT |
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| 12 Independence Day | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

JULY

Bean Pollo Loco



Nutrition Facts

Serving size 1 ½ cups

Amount per serving

Energy, kcal 673

Fat, g 32.6

Carbohydrate, g 51.5

Protein, g 43.5

Calcium, mg 216

Iron, mg 9.9

Vitamin A, µg RE 911

Thiamin, mg 0.44

Riboflavin, mg 0.48

Niacin, mg 15.9

Vitamin C, mg 40

Ingredients

- 1 ¾ cups Kidney beans, red, dried
- 8 cups Water for boiling
- 4 cups Chicken thigh, fillet, strips
- pinch Iodized salt
- pinch Black pepper, ground
- ½ cup Cooking oil
- ¼ cup Onion, Bombay, chopped
- 3 Tbsps Garlic, chopped
- 3 Tbsps Ginger, strips
- 1 Tbsp Sili, long, green, strips
- ½ cup Bell pepper, round, red and green, strips
- ½ cup Oyster sauce
- 2 cups Carrot, florets
- 4 cups Kulitis, fresh, cleaned



Procedure

1. Boil red beans:
 - In a covered pan, boil red beans over medium fire for 45 minutes or until tender. Drain. Set aside.
2. In a mixing bowl, season chicken with salt and pepper.
3. In a pan, heat oil. Sauté onion, garlic, ginger and chicken. Cover and cook until the chicken becomes tender.
4. Add sili and bell pepper. Cook for 3 minutes.
5. Add oyster sauce and carrots. Simmer for 2 minutes.
6. Add beans and kulitis. Serve hot.

Serving size: 1 ½ cups | Number of servings: 6
Total cooking time: 1 hour & 20 minutes

2016

July

August | 2016

| SU | MO | TU | WE | TH | FR | SA |
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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 31 | 25 | 26 | 27 | 28 | 29 | 30 |

AUGUST

Pinoy

Sinangag with Kadyos

Ingredients

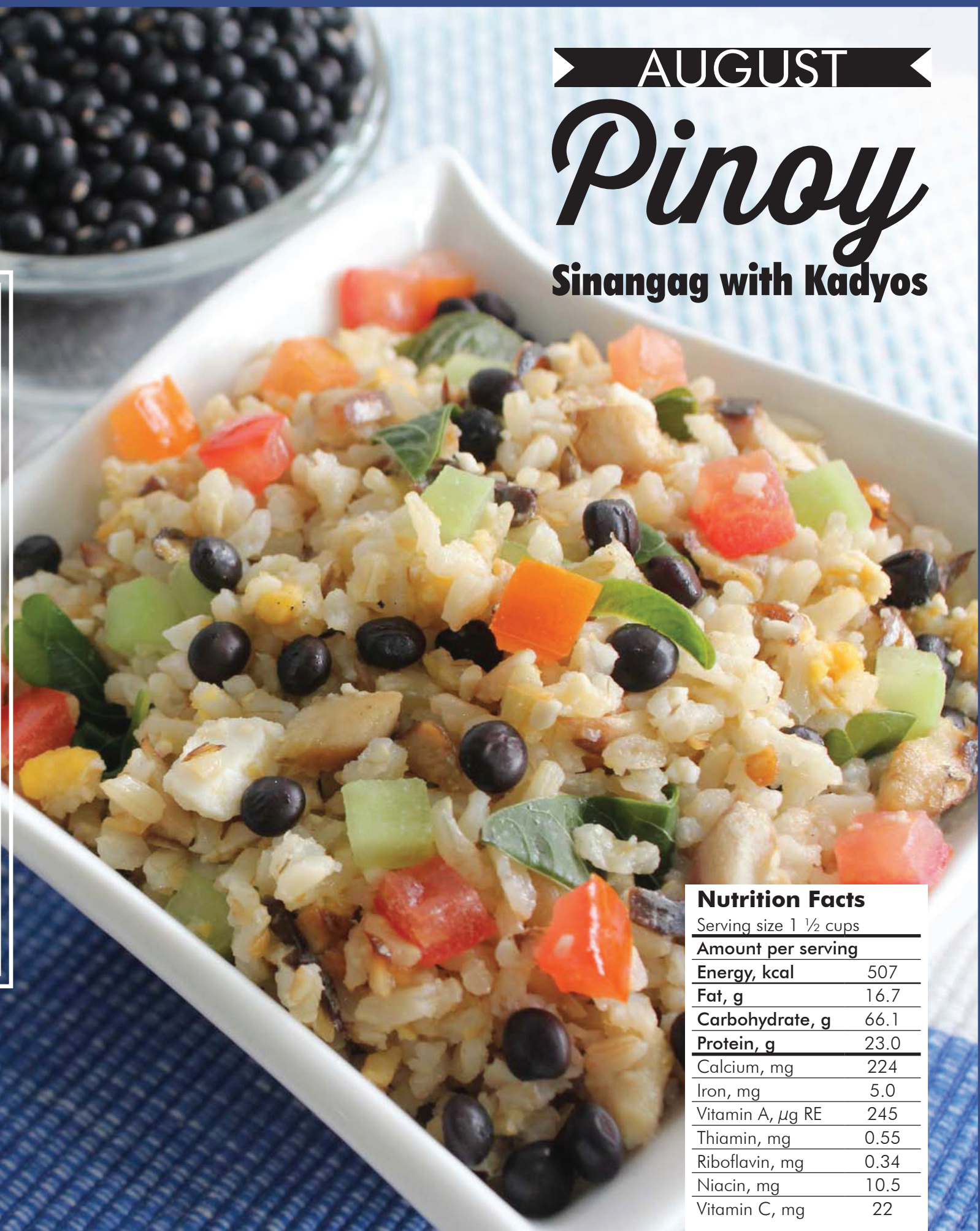
- 1 cup *Kadyos*, black, dried
- 8 cups Water for boiling
- 2 Tbsps Cooking oil
- 2 Tbsps Butter, melted
- 4 Tbsps Garlic, chopped
- 1 cup *Bangus*, *tinapa*, flaked
- 5 cups Rice, brown, cooked
- 6 pcs or 2 cups Egg, salted, mashed
- 1 cup Tomato, cubed
- 1 cup Cucumber, cubed
- 4 cups *Kulitis*, fresh, cleaned



Procedure

1. Boil *kadyos*:
 - In a covered pan, boil *kadyos* over medium fire for 30 minutes or until tender. Drain. Set aside.
2. In a pan, heat oil and butter. Sauté garlic and *tinapa*.
3. Add rice. Blend well.
4. Add egg, tomato, *kadyos*, cucumber and *kulitis*. Mix well.
5. Serve hot.

Serving size: 1 ½ cups | Number of servings: 8
Total cooking time: 50 minutes



Nutrition Facts

Serving size 1 ½ cups

Amount per serving

| | |
|------------------|------|
| Energy, kcal | 507 |
| Fat, g | 16.7 |
| Carbohydrate, g | 66.1 |
| Protein, g | 23.0 |
| Calcium, mg | 224 |
| Iron, mg | 5.0 |
| Vitamin A, µg RE | 245 |
| Thiamin, mg | 0.55 |
| Riboflavin, mg | 0.34 |
| Niacin, mg | 10.5 |
| Vitamin C, mg | 22 |

2016

August

| September 2016 | SU | MO | TU | WE | TH | FR | SA |
|------------------|----|----|----|----|----|----|----|
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| | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | 25 | 26 | 27 | 28 | 29 | 30 | |

| SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------------------|-----|-----|-----|-----|-----|-----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 Ninoy Aquino Day | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 National Heroes' Day | 29 | 30 | 31 | | | |

▶ SEPTEMBER ◀

Pinoy

Fiesta Taco Mix

Nutrition Facts

Serving size 1 piece

Amount per serving

Energy, kcal 504

Fat, g 33.8

Carbohydrate, g 31.8

Protein, g 18.1

Calcium, mg 194

Iron, mg 4.8

Vitamin A, µg RE 87

Thiamin, mg 0.28

Riboflavin, mg 0.13

Niacin, mg 3.6

Vitamin C, mg 9

Ingredients

Munggo Mixture:

2 cups *Munggo*, red, dried

8 cups Water for boiling

3 cups *Tokwa*, cubed

pinch Iodized salt

pinch Black pepper, ground

pinch Flour, all purpose

3 cups Cooking oil for frying

1 cup Tomato, seeded, sliced thinly

1 cup *Pipino*, seeded, sliced thinly

3 cups Lettuce, sliced thinly

1 cup Cheese, grated

12 pcs Taco shell

Topping:

1 cup Cheese, grated



Procedure

1. Boil red *munggo*:
 - In a covered pan, boil red *munggo* over medium fire for 30 minutes. Drain. Set aside.
2. Fry *tokwa*:
 - In a mixing bowl, season *tokwa* with salt, pepper and flour.
 - Deep fry in hot cooking oil until golden brown. Drain to remove excess oil. Set aside.
3. In another mixing bowl, combine tomato, *pipino*, lettuce, cheese, *munggo* and *tokwa*. Mix well.
4. Stuff the taco shell with the *munggo* mixture.
5. Do the same with the rest of the mixture.
6. Top with cheese. Serve.

Serving size: 1 pc. | Number of servings: 6

Total cooking time: 1 hour & 15 minutes

2016

September

| October 2016 | SU | MO | TU | WE | TH | FR | SA |
|--------------|----------|----------|----|----|----|----|----|
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| | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
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| | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | 23 30 | 24 31 | 25 | 26 | 27 | 28 | 29 |

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

Ingredients

- 1½ cups Kidney beans, red, dried
- 8 cups Water for boiling
- ¼ cup Cooking oil
- 3 Tbsps Garlic, chopped
- 3 Tbsps Onion, Bombay, chopped
- 1½ cups Chicken breast, ground
- pinch Curry powder
- ½ tsp Iodized salt
- 2½ cups Rice, brown, cooked
- 1½ cups Carrot, strips, thinly
- 2 cups Cabbage, strips, thinly
- ½ cup Tomato, sliced
- ½ cup Cheese, grated
- 18 pcs Lumpia wrapper, medium sized
- 4 cups Cooking oil for frying



Procedure

1. Boil kidney beans:
 - In a covered pan, boil red beans over medium fire for 45 minutes or until tender. Drain then mash. Set aside.
2. In a pan, heat oil. Sauté garlic, onion and chicken.
3. Add curry and salt. Cover and simmer for 5 minutes.
4. Add rice and beans. Blend well. Simmer for 3 minutes.
5. Add carrots, cabbage, tomato and cheese. Simmer for another 1 minute. Set aside to cool.
6. Put ¼ cup of the mixture in wrapper then wrap/roll securely. Do the same with the rest of the mixture.
7. Deep fry in hot cooking oil until golden brown.
8. Drain the excess oil. Serve hot.

Serving size: 3 pcs. | Number of servings: 6
Total cooking time: 1 hour & 40 minutes

▶ OCTOBER ◀

BRB

Brown Rice Burrito



Nutrition Facts

Serving size 3 pieces

Amount per serving

| | |
|------------------|------|
| Energy, kcal | 996 |
| Fat, g | 57.4 |
| Carbohydrate, g | 88.4 |
| Protein, g | 31.5 |
| Calcium, mg | 160 |
| Iron, mg | 6.6 |
| Vitamin A, µg RE | 413 |
| Thiamin, mg | 0.48 |
| Riboflavin, mg | 0.21 |
| Niacin, mg | 14.9 |
| Vitamin C, mg | 17 |

2016

October

| November 2016 | SU | MO | TU | WE | TH | FR | SA |
|-----------------|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 | 5 |
| | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
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SUN

MON

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SAT

| | | | | | | |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 30 | 24 31 | 25 | 26 | 27 | 28 | 29 |

▶ NOVEMBER ◀

Burger Queen

Nutrition Facts

Serving size 2 pieces

Serving per amount

| | |
|------------------|-------|
| Energy, kcal | 804 |
| Fat, g | 27.3 |
| Carbohydrate, g | 102.7 |
| Protein, g | 37.0 |
| Calcium, mg | 429 |
| Iron, mg | 10.8 |
| Vitamin A, µg RE | 591 |
| Thiamin, mg | 0.51 |
| Riboflavin, mg | 0.43 |
| Niacin, mg | 13.5 |
| Vitamin C, mg | 11 |

Ingredients

- 2 cups Munggo, red, dried
- 8 cups Water for boiling
- ¼ cup Onion, Bombay, chopped
- 1 ½ cups Chicken breast, ground
- 1 cup Squash, cubed
- 1 cup Carrot, cubed
- 2 Tbsps Sesame seeds
- ¼ cup Spring onion, chopped
- 3 pcs Chicken egg, beaten
- 2 Tbsps Soy sauce
- ½ tsp Black pepper, ground
- 2 tsps Iodized salt
- 4 cups Cooking oil (for frying patties)
- 25 pcs Burger buns
- 2 whole, small size Lettuce, cut into serving size
- 25 pcs Cheese, singles
- 25 pcs Wax paper, cut into 4" x 4"



Procedure

1. Boil *munggo*:
 - In a covered pan, boil *munggo* over medium fire for 1 hour or until tender. Drain.
2. In a bowl, combine *munggo*, onion, chicken, squash, carrots, sesame seeds and spring onion. Blend well. Set aside.
3. In a separate bowl, mix together egg, soy sauce, pepper and salt.
4. Pour in the *munggo* mixture. Blend well.
5. Line the tray with wax paper.
6. Position an egg molder on top of the wax paper. Scoop out ¼ cup of the mixture.
7. Spread evenly in the molder to create a patty.
8. Chill in the freezer for 30 minutes.
9. In a pan, heat oil. Deep fry patties over medium fire until golden brown. Drain excess oil.
10. Slice buns in half (horizontal). Fill in with lettuce, patty and cheese.
11. Serve.

Serving size: 2 pieces | Number of servings: 12 ½
Total cooking time: 2 hours

2016

November

| December 2016 | SU | MO | TU | WE | TH | FR | SA |
|-----------------|----|----|----|----|----|----|----|
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| | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|----------------------|---------------------|-----|-----|-----|
| | | 1 All Saints' Day | 2 All Souls' Day | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 Bonifacio Day | | | |

► DECEMBER ◀

Adobo Supreme

Ingredients

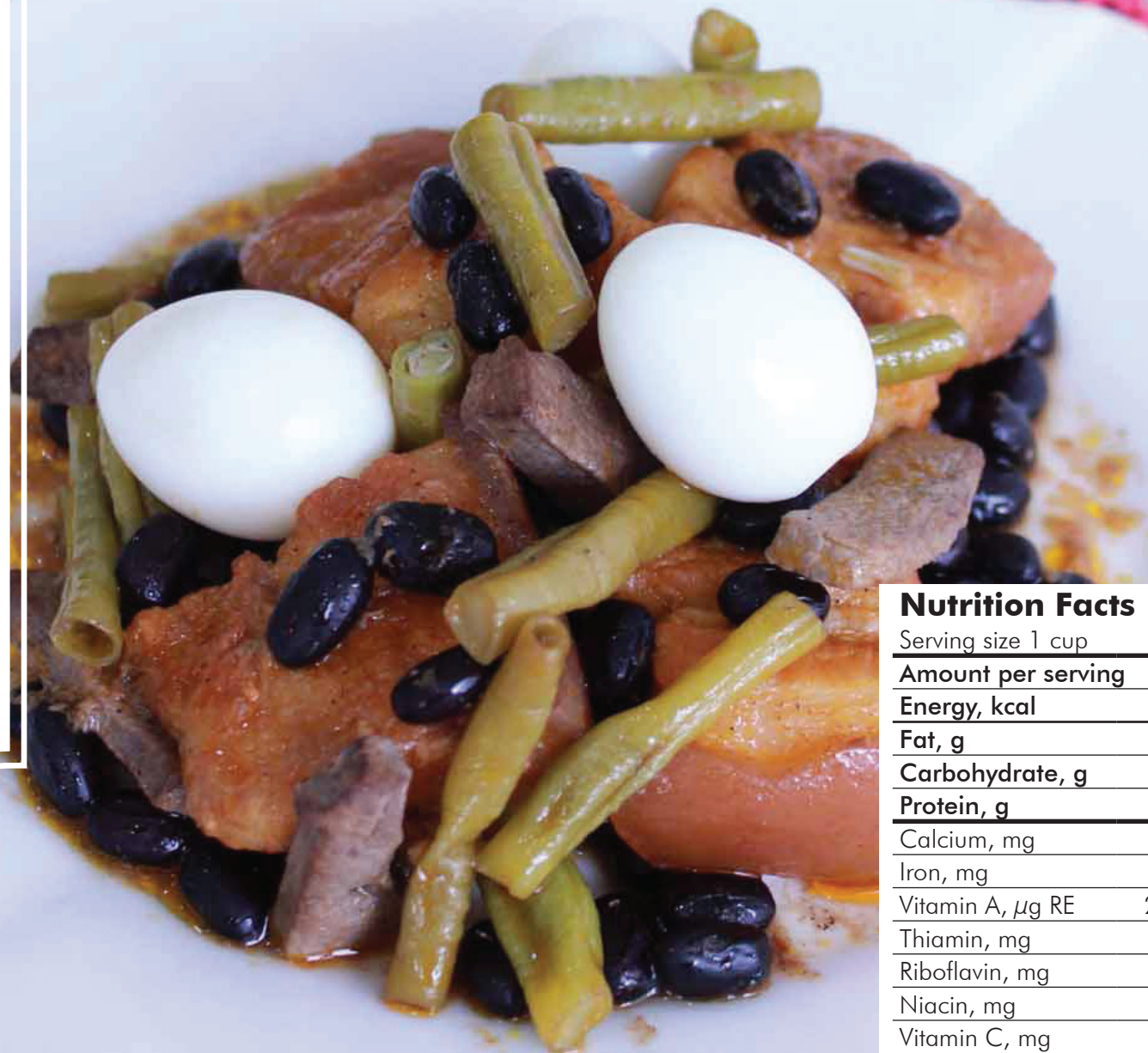
- 1½ cups Kidney beans, black, dried
- 8 cups Water for boiling
- ¼ cup Annatto (*achuete*) oil
- ¼ cup Garlic, chopped
- 3 cups Pork, *liempo*, sliced
- 3 Tbsps Vinegar
- ¼ tsp Black pepper, ground
- 2 Tbsps *Patis*
- 2 Tbsps Soy sauce
- 1 cup Water
- ½ cup Pork liver, sliced
- 2 cups *Sitaw*, sliced
- 12 pcs Quail egg, boiled, shelled



Procedure

1. Boil kidney beans:
 - In a covered pan, boil beans in water over medium fire for 45 minutes or until tender. Drain. Set aside.
2. In a pan, heat annatto oil. Sauté garlic and pork. Cover and cook for 30 minutes or until pork is tender.
3. Add vinegar. Simmer for 5 minutes.
4. Season with pepper, *patis* and soy sauce.
5. Add water and liver. Cover and simmer for 5 minutes.
6. Add *sitaw*. Simmer for another 5 minutes.
7. Add beans and egg. Serve hot.

Serving size: 1 cup | Number of servings: 6
Total cooking time: 1 hour & 30 minutes



Nutrition Facts

Serving size 1 cup

Amount per serving

| | |
|------------------|------|
| Energy, kcal | 707 |
| Fat, g | 44.0 |
| Carbohydrate, g | 38.1 |
| Protein, g | 39.5 |
| Calcium, mg | 172 |
| Iron, mg | 8.8 |
| Vitamin A, µg RE | 2695 |
| Thiamin, mg | 1.05 |
| Riboflavin, mg | 1.00 |
| Niacin, mg | 16.8 |
| Vitamin C, mg | 16 |

2016

December

| | | | | | | | |
|--------------|----|----|----|----|----|----|----|
| January 2017 | SU | MO | TU | WE | TH | FR | SA |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | 29 | 30 | 31 | | | | |

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------|-----|-----|-----|-----|-----------------|----------------------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 Christmas Day | 26 | 27 | 28 | 29 | 30 Rizal Day | 31 New Year's Eve |

FEATURED RECIPE

Forever Yang Chow

Ingredients

- ½ cup *Buto ng sitaw*, dried
- 2 cups Water for boiling
- ¼ cup Cooking oil
- 3 Tbsps Garlic, chopped
- ¼ cup Onion, Bombay, chopped
- 1Tbsp Ginger , crushed
- ½ cup Shrimp, shelled
- 1 cup Carrot, cubed
- ½ cup Baguio beans, sliced
- 6 cups Rice, brown, cooked
- 3 Tbsps Oyster sauce
- pinch Sugar, white
- 1 tsp Iodized salt
- ¼ tsp Black pepper, ground
- 3 pcs Chicken egg, beaten, cooked into omelet then sliced
- ¼ cup Cooking oil (for egg)
- 2 Tbsps Spring onion, chopped (optional)



Procedure

1. Boil *buto ng sitaw*:
 - In a covered pan, boil *buto ng sitaw* over medium fire for 40 minutes or until tender. Drain. Set aside.
2. In a pan, heat oil. Sauté garlic, onion, ginger and shrimp.
3. Add carrots, baguio beans and rice. Mix well.
4. Season with oyster sauce, sugar, salt and pepper. Mix well.
5. Add *buto ng sitaw* and omelet. Blend well.
6. Garnish with spring onion on top. Serve hot.

Serving size: 1 ½ cups | Number of servings: 7
Total cooking time: 1 hour & 5 minutes

Nutrition Facts

Serving size 1 ½ cups

Amount per serving

| | |
|------------------|------|
| Energy, kcal | 556 |
| Fat, g | 18.2 |
| Carbohydrate, g | 77.6 |
| Protein, g | 20.0 |
| Calcium, mg | 124 |
| Iron, mg | 3.6 |
| Vitamin A, µg RE | 423 |
| Thiamin, mg | 0.43 |
| Riboflavin, mg | 0.19 |
| Niacin, mg | 11.9 |
| Vitamin C, mg | 6 |

FEATURED RECIPE

Sinigang **na Manok**

Ingredients

- 2 cups Kidney beans, black, dried
- 8 cups Water for boiling
- 1/3 cup Cooking oil
- 3 Tbsps Garlic, chopped
- 3 Tbsps Ginger, strips
- 1/4 cup Onion, Bombay, chopped
- 1/4 cup Tomato, sliced
- 4 cups Chicken breast, fillet, sliced
- 2 Tbsps *Patis*
- 1 1/4 tps Iodized salt
- 6 cups Water
- 2 Tbsps *Sinigang sa sampalok*, powdered
- 3 cups *Sitaw*, sliced
- 3 cups *Kangkong*
- 1/2 cup Tamarind leaves, young
- 2 pcs *Sili*, long, green



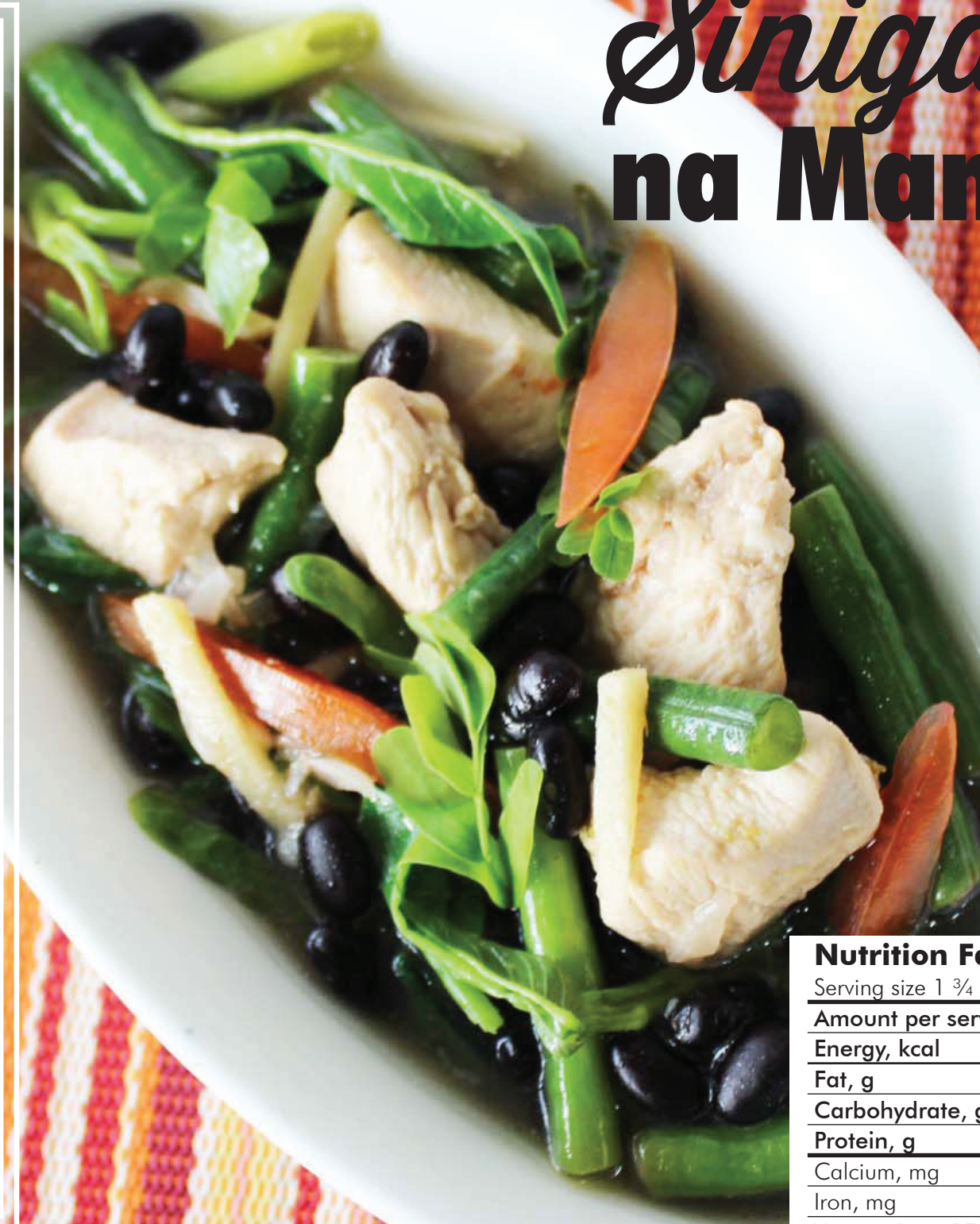
Procedure

1. Boil kidney beans:
 - In a covered pan, boil black beans over medium fire for 45 minutes or until tender. Drain. Set aside.
2. In a pan, heat oil. Sauté garlic, ginger, onion, tomato and chicken. Cover and cook for 20 minutes.
3. Season with *patis* and salt.
4. Add water and bring to a boil.
5. Add *sinigang* powder and *sitaw*. Cover and simmer for 5 minutes.
6. Add *kangkong*, tamarind leaves, beans and *sili*. Simmer for 1 minute.
7. Serve hot.

Serving size: 1 3/4 cups (with soup)

Number of servings: 7

Total Cooking time: 1 hour & 10 minutes



Nutrition Facts

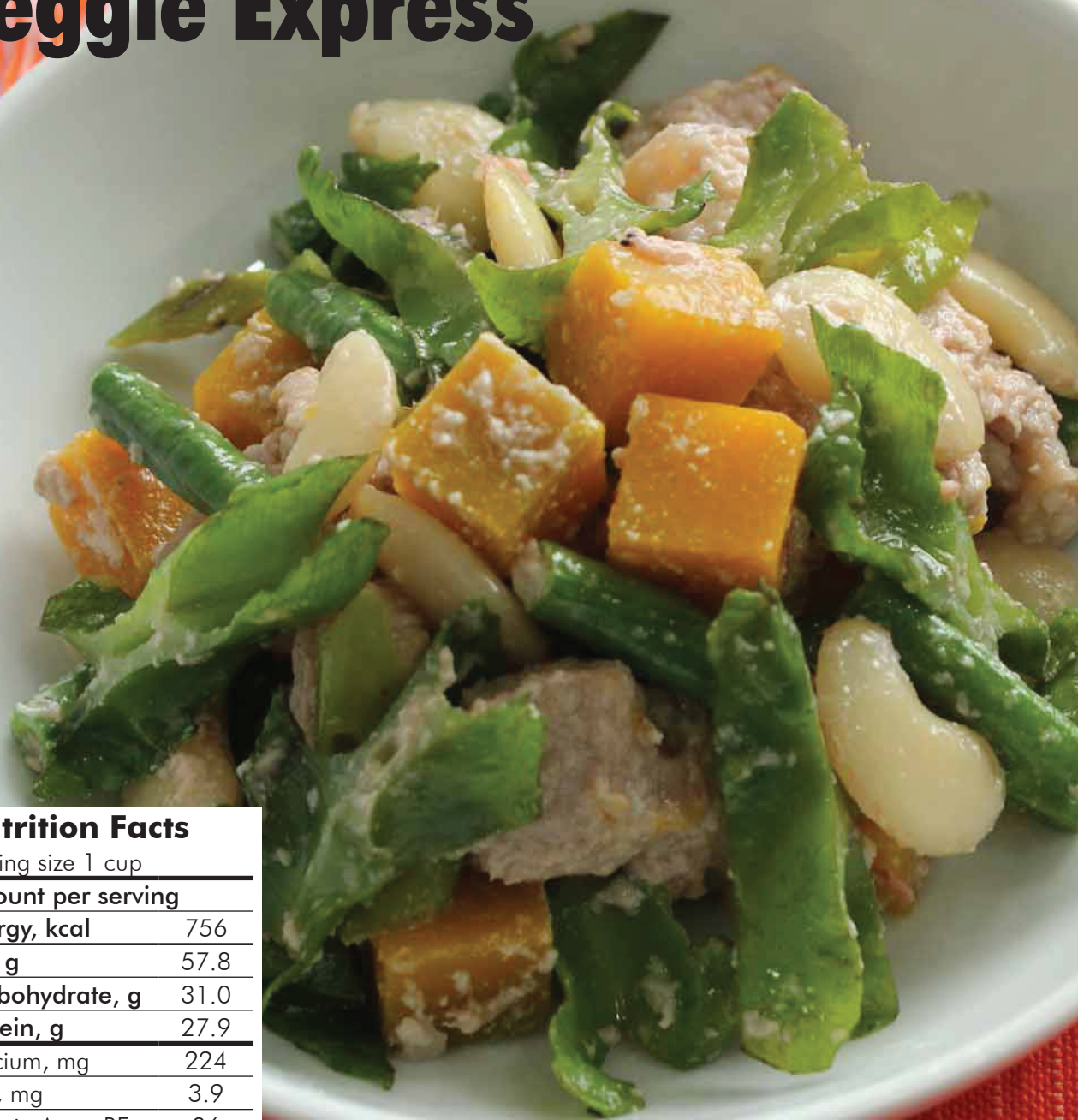
Serving size 1 3/4 cups (with soup)

Amount per serving

| | |
|------------------|------|
| Energy, kcal | 492 |
| Fat, g | 16.8 |
| Carbohydrate, g | 44.2 |
| Protein, g | 40.8 |
| Calcium, mg | 209 |
| Iron, mg | 5.9 |
| Vitamin A, µg RE | 179 |
| Thiamin, mg | 0.46 |
| Riboflavin, mg | 0.28 |
| Niacin, mg | 22.0 |
| Vitamin C, mg | 21 |

FEATURED RECIPE

Park Veggie Express



Nutrition Facts

Serving size 1 cup

Amount per serving

Energy, kcal 756

Fat, g 57.8

Carbohydrate, g 31.0

Protein, g 27.9

Calcium, mg 224

Iron, mg 3.9

Vitamin A, μg RE 86

Thiamin, mg 0.58

Riboflavin, mg 0.21

Niacin, mg 8.4

Vitamin C, mg 19

Ingredients

- 1½ cups *Patani*
- 4 cups Water for boiling
- ¼ cup Cooking oil
- 3 Tbsps Garlic, chopped
- ¼ cup Onion, Bombay, chopped
- 2 cups Pork, *liempo*, strips
- ¼ cup *Alamang*
- 1 cup Water
- 2 cups Coconut milk, pure
- 1 cup *Kalabasa*, cubed
- 1 cup *Sitaw*, sliced
- 1 cup *Sigarilyas*, sliced diagonally
- ¼ cup *Siling haba*, green, seeded, strips



Procedure

- Boil *patani*:
 - In a covered pan, boil *patani* over medium fire for 25 minutes or until tender. Drain. Peel. Set aside.
- In a pan, heat oil. Sauté garlic, onion and pork.
- Add *alamang*. Cover and simmer until pork is tender.
- Add water. Simmer for 5 minutes.
- Add coconut milk. Simmer for another 10 minutes.
- Add *kalabasa*, *sitaw*, *sigarilyas*, *patani* and *sili*. Cover and cook for 10 minutes.
- Serve hot.

Serving size: 1 cup | Number of servings: 6
Total cooking time: 1 hour & 5 minutes

MENU PLAN WEEK 1

Sunday

BREAKFAST

Lakatan
Pandesal
Sautéed corned beef with potatoes
Hot tea

LUNCH

Miswa soup with toasted garlic
B and P
Boiled rice
Mais con yelo

DINNER

Chicken afritada
Fried *lumpiang gulay*
Boiled rice
Avocado shake

SNACKS

AM – Monay with cheese and butter
PM – Chocolate/cheese pinwheel



Monday

BREAKFAST

Pineapple
Forever Yang Chow
Shredded lettuce
Hot tea

LUNCH

Shrimp-squash okoy
Coleslaw
Boiled rice
Shredded melon *kastila*

DINNER

Pork asado
Stir fried *toge*-broccoli-cauliflower in oyster sauce
Boiled rice
Duhat

SNACKS

AM – *Tamales*
PM – *Nilagang mani*



Tuesday

BREAKFAST

Dalanghita
Beef *tapa* with cucumber slices
Boiled rice
Milk

LUNCH

Kadyos, baboy at langka
Boiled rice
Shredded melon/juice

DINNER

Fried *hasa-hasa*
Shrimp-pomelo Salad
Boiled rice
Fresh fruit salad

SNACKS

AM – Grilled cheese sandwich
PM – *Puto maya*

Wednesday

BREAKFAST

Banana
Fried *bangus*
Kamote tops salad with tomatoes
Boiled rice
Hot chocolate

LUNCH

Chicken *tinola* with veggies
Boiled rice
Mango

DINNER

Fried *galunggong*
Pinakbet
Boiled rice
Watermelon

SNACKS

AM – *Suman*
PM – Boiled *kamote*

Thursday

BREAKFAST

Señorita banana
Toasted *dilis*
Tomato wedges
Fried rice
Coffee with milk

LUNCH

Ground pork menudo
Upo gisado
Boiled brown rice
Mais con yelo

DINNER

Bean Pollo Loco
Steamed carrot, green beans and corn
Boiled rice
Green mango shake

SNACKS

AM – Squash *kuchinta*
PM – *Inihaw na mais*

Friday

BREAKFAST

Watermelon
Fried *torsilyo*
Steamed okra with *bagoong*
Boiled rice
Milk

LUNCH

Rellenong pusit
Kare-kareng gulay with *bagoong*
Boiled rice
Buko sherbet

DINNER

Fried *alumahan*
Sinilihang santol sa gata
Boiled rice
Makopa

SNACKS

AM – **Munggo Overload Pizza**
PM – *Kalingking*



Saturday

BREAKFAST

Apple
Eggplant tortilla
Boiled rice
Coffee with milk

LUNCH

Chicken *binakol*
Yellow *kamote* & *kangkong* fritters
Boiled rice
Latundan

DINNER

Fried beef balls in creamy white sauce
Fresh vegetable salad with vinaigrette dressing
Boiled rice
Kaimito

SNACKS

AM – *Cuapao*
PM – *Ube palitaw*



MENU PLAN WEEK 2

Sunday

BREAKFAST

Melon
Pinoy Sinangag with Kadyos
Scrambled egg
Hot choco

LUNCH

Nilasing na hipon
Sinigang na buto buto with veggies
Boiled rice
Atis

DINNER

Chicken barbecue
Tinolang tahong with sayote & kulitis
Boiled rice
Pastillas de kasuy

SNACKS

AM – *Ginataang halo halo*
PM – Sweetened saba with sago

Monday

BREAKFAST

Pear
Chamorado with milk
Toasted *dilis*
Coffee with milk

LUNCH

Ground beef tortilla
Laswa
Boiled brown rice
Ripe langka

DINNER

Boiled *alimasag*
Suam na mais with *sili* leaves
Boiled rice
Fruit salad

SNACKS

AM – Squash *maja*
PM – **Cheesy mashed potato**

Tuesday

BREAKFAST

Guyabano
Fried fishballs
Papaya achara
Boiled rice
Coffee with milk

LUNCH

Pork-Veggies Express
Boiled rice
Cheese *polvoron*

DINNER

Creamy mushroom soup
Fried *tokwa* with vinegar dip
Laing
Boiled rice
Green mango shake

SNACKS

AM – Empanada
PM – Tuna sandwich



Wednesday

BREAKFAST

Lanzones
Fried *kikiam* with SSS
Carrot strips
Boiled rice
Milk

LUNCH

Pancit Molo
Chicken *embotido*
Pechay gisado
Boiled rice
Kalamansi ade

DINNER

Pork *picadillo* with sayote, carrots & *malunggay* leaves
Boiled rice
Orange-gelatin mold

SNACKS

AM – *Maruyang saging*
PM – *Malunggay pandesal* with cheese *pimiento*

Thursday

BREAKFAST

Lychees
Puto bumbong with grated coconut
Salted egg
Hot tea

LUNCH

Fried fish *lumpia*
Kilawing puso ng saging
Boiled rice
Gulaman at sago

DINNER

Adobo supreme
Fresh vegetable salad with vinaigrette
Boiled rice
Marang

SNACKS

AM – *Pichi pichi* with grated coconut
PM – Chicken *mami* with garlic toast



Friday

BREAKFAST

Fried *longganisa* with tomatoes
Boiled rice
Coffee with milk
Suha

LUNCH

Beef *nilaga* with vegetables
Eggplant *ensalada*
Boiled rice
Banana split

DINNER

Ginataang langka
Dilis fritters
Strawberry ice cream shake

SNACKS

AM – *Biko* with grated coconut
PM – *Binatog*



Saturday

BREAKFAST

Chico
Pandesal
Kesong puti
Coffee with milk

LUNCH

Inihaw na liempo with spicy vinegar dip
Steamed okra and sayote tops
Boiled rice
Santol ade

DINNER

Fried *dalagang bukid*
Lumpiang ubod with SSS
Boiled rice
Sweetened *kaong*

SNACKS

AM – Banana cue with sesame seeds
PM – *Pilipit*

MENU PLAN WEEK 3

Sunday

BREAKFAST

Persimmon
Garlic longganisa
Tomatoes
Boiled rice
Brewed coffee

LUNCH

Buttered shrimp in chili sauce
Nutty Rice Medley
Buko pandan

DINNER

Oriental beef stir-fry with toge
Boiled rice
Kiwi

SNACKS

AM – Wafer
PM – Seafood Mami



Monday

BREAKFAST

Rambutan
Spanish sardines
Boiled egg
Steamed squash tops
Boiled rice
Hot choco

LUNCH

Chicken curry
Crispy kangkong
Boiled rice
Banana latundan

DINNER

Crab and corn soup with *malunggay* leaves
Pork barbecue
Boiled rice
Pinipig polvoron

SNACKS

AM – Soda crackers
PM – Pancit bihon gisado



Tuesday

BREAKFAST

Longgan
Chicken nuggets
Boiled cauliflower
Fried rice
Cappuccino

LUNCH

Beef mole with broccoli
Boiled rice
Pineapple tidbits

DINNER

Adobong pusit
Fresh green salad
Boiled brown rice
Chilled *guyabano*

SNACKS

AM – *Hopia baboy*
PM – **Burger Queen**



Wednesday

BREAKFAST

Sliced ripe papaya
Fried *tinapang Salinas*
Native lettuce
Boiled rice
Milk tea

LUNCH

Grilled pork chop
Dinengdeng
Boiled rice
Grapes

DINNER

Sinigang na Manok
Boiled rice
Banana *lacatan*

SNACKS

AM – Ube ensaymada
PM – Macaroni soup



Thursday

BREAKFAST

Orange slices
Buttered sweet ham
Pancake with syrup
Coffee with milk

LUNCH

Fried *tilapia*
Sayote gisado with tops
Boiled rice
Pastillas

DINNER

Beef teriyaki
Sitsaro gisado
Boiled rice
Lychee

SNACKS

AM – Mais *binatog*
PM – Cassava cake



Friday

BREAKFAST

Apple slices
Chicken sausage
French toast
Fresh milk

LUNCH

Fried chicken
Chopsuey
Boiled rice
Lanzones

DINNER

Pork *asado*
Steamed okra
Boiled rice
Leche flan

SNACKS

AM – *Siopao*
PM – **Pinoy Fiesta Taco Mix**



Saturday

BREAKFAST

Mango cubes
Fried meatloaf
Scrambled egg with tomatoes & onions
Boiled rice
Mochaccino

LUNCH

Beef *salpicao*
Cabbage *gisado*
Boiled brown rice
Chilled *nata de coco*

DINNER

Bangus tocho
Rellenong ampalaya
Boiled rice
Dragon fruit

SNACKS

AM – *Sapin sapin*
PM – Cinnamon roll



MENU PLAN WEEK 4

Sunday

BREAKFAST

Lakatan
Toasted danggit
Kulitis salad
Boiled rice
Café Latte

LUNCH

Bistek Tagalog
Patani-sotanghon gisado
Boiled brown rice
Macapuno

DINNER

Hot pot tomato soup
Barbecued spareribs
Bokchoy & corn with chili flakes
Boiled brown rice
Mango tapioca

SNACKS

AM – Palitaw with grated coconut & roasted sesame seeds
PM – Power Puff



Monday

BREAKFAST

Pineapple
Crispy fried galunggong with tomato & cucumber slices
Fried rice
Hot mocha

LUNCH

Beef-vegetable kare-kare with bagoong
Boiled brown rice
Mango slices

DINNER

Squid wing
Coleslaw
Boiled rice
Banana con yelo

SNACKS

AM – Bibingka with grated coconut & sugar
PM – BRB (Brown Rice Burrito)

Tuesday

BREAKFAST

Apple slices with cinnamon
Ground pork picadillo with green peas & squash
Boiled rice
Milk tea

LUNCH

Tamarind ginger soup
Sinaing na tulingan
Ensaladang Tagalog
Boiled brown rice
Buko juice

DINNER

Crispy dinuguan
Munggo guisado with ampalaya tops
Boiled rice
Grapes

SNACKS

AM – Lomi
PM – Vegetable lumpia

Wednesday

BREAKFAST

Papaya
Chicken a la king
Sugar beets & potato hash
White bread
Black coffee

LUNCH

Sinigang na ulo ng salmon
Boiled rice
Almond jelly with lychee

DINNER

Crispy dinuguan
Munggo gisado with ampalaya tops
Boiled rice
Grapes

SNACKS

AM – Clubhouse sandwich
PM – Beef lasagna

Thursday

BREAKFAST

Orange
Sautéed corned beef with cabbage
Fried rice
Cappuccino

LUNCH

Cream of carrot soup
Savory chicken in crispy noodles
Boiled rice
Braso de Mercedes

DINNER

Inihaw na tamban
Sayote-carrot gisado
Boiled rice
Kiwi-pineapple skewer

SNACKS

AM – Cassava cake
PM – Glazed sweet potato medley

Friday

BREAKFAST

Scrambled egg with avocado slices & salsa
Hotdog in hot sauce
Boiled rice
Hot tea

LUNCH

Ginataang alimango
Miswa-patola with bago leaves
Boiled rice
Watermelon slices

DINNER

Sweet corn soup
Stir fried beef, bean and cauliflower
Boiled brown rice
Cathedral jello

SNACKS

AM – Empanaditas
PM – Chicken macaroni salad



Saturday

BREAKFAST

Pear
Shrimp with potato lemon-garlic sauce
Boiled rice
Hot choco

LUNCH

Squash & broccoli soup
Savory Pork N Beans
Boiled brown rice
Melon milkshake

DINNER

Cream of mushroom soup
Chicken adobo
Toge-carrots-cabbage gisado
Boiled rice
Mixed fruit popsicles

SNACKS

AM – Penne noodles with malunggay pesto
PM – Maja blanca topped with toasted coconut

Nutritional needs of teenagers

Ma. Idelia G. Glorioso, Senior Science Research Specialist

Because of the rapid growth and development during teenage years, adolescents have greater needs for certain nutrients.

Below are certain nutrients needed by teenagers in greater amounts. These are based on the Philippine Dietary Reference Intakes (PDRI) 2015 developed by FNRI-DOST. The PDRI is a new set of multi-level standards wherein the Recommended Energy/Nutrient Intake (REI/RNI) is one of the components. The REI/RNI is level of intake of energy or nutrient which is considered adequate for the maintenance of health and well-being of healthy persons in the population.

- **Energy** - Adolescent boys need more energy foods because of an increase in physical activities than adolescent girls. The energy requirement of adolescents aged 13-15 years is 2700 kcal for 48.5 kg boys while 2170 kcal for 46 kg girls. For adolescents aged 16-18 years, it is 3010 kcal for 59 kg boys while 2280 kcal for 51.5 kg girls.
- **Protein** - The need for body building foods is also high among teenagers because of accelerated growth and development. The protein need of adolescents (13 -15 years) is 62 grams per day for boys and 57 grams per day for girls. For adolescents aged 16-18 years, it is 73 grams per day for boys while 61 grams for girls is needed.
- **Calcium** – teenagers have higher requirements for calcium as the adolescence period is a vital time for bone development. Teenagers need extra calcium to store up an optimal amount of bone (peak bone mass). Building bone mass through a balanced diet, including adequate calcium may delay the onset or limit chances

of developing osteoporosis later in life. Calcium requirement for an adolescent boy or girl (13-18 years) is 1000 mg per day.

- **Iron** – Both teenage boys and girls need additional iron due to the growth spurt. Among teenage girls, the onset of “monthly period” increases the need for iron. The recommendation for iron is 19 mg/day for teenage boy (13-15 years) while it is 28 mg/day for teenage girl (13-15 years). Iron requirements of teenage girl cannot be met by usual diet alone. Intake of iron-rich and iron-fortified foods and the use of supplements are recommended, if necessary.

It is important to plan how to get adequate iron. Iron from meat is better absorbed by the body than the iron from plant sources. However, the absorption of iron from plants is improved by eating fruit or drinking juice that contains vitamin C with the iron-rich food.

Meet the changing nutritional needs of a growing teenager by choosing and enjoying a diet that includes a variety of foods from the Pinggang Pinoy, coupled with

regular physical activity. ■





Pinggang Pinoy for teens helps you prepare food for your adolescent kids

Jund Rian A. Doringo, Science Research Specialist I

Is preparing food for your teenage kids more of a misery than a pleasure?

Lining up in a fast food store and ordering the same calorie-dense foods because you are clueless of what to serve on the table will not help your adolescent child in meeting the requirements of achieving optimum nutrition.

Fret not.

The Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) has developed the *Pinggang Pinoy* for teens.

The *Pinggang Pinoy* or literally translated as the “Filipino Plate” is a food guide which shows the right proportions and amounts of food groups to be consumed in a per-meal basis specifically targeting the nutritional needs of the adolescents, 13 to 18 years old.

During adolescence, there is a rapid growth in height and weight due to the simultaneous release of hormones when teens transition in becoming adults.

According to the Philippine Dietary Reference Intakes (PDRI), adolescents have the highest recommended nutrient intakes per day for energy and protein.

An average of 2800 calories for male and 2200 calories for female is needed to meet the recommended energy intake per day while 68 grams for male and 59 grams for female is needed to meet the recommended protein intake per day.

Proper nutrition is required to support the special needs of the adolescents especially during growth spurt, reproduction-related changes, and brain and cognitive development.

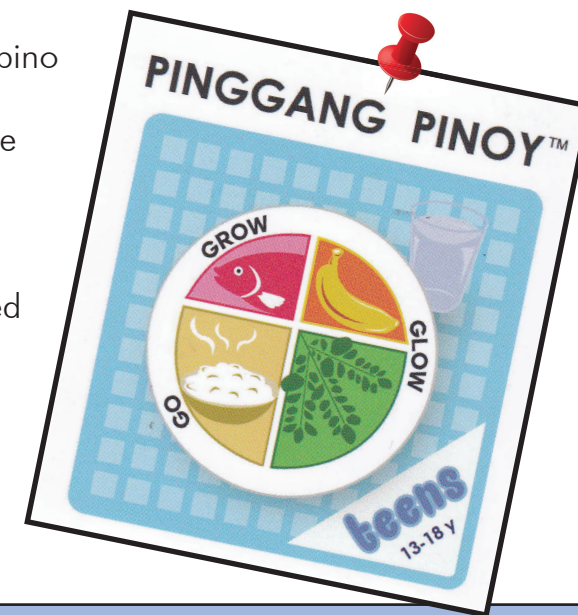
This guide will help teenagers and their parents in choosing healthy and nutritious foods for themselves and their families.

Moreover in a national scale, the *Pinggang Pinoy* is helpful in combating the double burden of malnutrition. The 2013 National Nutrition Survey (NNS) showed that among teens, about 1 in 10 Filipino adolescents was thin while about 8 in every 100 Filipino adults were overweight and obese, based on body mass index (BMI)-for-age.

With its simple and understandable design, the *Pinggang Pinoy* for teens features the GO, GROW, and GLOW food groups much needed by the teen body for energy, growth, and bodily processes, along with sufficient intake of water and regular physical activity.

The *Pinggang Pinoy* brochure for Filipino teens is readily available at the FNRI library and can be downloaded at the FNRI website, fnri.dost.gov.ph.

The FNRI-DOST is dedicated in ensuring a healthy and well-nourished Filipino population by providing the most favorable nutrition recommendations to Filipino adolescents. ■



All about legumes and nuts

Ma. Idelia G. Glorioso, Senior Science Research Specialist

Are you a nut-eater? Do you eat legumes? Well, you should, because eating legumes and nuts have a lot of nutritional benefits.

Peanut butter and *taho*, popularly consumed are obviously made from peanuts and soybeans. Peanuts and soybeans are included in the body-building group or the Grow foods. These are excellent extenders of other body-builders like fish, meat and poultry. About $\frac{3}{4}$ cup of cooked soybean or 1 cup raw peanuts, for example, may be substituted for a serving of fish or meat.

Dried beans, legumes and nuts are excellent and cheap alternatives to meats but these are not part of typical Filipino diet. In fact, these are least consumed by Filipino households at 9 grams per capita per day or just 1% of the total weight of food consumed as reported in the 2008 Food Consumption Survey.

At these times of financial difficulties, include dried beans and legumes in your daily meals.

Here are some tips you can follow to soften beans faster:

1. Boil enough water to cover beans.
2. Add beans and cook for 2 minutes.
3. Set aside for one hour.
4. Bring to a boil, then simmer until tender. Save the water you used in soaking and boiling beans for making soups and sauces. This liquid has B-vitamins needed for normal growth.

You can cook and serve legume and dried beans in a variety of ways like the red *adobo*, pork and callos beans, all meat pizza, and *Pinoy* tacos among others featured in the calendar. ■



The table below shows the nutrient contents of dried beans, legumes and nuts in terms of protein, mineral and B-vitamins.

| Food items | Nutrients | | | | | | | | |
|-------------------------------------------------------------------------------|---------------|-------------|--------------|-----------|-----------------|--------------|-----------------|-------------|--------------------|
| | Energy (kcal) | Protein (g) | Calcium (mg) | Iron (mg) | β-carotene (μg) | Thiamin (mg) | Riboflavin (mg) | Niacin (mg) | Ascorbic Acid (mg) |
| Peanuts with skin, roasted (1/3 cup, 25 grams) | 155 | 8.0 | 18.8 | 4.60 | Tr | 0.13 | 0.05 | 4.10 | 0 |
| Peanuts without skin, roasted (1/3 cup, 25 grams) | 154 | 6.4 | 16.8 | 0.68 | 0 | 0.07 | 0.03 | 3.22 | 0 |
| Mungbean seed (munggo), green, dried, boiled (1/3 cup, 55 grams) | 85 | 6.0 | 265.7 | 1.43 | 14 | 0.08 | 0.03 | 0.33 | 0 |
| Soy bean seed, black, dried, boiled (1/2 cup, 40 grams) | 96 | 6.1 | 56.0 | 1.04 | 0 | 0.03 | 0.03 | 0.28 | 0 |
| Kidney/Snap bean (abitsuwelas) seed, red, dried, boiled (1/3 cup, 55 grams) | 76 | 4.3 | 44.0 | 1.4 | 0 | 0.04 | 0.04 | 0.39 | 0 |
| Pili nut (1/3 cup, 25 grams) | 175 | 4.0 | 34.0 | 0.65 | 0 | 0.23 | 0.03 | 0.10 | 7.25 |
| Mungbean seed (munggo), yellow, dried, boiled (1/3 cup, 55 grams) | 64 | 4.0 | 48.4 | 0.60 | 24 | 0.05 | 0.02 | 0.27 | 0 |
| Mungbean seed (munggo), red, dried, boiled (1/3 cup, 55 grams) | 83 | 3.8 | 28.0 | 0.87 | 11 | 0.07 | 0.03 | 0.33 | 0 |
| Kidney/Snap bean (abitsuwelas) seed, white, dried, boiled (1/3 cup, 55 grams) | 78 | 3.6 | 118.0 | 1.40 | 0 | 0.62 | 0.04 | 0.33 | 0 |
| Peanuts with shell, boiled (1/3 cup, 25 grams) | 79 | 3.3 | 14.5 | 0.40 | 5 | 0.14 | 0.03 | 1.95 | 0 |
| Kidney/Snap bean (abitsuwelas) seed, black, dried, boiled (1/3 cup, 55 grams) | 64 | 2.1 | 47.0 | 1.00 | 3 | 0.04 | 0.02 | 0.20 | 0 |

Source: The Philippine Food Composition Tables 1997



How to get your picky teens eat healthy foods

Jund Rian A. Doringo, Science Research Specialist I

Adolescence is probably one of the most confusing and experimental stages of the human life.

It is where rapid changes occur inside the body preparing the teen in facing the real world and become an adult.

Proper nutrition is necessary in supporting these changes and in attaining the optimal development of the body.

In fact, according to the Philippine Dietary Reference Intakes (PDRI) developed by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST), adolescents have the highest recommended energy intake per day with an average of 2800 calories for males and 2200 calories for females.

Eating a balanced diet will fuel the growing teen bodies and boost the intake of nutrients for energy, growth, and bodily processes.

Here are some tips in getting your picky teens eat healthy foods:



- Be very hands-on with what they eat. Cook more meals at home and make each meal more interesting by adding fun and creativity to the foods. Create a food collage or make a fruit smiley on top of their cereals to encourage them to eat the food you prepared.
- Let them eat breakfast. This is a good training to instill in their young minds that breakfast is the most important meal of the day.
- Make eating a bonding moment between you and your teens. Make it fun by injecting themes or motifs every now and then.
- Walk the talk. It is important that your teens see that you practice what you preach by eating nutritious foods and staying healthy.
- Make them involved by having them help you in the kitchen. Try to bring them to the grocery with you too.
- Don't force them to eat foods that they don't like. They will only hate the foods you give them.
- Introduce them to different food items from time to time. This will make their diets more varied.
- Instead of serving your teens sugary desserts, try stocking fruits in the fridge and serve the fruits as desserts. Fruits like mangoes, grapes, and apples are as delectable as cakes but not as high in calories.



- Disguise healthy foods by adding them to a classic dish. Add vegetables like carrots and celery with meatballs or add squash with pudding.
- Include calcium-rich foods in their diet for bone growth. According to the PDRI, adolescents have the highest recommended calcium intake per day with 1000 mg. Make sure to include milk, dairy products or small fishes like anchovies and *tagunton* in their diet.
- Make a healthy snack ready. Most times, teens will be always hungry and will ask for food. Have a stock of crackers, granola bars, yogurts, and whole grain sandwiches.

Shifting from childhood to adulthood is critical and demands thorough attention to successfully carry it out.

Aside from the biological changes in the body, this is the period where outside influences have great impacts to the decisions of the adolescents in creating self-concept, sense of identity, sexual orientation, and self-esteem.

Consequently, it is the best time for family values and ties to shine through the whole process of an adolescent to become comfortable in accepting social roles and responsibilities in the community.

What better way to strengthen this tie through healthy eating! ■



Simple approach to **healthy eating among teenagers**

Ma. Idelia G. Glorioso, Senior Science Research Specialist

Have you experienced some difficulties in feeding your teenage girl or boy? Reasons for these maybe because adolescents grow and develop at different rates and they are affected by the big changes that are going in their bodies.

During teenage years, the need for most nutrients including energy, protein, vitamins and minerals increases. Their appetite is also erratic, so it is important that their food choices are made carefully and managed well. It is also during this period that it can be tempting to increase their intake of snack foods and fast foods that are high in fat, sugar and salt.

So what is the right approach to healthy eating among teenagers? Here are some nutrition advices for your teenagers to keep them looking and feeling well:

- Eat a variety of foods
 - Choose a diet with plenty of grain products, vegetables, and fruits.
 - Choose a diet low in fat, saturated fats, and cholesterol.
 - Choose a diet moderate in sugars and salt.
 - Choose a diet that provides enough calcium and iron to meet the growing body's requirement.
- Drink plenty of water
- Balance the food eaten with physical activity

For practical application of the above mentioned nutrition tips, your plate should contain the recommended proportions of foods belonging to the three food groups namely: Go, Grow and Glow. Half of your plate represents Glow foods consisting of fruits and vegetables. One sixth of your plate shows proportion for Grow foods such as meats, eggs, poultry, fish, beans and legumes. One third of your plate is Go foods comprising rice, corn, bread, oatmeal, bread and rootcrops.

Let the *Pinggang Pinoy* guide you in achieving healthy meals daily. ■



PINGGANG PINOY®

A food guide using a food plate model to show the recommended proportion by food group in every meal.

GO ENERGY GIVING

Go for rice, root crops, pasta, bread, and other carbohydrate-rich foods, which provide energy to support bodily functions and physical activity.

Choose whole grains like brown rice, corn, whole wheat bread, and oatmeal, which contain more fiber and nutrients than refined grains and are linked to lower risk of heart disease, diabetes, and other health problems.

GLOW BODY REGULATING

Enjoy a wide variety of fruits and vegetables, which are packed with vitamins, minerals and fiber needed for the regulation of body processes.

Take green, leafy vegetables, which have high iron and folate content recommended to support the increased requirement for these critical nutrients.

GROW BODY BUILDING

Eat fish, shellfish, lean meat, poultry, eggs, and dried beans and nuts needed to support growth and muscle development.

Have liver and red meat, which are rich sources of iron, a critical nutrient for female teens during menstruation.

Include fatty fish in the diet like tuna, sardines, and mackerel 2-3 times a week to provide essential fatty acids that help protect against heart diseases.

Consume milk, dairy products and other calcium-rich foods like dillis and small shrimps for strong bones and teeth.

WATER

Drink lots of water every day for adequate hydration.

Limit intake of sugar-sweetened beverages to reduce the risk of obesity and tooth decay.



**STAY
PHYSICALLY
ACTIVE!**



teens
13-18 y

*This is intended for healthy Filipino adolescents aged 13-18 years old. Individuals with specific health conditions such as hypertension and diabetes should consult a registered nutritionist-dietitian or any health care provider regarding their energy and nutrient needs.

HOW TO FILL UP YOUR PLATE

MALE

FEMALE

GO Rice & alternatives



Any of the following:

- 2 cups of cooked rice
- 8 pieces of small *pandesal*
- 8 slices of small loaf bread
- 2 cups of cooked noodles (ex. *pansit*)
- 2 medium pieces of root crop (ex. *kamote*)

Any of the following:

- 1 ½ cups of cooked rice
- 6 pieces of small *pandesal*
- 6 slices of small loaf bread
- 1 ½ cups of cooked noodles (ex. *pansit*)
- 1 ½ medium pieces of root crop (ex. *kamote*)

GROW Fish & alternatives



Any of the following:

- 2 pieces (small size) medium variety of fish (ex. *galunggong*)
- 2 slices of large variety of fish (ex. *bangus*)
- 2 pieces of small chicken leg (ex. *bangus*)
- 2 servings of lean meat, 30 g each (ex. chicken, pork, beef)
- 2 pieces of *tokwa*, 6 x 6 x 2 cm each
- 1 piece of small chicken egg and 1 piece of any food items mentioned above

Any of the following:

- 1 piece (small size) medium variety of fish (ex. *galunggong*)
- 1 slice of large variety of fish (ex. *bangus*)
- 1 piece of small chicken leg (ex. *bangus*)
- 1 serving of lean meat, 30 g (ex. chicken, pork, beef)
- 1 piece of *tokwa*, 6 x 6 x 2 cm
- 1 piece of small chicken egg

GLOW Vegetables



1-2 cups of cooked vegetables

(ex. *malunggay*, *saluyot*, gabi leaves, *talinum*, *ampalaya*, *kalabasa*, carrots, *sitaw*)

1-1 ½ cups of cooked vegetables

(ex. *malunggay*, *saluyot*, gabi leaves, *talinum*, *ampalaya*, *kalabasa*, carrots, *sitaw*)

GLOW Fruits



Any of the following:

- 1 medium size fruit (ex. *saging*, *dalanghita*, *mangga*)
- 1 slice of big fruit (ex. *papaya*, *pinya*, *pakwan*)

Any of the following:

- 1 medium size fruit (ex. *saging*, *dalanghita*, *mangga*)
- 1 slice of big fruit (ex. *papaya*, *pinya*, *pakwan*)

Food items may vary and are not limited to the examples mentioned above.

SAMPLE ONE-DAY MEAL PLAN*

Breakfast

Fried *Bangus*
Camote Tops Salad
with Tomatoes
Rice
Banana

Lunch

Chicken *Tinola*
with Green Papaya
and *Malunggay*
Rice
Mango

Dinner

Fried *Galunggong*
Pinakbet
Rice
Watermelon

Snack

A.M Snack
Suman
P.M Snack
Boiled Camote



12 or more
glasses of
water
throughout
the day



1 glass of
milk daily

*based on a 2850-calorie diet



9 or more
glasses of
water
throughout
the day

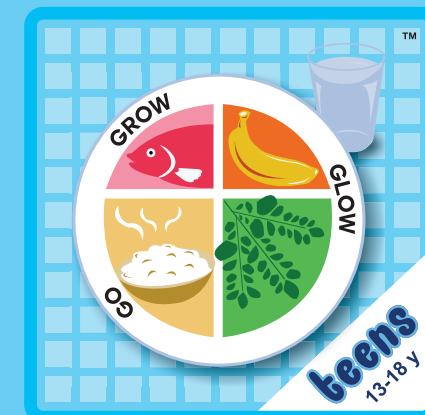


1 glass of
milk daily

*based on a 2220-calorie diet



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