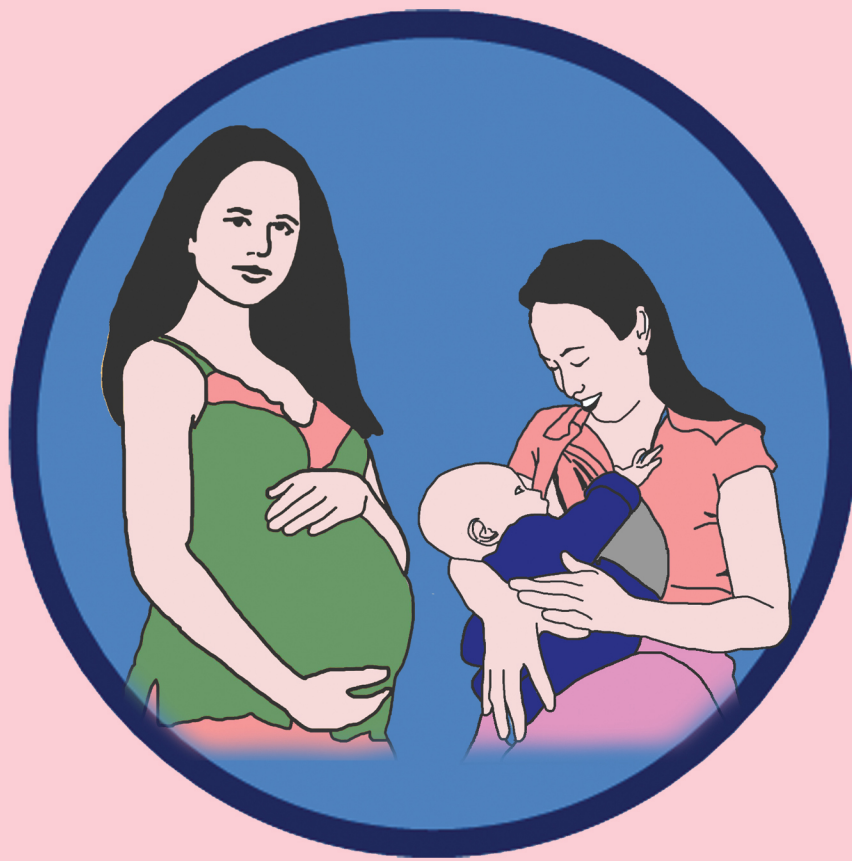


# The **FNRI** **Menu Guide** Calendar



“Addressing the nutrient needs of pregnant and lactating women through *Pinggang Pinoy*”

# 2017



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**Food and Nutrition Research Institute**  
Department of Science and Technology



# Mandate

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.

# 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.

# Vision

Consistent with the FNRI's mandates is its vision of optimum nutrition for all Filipinos, socially and economically empowered through scientifically sound, environment-friendly and globally competitive technologies.

# Core Values

- Excellence
- Action-oriented
- Teamwork
- Sincerity





It is with pride and pleasure that I join the Food and Nutrition Research Institute (DOST-FNRI) in presenting to you the 2017 Menu Guide Calendar. This is a special issue that focuses on empowering the modern Filipina with proper support for ensuring a successful pregnancy.

Indeed, there is no other experience more challenging, or more rewarding, than the journey towards motherhood. The first 1,000 days, starting from conception in the womb, is the most critical time in a child's life, as it is the phase that dictates their state of nutrition, physical health, and well-being up to adulthood. While nutrient requirements are increased in this phase, it also serves as a great opportunity for mothers to help their children achieve an optimum state of development, through appropriate and nutritious food, proper habits, and micronutrient supplements – which will ultimately help prevent diseases that may inhibit the development of children's bodies and minds.

Centered on the *Pinggang Pinoy* project – which is a nutrition guide developed by the DOST-FNRI in collaboration with the World Health Organization (WHO), Department of Health (DOH), and the National Nutrition Council (NNC) – the 2017 Menu Guide Calendar serves as a mother's best companion throughout her pregnancy, providing 12 monthly, special seven-day cycle menus as well as a featured recipe each month, which can also be enjoyed by growing children and the whole family.

It is my hope, together with the DOST-FNRI, that you enjoy, and find informative, the recipes contained in this menu calendar. As more Filipinas take charge in leading healthier lives, more Filipino families will be able to break the vicious cycle of malnutrition.

***Salamat at Mabuhay ang Filipina!***

  
**FORTUNATO T. DE LA PEÑA**  
Secretary  
Department of Science and Technology

## Message from the Secretary





I am happy to present to you the 2017 Menu Guide Calendar with the theme “*Addressing the nutrient needs of pregnant and lactating women through Pinggang Pinoy*”.

The theme of the 2017 Menu Guide Calendar is based on results of the 2015 Updating of Nutritional Status of Filipino Children and Other Population Groups. The survey showed that about 1 in 4 pregnant women and an alarming 39.6% of pregnant teen age girls were nutritionally-at-risk. For lactating mothers, the prevalence of Chronic Energy Deficiency (CED)/underweight increased slightly from 11.9% in 2011, 12.5% in 2013 and 13.6% in 2015. Overweight prevalence also increased from 17.7% in 2011, 21.7% in 2013 and 22.4 in 2015. Although anemia prevalence declined significantly from 2008 to 2013 for both pregnant and lactating women. Teen age pregnant women were more at risk for anemia. Anemia was also more prevalent among lactating mothers who live in rural areas.

Maternal nutrition before and during pregnancy affects the mother's health and her infant's growth. Thus, it is important that nutrient needs be met through proper food and diet. The 2017 Menu Guide Calendar will help address pressing concerns as well as the maintenance of health and well-being of pregnant and lactating women.

Nutrient needs during pregnancy and lactation are higher than at any other time for most women. Therefore, it is important that requirements for energy, protein, vitamins and minerals be met during pregnancy and lactation. For vitamins, most important are folic acid, ascorbic acid and the B vitamins (such as thiamin, riboflavin and niacin and B6 and B12), and vitamins A and D. Among the minerals, iron, calcium, magnesium, iodine, zinc and fluoride are most essentially needed.

These requirements need to be translated into foods to find out how much from each food group (energy giving, body building and body regulating) must be eaten daily.

This can be presented in the *Pinggang Pinoy* which is a new, easy-to-understand food guide that uses a familiar food plate model to convey the right food group proportions on a per-meal basis to meet the body's energy and nutrient needs of the target beneficiaries.

To date, the DOST-FNRI has successfully developed and disseminated different *Pinggang Pinoy* versions for children, adolescents, adults, elderly, and pregnant and lactating women. These can be used by nutrition workers and allied health professionals as a unified reference guide in nutrition education for suggested serving sizes of recipes and meals.

Thus, the FNRI 2017 wall-type Menu Guide Calendar will feature 4 weekly, 7-day cycle menus with 3 main meals plus 2 snacks useful for planning family meals. It will also include recipes with estimates of energy and nutrient contribution per serving. Of the 19 recipes, 13 belong to the fish/meat/poultry/legume category, 5 are vegetable dishes and 1 is soup. Helpful food and nutrition tips, and nutrition articles related to the theme are also included.

We hope that with this calendar, nutritionist-dietitians, home economists, health and nutrition community workers, students/adolescents, and homemakers, especially the pregnant and lactating women and housewives, caregivers in homes or institutions will be inspired to plan and serve nutritious family meals. This will contribute in reducing the incidence of double burden of malnutrition and the risk of non-communicable diseases in the country.

***Happy Pinggang Pinoy year to all of us.***

***God bless and Mabuhay!***



**MARIO V. CAPANZANA, Ph.D.**  
Director  
Food and Nutrition Research Institute

## Message from the Director





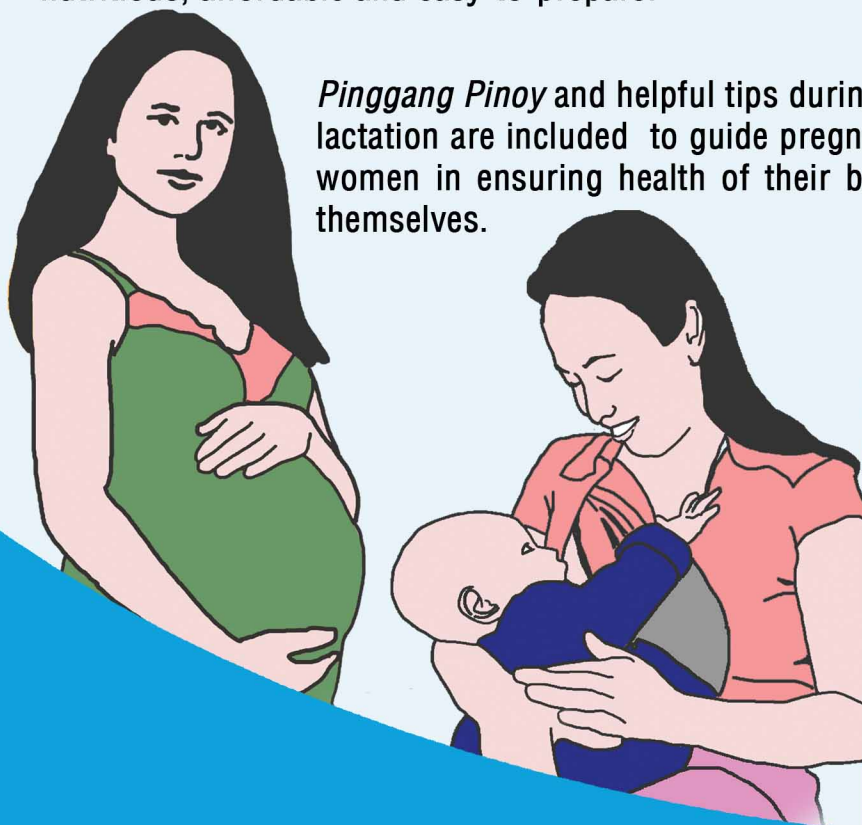
# About the Calendar

**T**he 2017 Menu Guide Calendar with the theme “*Addressing the nutrient needs of pregnant and lactating women through Pinggang Pinoy*” is intended for pregnant and lactating women. It is also designed for nutritionist-dietitians, home economists, health and nutrition community workers, students, adolescents, and homemakers specifically caregivers in the homes or institutions tasked with planning and serving appropriate meals for families and institutions.

This year’s theme focuses on pregnant and lactating women, particularly their nutritional needs as this is a vulnerable condition for both the mother and the baby during the period of gestation as well as when the baby is born. Of all the life stages, pregnancy is unique since the well-being of the baby is dependent on the well-being of the mother.

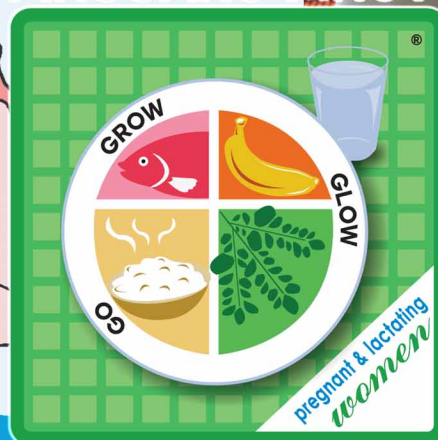
During the first 1,000 days of a child’s life which is from conception until the child reaches 2 years old, mother’s nutrition is very crucial in assuring the baby’s and mother’s health and prevent mortality and early morbidity of the child.

Featured recipes/combo meals are to be served for lunch and dinner for pregnant and lactating women as well as for the whole family. Recipes are nutritious, affordable and easy-to-prepare.



*Pinggang Pinoy* and helpful tips during pregnancy and lactation are included to guide pregnant and lactating women in ensuring health of their babies as well as themselves.

PINGGANG PINOY®





## Ingredients:

Pork, <i>kasim</i> , sliced thinly	3 cups
Soy sauce	2 Tbsps
Chicken egg, beaten	1 pc
Cornstarch	½ cup
Cooking oil, for frying	4 cups
Cooking oil, for sautéing	2 Tbsps
Garlic, crushed, chopped	2 Tbsps
Onion, <i>Bombay</i> , chopped	2 Tbsps
Soy sauce	2 Tbsps
Catsup	¼ cup
Vinegar	½ cup
Sugar, white	¼ cup
Water	½ cup
Pineapple chunks	1 ¼ cups
Bell pepper, green, strips	¼ cup
Bell pepper, red, strips	¼ cup



## Sweet and sour pork

Total cooking time: 1 hour and 45 minutes  
Cost per serving: **Php 36.75**

## Procedure:

1. Marinate pork with soy sauce and egg for 1 hour.
2. Dredge pork in cornstarch and deep fry in hot oil until golden brown.
3. Drain to remove excess oil. Set aside.
4. In a pan, heat oil. Sauté garlic and onion.
5. Add soy sauce, catsup, vinegar, sugar and water. Bring to a boil.
6. Add pineapple and bell pepper. Simmer for 10 minutes.
7. Add pork. Blend well with the sauce.

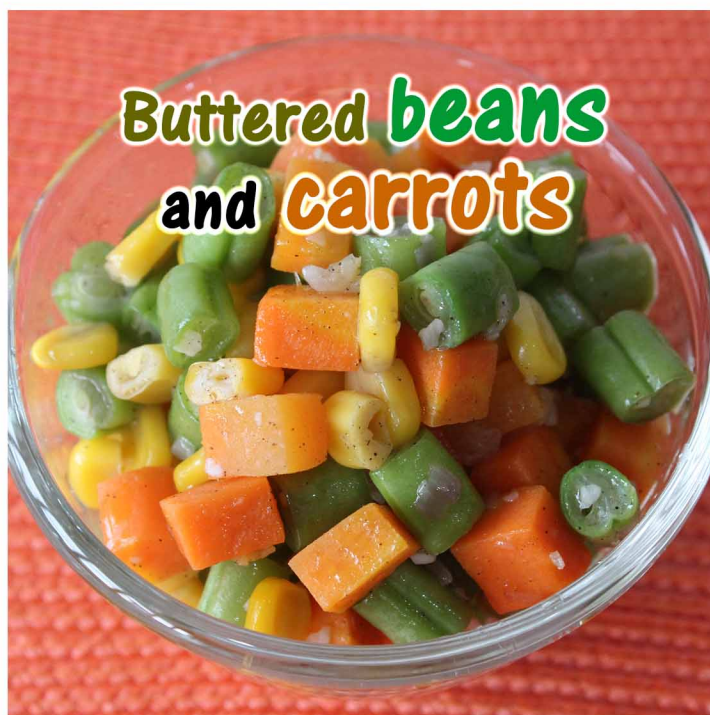
## 5 Servings

Serving Size: 3 matchbox size pork + 1/3 cup sauce with vegetables

Nutrition Facts		Amount/Serving		Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	827	Iron, mg	2.8	
	Fat, g	65.4	Vitamin A, ug RE	46	
	Carbohydrate, g	40.4	Thiamin, mg	0.55	
	Protein, g	19.1	Riboflavin, mg	0.3	
	Calcium, mg	76	Niacin, mg	7.8	
	Phosphorus, mg	187	Vitamin C, mg	13	

## Ingredients:

Butter	¼ cup
Carrot, cubed, blanched	1 1/3 cups
Baguio beans, cubed, blanched	2 ½ cups
Corn kernel, canned, drained	¾ cup
Salt, iodized	pinch
Black pepper, ground	pinch



## Buttered beans and carrots

Total cooking time: 55 minutes  
Cost per serving: **Php 11.60**

## Procedure:

1. In a pan, melt butter.
2. Add carrots and beans. Cover and simmer for 2 minutes.
3. Add corn. Season with salt and pepper. Remove from fire.

## 5 Servings

Serving Size: 3/4 cup

Nutrition Facts		Amount/Serving		Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	137	Iron, mg	1.2	
	Fat, g	10.6	Vitamin A, ug RE	683	
	Carbohydrate, g	9.3	Thiamin, mg	0.03	
	Protein, g	1.2	Riboflavin, mg	0.03	
	Calcium, mg	57	Niacin, mg	0.7	
	Phosphorus, mg	31	Vitamin C, mg	5	



**JANUARY 2017**



December 2016

Su	M	Tu	W	Th	F	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

January

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New Year's Day

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2017



## Ingredients:

Cooking oil	2 Tbsps
Garlic, crushed, chopped	3 Tbsps
Onion, <i>Bombay</i> , chopped	3 Tbsps
Shrimp, <i>suahe</i> , shelled	3 cups
Squash, cubed	2 ½ cups
<i>Sitaw</i> , cut into 1"	3 cups
Shrimp juice from crushed head, strained	1 ½ cups
Coconut milk, 2 <sup>nd</sup> extraction	1 cup
Salt, iodized	1 tsp
Coconut milk, pure	¼ cup

## Procedure:

1. In a pan, heat oil. Sauté garlic, onion and shrimps.
2. Add squash and *sitaw*. Cover and simmer for 5 minutes.
3. Add shrimp juice and 2<sup>nd</sup> extraction coconut milk. Season with salt. Cover and bring to a boil.
4. Simmer for 10 minutes.
5. Add pure coconut milk. Blend well. Stir to avoid scorching. Continue simmering uncovered.



**Ginataang hipon with  
kalabasa at sitaw**

**5 Servings**

Serving Size: 1/2 cup shrimps +  
1 cup vegetables

Total cooking time: 2 hours  
Cost per serving: **Php 75.40**



**FEBRUARY 2017**

Nutrition Facts		Amount/Serving	Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	335	Iron, mg	3.9
	Fat, g	19.1	Vitamin A, ug RE	547
	Carbohydrate, g	14.5	Thiamin, mg	0.18
	Protein, g	26.6	Riboflavin, mg	0.35
	Calcium, mg	227	Niacin, mg	8.8
	Phosphorus, mg	314	Vitamin C, mg	30



## January

Su	M	Tu	W	Th	F	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				

# February

Su	M	Tu	W	Th	F	Sa
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

# 2017



## Ingredients:

Cooking oil	2 Tbsps
Ginger, crushed	3 Tbsps
Garlic, crushed, chopped	3 Tbsps
Onion, <i>Bombay</i> , chopped	3 Tbsps
Chicken liver, whole	3 cups
Black pepper, ground	¼ tsp
Soy sauce	¼ cup
Vinegar, coconut	¼ cup
Water	1 cup



## Chicken liver adobo

Total cooking time: 1 hour  
Cost per serving: **Php 21.05**

## Procedure:

1. In a pan, heat oil. Sauté ginger, garlic, onion and liver. Cover and simmer for 20 minutes or until liver is cooked.
2. Add pepper, soy sauce, vinegar and water. Simmer for another 10 minutes.

## 5 Servings

Serving Size: ¾ cup

### Nutrition Facts

	Amount/Serving		Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	226	Iron, mg	5
	Fat, g	10.7	Vitamin A, ug RE	11074
	Carbohydrate, g	9.4	Thiamin, mg	0.38
	Protein, g	22.7	Riboflavin, mg	5.41
	Calcium, mg	33	Niacin, mg	17.4
	Phosphorus, mg	203	Vitamin C, mg	43

## Ingredients:

<i>Kangkong</i> leaves and tender stalk, washed	10 cups
Water for boiling	8 cups
Tomato seeded, chopped	½ cup
Onion, <i>Bombay</i> , chopped	¼ cups
<i>Calamansi</i> juice	2 Tbsps
<i>Bagoong</i> , <i>dilis</i>	5 Tbsps



## Kangkong salad

Total cooking time: 35 minutes  
Cost per serving: **Php 9.90**

## Procedure:

1. Blanch *kangkong* in boiled water for 8 minutes. Drain.
2. In a mixing bowl, combine *kangkong*, tomato, onion, *calamansi* and *bagoong*. Toss gently.

## 5 Servings

Serving Size: 1 cup

### Nutrition Facts

	Amount/Serving		Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	47	Iron, mg	5.3
	Fat, g	0.8	Vitamin A, ug RE	396
	Carbohydrate, g	5.5	Thiamin, mg	0.07
	Protein, g	4.4	Riboflavin, mg	0.16
	Calcium, mg	151	Niacin, mg	2.1
	Phosphorus, mg	97	Vitamin C, mg	31



**MARCH 2017**



## February

Su	M	Tu	W	Th	F	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				

# March

Su	M	Tu	W	Th	F	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	

# 2017



# Paksiw na hasa-hasa



**5 Servings**

Serving Size: 2 pcs fish + 3/4 cup vegetables

Total cooking time: 1 hour  
Cost per serving: **Php 44.95**

Nutrition Facts		Amount/Serving		Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	193	Iron, mg	2.9	
	Fat, g	3.8	Vitamin A, ug RE	178	
	Carbohydrate, g	8	Thiamin, mg	0.19	
	Protein, g	31.8	Riboflavin, mg	0.23	
	Calcium, mg	160	Niacin, mg	15	
	Phosphorus, mg	404	Vitamin C, mg	33	

## Ingredients:

Ginger, crushed	¼ cup
Garlic, crushed, chopped	¼ cup
Onion, <i>Bombay</i> , chopped	¼ cup
Salt, iodized	2 tsps
Black pepper, whole	1 Tbsp
Vinegar, coconut	1 cup
Water	½ cup
<i>Sili</i> , long, green	3 pcs
<i>Hasa-hasa</i>	10 pcs
<i>Ampalaya</i> fruit, sliced	3 cups

## Procedure:

1. In a bowl, combine ginger, garlic, onion, salt, pepper, vinegar, water and *sili*.
2. Line a stainless steel pan or *palayok* with fish and *ampalaya* fruit.
3. Add the vinegar mixture. Cover. Bring to a boil and simmer for 10 minutes or until the fish is cooked.



**APRIL 2017**



## March

Su	M	Tu	W	Th	F	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	

# April

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
Day of Valor 9	10	11	12	Maundy Thursday 13	Good Friday 14	Black Saturday 15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

# 2017



## Ingredients:

Chicken breast, diced	3 cups
<i>Patis</i>	1 Tbsp
Black pepper, ground	¼ tsp
Cooking oil	2 Tbsps
Garlic, crushed, chopped	3 Tbsps
Onion, <i>Bombay</i> , chopped	3 Tbsps
Potato, cubed	2 cups
Carrot, cubed	2 cups
Bell pepper, green, strips	½ cup
Bell pepper, red, strips	¼ cup
Tomato sauce	½ cup
Salt, iodized	½ tsp
Sugar, white	½ tsp
Water	1 cup
Green peas, frozen	1 cup

## Procedure:

1. In a bowl, marinate chicken in *patis* and pepper for 30 minutes to one hour.
2. In a pan, heat oil. Sauté garlic, onion and chicken. Cover and cook until chicken is tender.
3. Add potato and carrot. Cover and simmer for 10 minutes.
4. Add bell pepper. Simmer for another 5 minutes.
5. Add tomato sauce and season with salt and sugar. Cover and simmer for 10 minutes.
6. Add water. Cover and bring to a boil.
7. Add green peas. Blend well.



## Chicken Afritada

### 5 Servings

Serving Size: 3 matchbox size  
chicken + 1 cup  
vegetables

Total cooking time: 1 hour and 20 minutes

Cost per serving: **Php 42.50**

Nutrition Facts		Amount/Serving		Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	364	Iron, mg	4.5	
	Fat, g	13.2	Vitamin A, ug RE	1061	
	Carbohydrate, g	27.9	Thiamin, mg	0.23	
	Protein, g	33.4	Riboflavin, mg	0.17	
	Calcium, mg	125	Niacin, mg	20.5	
	Phosphorus, mg	306	Vitamin C, mg	39	



**MAY 2017**



## April

Su	M	Tu	W	Th	F	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						

## May

Su	M	Tu	W	Th	F	Sa
	Labor Day 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			

# 2017





# Munggo gisado with tinapa flakes and ampalaya

**5 Servings**

Serving Size: 1 1/4 cups

Total cooking time: 1 hour and 55 minutes  
Cost per serving: **Php 28.20**

Nutrition Facts		Amount/Serving	Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	403	Iron, mg	6.3
	Fat, g	11.3	Vitamin A, ug RE	359
	Carbohydrate, g	46.2	Thiamin, mg	0.54
	Protein, g	29.3	Riboflavin, mg	0.37
	Calcium, mg	270	Niacin, mg	13.3
	Phosphorus, mg	402	Vitamin C, mg	46

## Ingredients:

<i>Munggo</i> , green, dried	1 ½ cups
Water for boiling	6 cups
Cooking oil	3 Tbsps
Garlic, crushed, chopped	3 Tbsps
Onion, <i>Bombay</i> , chopped	3 Tbsps
Tomato, seeded, chopped	3 Tbsps
<i>Tinapa</i> , <i>galunggong</i> , flaked	1 ¾ cups
Water	3 cups
Salt, iodized	2 tsp
<i>Ampalaya</i> fruit, sliced	3 cups
<i>Ampalaya</i> leaves	5 cups

## Procedure:

1. In a pot, combine *munggo* and water. Cover and bring to a boil. Simmer for 45 minutes or until tender. Set aside.
2. In a pan, heat oil. Sauté garlic, onion, tomato and *tinapa*.
3. Add cooked *munggo* and water. Cover and bring to a boil.
4. Season with salt.
5. Add *ampalaya* fruit. Simmer for 5 minutes.
6. Add *ampalaya* leaves. Simmer for another 2 minutes.



**JUNE 2017**



## May

Su	M	Tu	W	Th	F	Sa
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

# June

Su	M	Tu	W	Th	F	Sa
				<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<small>Independence Day</small> <b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

# 2017



## Ingredients:

Pork, <i>kasim</i> , cubed	2 ½ cups
Water for boiling	9 cups
Onion, <i>Bombay</i> , sliced	¼ cup
Salt, iodized	1 tsp
Black pepper, whole	1 Tbsp
<i>Kamote</i> , yellow, cubed	1 ½ cups
Banana, <i>saba</i> , medium ripe, sliced	3 pcs
Baguio beans, sliced	2 cups
<i>Pechay baguio</i> , sliced	5 ½ cups

## Procedure:

1. In a pan, combine pork and water. Cover and bring to a boil.
2. Lower the heat and simmer until the pork is tender.
3. Add onion, salt and pepper. Cover and bring to a boil. Simmer.
4. Add *kamote* and *saba*. Cover and simmer for 2 minutes.
5. Add baguio beans and *pechay*. Simmer for another 2 minutes.



## 5 Servings

Serving Size: 3 matchbox size pork +  
1 ¼ cup vegetables

Total cooking time: 1 hour and 15 minutes

Cost per serving: **Php 35.45**

Nutrition Facts		Amount/Serving		Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	625	Iron, mg	2.8	
	Fat, g	46.9	Vitamin A, ug RE	139	
	Carbohydrate, g	31	Thiamin, mg	0.57	
	Protein, g	19.8	Riboflavin, mg	0.33	
	Calcium, mg	161	Niacin, mg	8.6	
	Phosphorus, mg	220	Vitamin C, mg	58	



**JULY 2017**



June

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25	26	27	28	29	30	

July

Nutrition Month

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9	10	11	12	13	14	15
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30	31					

2017



## Ingredients:

Cooking oil for frying <i>tokwa</i>	2 cups
<i>Tokwa</i> , sliced (1 pc sliced into 4)	15 pcs
Cooking oil, for sautéing	3 Tbsps
Garlic, crushed, chopped	3 Tbsps
Onion, <i>Bombay</i> , chopped	3 Tbsps
<i>Kinchay</i> , sliced	2 Tbsps
Soy sauce	¼ cup
Sugar, white	1 Tbsp
Black pepper, ground	¼ tsp
Salt, iodized	1 tsp
Water	1 cup



## Tokwa steak

## Procedure:

1. In a pan, heat oil. Deep fry *tokwa* until golden brown. Drain to remove excess oil. Set aside.
2. In another pan, heat oil. Sauté garlic, onion and *kinchay*.
3. Season with soy sauce, sugar, pepper and salt.
4. Add water. Cover and simmer for 5 minutes
5. Add *tokwa*. Blend well. Simmer for another 5 minutes.

## 5 Servings

Serving Size: 12 slices

Nutrition Facts		Amount/Serving		Amount/Serving
Estimated energy and nutrient content per serving	Energy, kcal	628	Iron, mg	5.7
	Fat, g	47.4	Vitamin A, ug RE	6
	Carbohydrate, g	12.8	Thiamin, mg	0.13
	Protein, g	37.1	Riboflavin, mg	0.1
	Calcium, mg	443	Niacin, mg	6.6
	Phosphorus, mg	350	Vitamin C, mg	2

Total cooking time: 1 hour and 15 minutes  
Cost per serving: **Php 16.25**

## Ingredients:

Squash, sliced	2 slices (2 in. X 4in. each)
Cooking oil	3 Tbsps
Garlic, crushed, chopped	1 Tbsp
Onion, <i>Bombay</i> , chopped	2 Tbsps
Water	5 cups
Salt, iodized	1 tsp
Black pepper, ground	pinch
Milk, evaporated	½ cup
Sugar, white	1 Tbsp
<i>Saluyot</i> leaves	3 cups



## Squash soup with saluyot

## Procedure:

1. Steam squash in a steamer for 15 minutes.
2. In a mixing bowl, mash the steamed squash. Set aside.
3. In a pan, heat oil. Sauté garlic and onion.
4. Add squash. Simmer for 5 minutes.
5. Add water. Season with salt and pepper. Cover and bring to a boil.
6. Add the milk and reduce heat to medium until nearly boiling. Do not let the soup boil or the milk will curdle.
7. Add sugar. Simmer for 1 minute.
8. Add *saluyot*. Cook for 1 minute.

## 5 Servings

Serving Size: 1¼ cups

Nutrition Facts		Amount/Serving		Amount/Serving
Estimated energy and nutrient content per serving	Energy, kcal	181	Iron, mg	3.1
	Fat, g	10.7	Vitamin A, ug RE	436
	Carbohydrate, g	16.6	Thiamin, mg	0.11
	Protein, g	4.6	Riboflavin, mg	0.21
	Calcium, mg	243	Niacin, mg	1.9
	Phosphorus, mg	110	Vitamin C, mg	39

Total cooking time: 1 hour and 5 minutes  
Cost per serving: **Php 13.10**



**AUGUST 2017**



July

Su	M	Tu	W	Th	F	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					

# August

National Breastfeeding Month

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	Ninoy Aquino Day 21	22	23	24	25	26
27	National Heroes Day 28	29	30	31		

# 2017





## Chicken tinola

### 5 Servings

Serving Size: 3 matchbox size chicken +  
1 cup vegetables

Total cooking time: 1 hour  
and 25 minutes  
Cost per serving: **Php 33.50**

Nutrition Facts		Amount/Serving		Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	305	Iron, mg	2.5	
	Fat, g	15.9	Vitamin A, ug RE	195	
	Carbohydrate, g	10.1	Thiamin, mg	0.15	
	Protein, g	30.5	Riboflavin, mg	0.17	
	Calcium, mg	143	Niacin, mg	18.4	
	Phosphorus, mg	267	Vitamin C, mg	50	

### Ingredients:

Cooking oil	3 Tbsps
Ginger, crushed	¼ cup
Onion, <i>Bombay</i> , chopped	3 Tbsps
Garlic, crushed, chopped	3 Tbsps
Chicken, breast, fillet, sliced	3 cups
Salt, iodized	2 tsps
<i>Papaya</i> green, unripe, sliced	3 ¼ cups
Water	5 cups
<i>Malunggay</i> leaves	3 cups

### Procedure:

1. In a pan, heat oil. Sauté ginger, onion, garlic and chicken. Cover and cook until chicken is tender.
2. Season with salt.
3. Add *papaya*. Cover and cook .
4. Add water. Bring to a boil and simmer for 10 minutes.
5. Add *malunggay*. Simmer for another 1minute.



SEPTEMBER 2017



## August

Su	M	Tu	W	Th	F	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		

# September

Su	M	Tu	W	Th	F	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

# 2017



## Ingredients:

<i>Galunggong</i> , cleaned	15 pcs
Salt, iodized	2 tsp
Cooking oil for frying	4 cups



Total cooking time: 45 minutes  
Cost per serving: **Php 44.40**

## Procedure:

1. Clean and wash *galunggong*. Drain.
2. Season with salt.
3. In a pan, heat oil. Fry *galunggong*. Drain excess oil.

## 5 Servings

Serving Size: 3 pieces

Nutrition Facts		Amount/Serving	Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	509	Iron, mg	1.8
	Fat, g	42	Vitamin A, ug RE	101
	Carbohydrate, g	0.3	Thiamin, mg	0.22
	Protein, g	32.6	Riboflavin, mg	0.29
	Calcium, mg	99	Niacin, mg	17.9
	Phosphorus, mg	340	Vitamin C, mg	0

## Ingredients:

Cooking oil	3 Tbsps
Garlic, crushed, chopped	3 Tbsps
Onion, <i>Bombay</i> , chopped	3 Tbsps
Tomato, chopped	½ cup + 1/8 cup
<i>Alamang</i> , <i>bagoong</i>	1/8 cup
Squash, cubed	2 ½ cups
Water	1 cup
<i>Okra</i> , sliced	1½ cups
<i>Sitaw</i> , cut into 1"	2 cups
Eggplant, sliced	2 cups



Total cooking time: 1 hour and 10 minutes  
Cost per serving: **Php 14.60**

## Procedure:

1. In a pan, heat oil. Sauté garlic, onion, tomato and *alamang*.
2. Add squash. Cover and cook for 10 minutes.
3. Add water. Simmer for 2 minutes.
4. Add *okra*, *sitaw* and eggplant. Simmer for another 5 minutes or until the vegetables are cooked.

## 5 Servings

Serving Size: 1 cup

Nutrition Facts		Amount/Serving		Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	161	Iron, mg	1.8	
	Fat, g	9.6	Vitamin A, ug RE	158	
	Carbohydrate, g	14.6	Thiamin, mg	0.16	
	Protein, g	4.2	Riboflavin, mg	0.12	
	Calcium, mg	165	Niacin, mg	2.2	
	Phosphorus, mg	94	Vitamin C, mg	33	



OCTOBER 2017



## September

Su	M	Tu	W	Th	F	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

# October

Su	M	Tu	W	Th	F	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				

# 2017



## Ingredients:

Cooking oil	3 Tbsps
Garlic, crushed, chopped	3 Tbsps
Onion, <i>Bombay</i> , chopped	3 Tbsps
Pork, <i>kasim</i> , ground	3 cups
Salt, iodized	1 ½ tsps
Black pepper, ground	¼ tsp
Carrot, cubed	2 cups
Water	5 cups
<i>Patola</i> , sliced	2 ½ cups
<i>Misua</i> noodles	1/3 cup
<i>Malunggay</i> leaves	3 cups

## Procedure:

1. In a pan, heat oil. Sauté garlic, onion and ground pork. Cover and simmer for 5 minutes.
2. Season with salt and pepper.
3. Add carrot. Simmer for 5 minutes.
4. Add water. Cover and bring to a boil.
5. Add *patola*. Simmer for another 5 minutes.
6. Add *misua* and *malunggay*. Blend well. Simmer for 1 minute.



## Sauteed Pork-veggies

**5 Servings**

Serving Size: 1 ¼ cups

Total cooking time: 1 hour and 30 minutes

Cost per serving: **Php 37.65**



**NOVEMBER 2017**

Nutrition Facts		Amount/Serving	Amount/Serving
Estimated energy and nutrient content per serving	Energy, kcal	648	Iron, mg 3.8
	Fat, g	55.8	Vitamin A, ug RE 1169
	Carbohydrate, g	16.4	Thiamin, mg 0.54
	Protein, g	19.9	Riboflavin, mg 0.31
	Calcium, mg	122	Niacin, mg 8.6
	Phosphorus, mg	206	Vitamin C, mg 41

## October

Su	M	Tu	W	Th	F	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				

# November

Su	M	Tu	W	Th	F	Sa
			All Saints Day 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	Bonifacio Day 30		

# 2017



## Ingredients:

Chicken, drumstick	10 pcs
<i>Patis</i>	¼ cup
<i>Calamansi</i> juice	2 Tbsps
Garlic, crushed, chopped	¼ cup
Black pepper, ground	¼ tsp
Cooking oil for frying	4 cups



## Procedure:

1. Marinate chicken with *patis*, *calamansi*, garlic and pepper for 30 minutes to one hour.
2. In a pan, heat oil. Deep-fry chicken until golden brown or cooked.
3. Drain the excess oil.

## 5 Servings

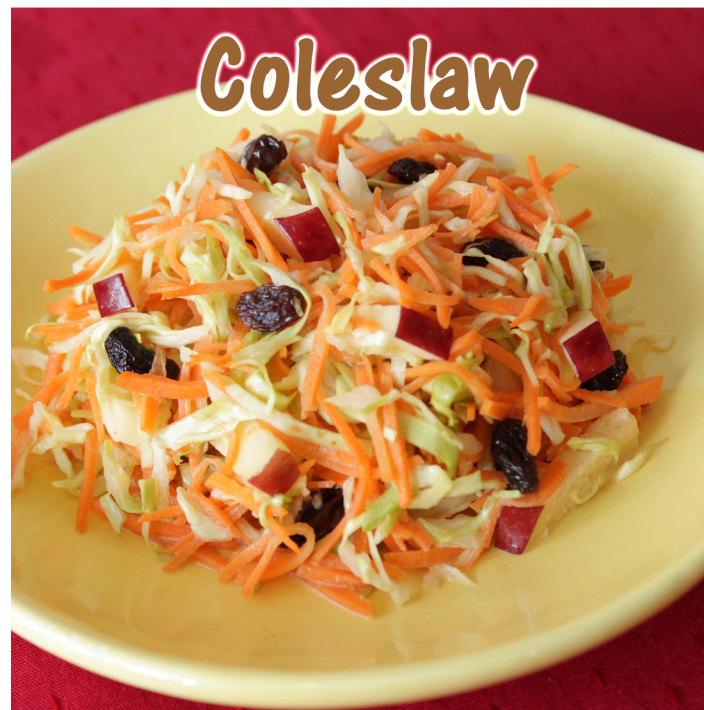
Serving Size: 2 pieces

Nutrition Facts		Amount/Serving		Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	542	Iron, mg	2.9	
	Fat, g	46.1	Vitamin A, ug RE	25	
	Carbohydrate, g	2.8	Thiamin, mg	0.18	
	Protein, g	29.2	Riboflavin, mg	0.26	
	Calcium, mg	28	Niacin, mg	13.2	
	Phosphorus, mg	178	Vitamin C, mg	10	

Total cooking time: 50 minutes  
Cost per serving: Php 32.40

## Ingredients:

Cabbage, sliced thinly	3 cups
Carrot, sliced thinly	2 ½ cups
Apple, strips	1 cup
Raisin	½ cup
Mayonnaise	1/3 cup
Salt, iodized	¼ tsp
Sugar, white	1 tsp



## Procedure:

1. In a bowl, combine cabbage, carrot, apple and raisin. Toss lightly.
2. In another bowl, combine mayonnaise, salt and sugar. Blend well.
3. Pour dressing on prepared salad. Toss lightly.
4. Chill for 1 hour before serving.

## 5 Servings

Serving Size: 1 cup

Nutrition Facts		Amount/Serving		Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	227	Iron, mg	2.1	
	Fat, g	12.3	Vitamin A, ug RE	683	
	Carbohydrate, g	26.7	Thiamin, mg	0.07	
	Protein, g	2.3	Riboflavin, mg	0.08	
	Calcium, mg	86	Niacin, mg	1	
	Phosphorus, mg	59	Vitamin C, mg	24	

Total cooking time: 55 minutes  
Cost per serving: Php 26.10



DECEMBER 2017

# November

Su	M	Tu	W	Th	F	Sa
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		

# December

Su	M	Tu	W	Th	F	Sa
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Christmas Eve <b>24</b>	Christmas Day <b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	Rizal Day <b>30</b>
<b>31</b>						

# 2017



# featured recipe

## Ingredients:

Pork, <i>kasim</i> , cubed	3 cups
Garlic, crushed, chopped	3 Tbsps
Onion, <i>Bombay</i> , chopped	3 Tbsps
<i>Calamansi</i>	¼ cup
Soy sauce	¼ cup
Water for boiling pork	3 cups
Cooking oil	2 Tbsps
Potato, cubed	2 cups
Carrot, cubed	2 1/8 cups
Bell pepper, red, strips	¾ cup
Bell pepper, green, strips	¾ cup
Tomato sauce	½ cup
Salt, iodized	1 ½ tsps
Black pepper, ground	¼ tsp
Sugar, white	2 tsps

## Procedure:

1. Marinate pork with garlic, onion, *calamansi* and soy sauce for 1 hour.
2. In a pan, combine water and marinated pork. Cover and bring to a boil.
3. Lower the heat and simmer until the pork is tender.
4. Drain the pork. Set aside the pork broth.
5. In a pan, heat oil. Saute pork. Cover and simmer.
6. Add in pork broth, potato and carrot. Cover and simmer for 10 minutes.
7. Add bell pepper and tomato sauce. Simmer for another 10 minutes.
8. Season with salt, pepper and sugar.



## Pork menudo

**5 Servings**

Serving Size: 3 matchbox size pork +  
1 ¼ cups vegetables

Total cooking time: 2 hours  
and 10 minutes  
Cost per serving: **Php 49.70**

Nutrition Facts		Amount/Serving		Amount/Serving
Estimated energy and nutrient content per serving	Energy, kcal	771	Iron, mg	4.5
	Fat, g	62.1	Vitamin A, ug RE	1119
	Carbohydrate, g	28.9	Thiamin, mg	0.67
	Protein, g	24	Riboflavin, mg	0.34
	Calcium, mg	121	Niacin, mg	11.2
	Phosphorus, mg	254	Vitamin C, mg	57





# featured recipe

## Ingredients:

Cooking oil	3 Tbsps
Garlic, crushed, chopped	3 Tbsps
Onion, <i>Bombay</i> , chopped	3 Tbsps
Chicken, breast, fillet, strips	3 cups
Soy sauce	1/3 cup
Salt, iodized	1 tsp
Black pepper, ground	¼ tsp
Sugar, white	2 Tbsp
Cauliflower, sliced	3 cups
Carrot, sliced	2 cups
Baguio beans, sliced	2 cups
Bell pepper, red, strips	½ cup
Water	½ cup

## Procedure:

1. In a pan, heat oil. Sauté garlic, onion and chicken. Cover and cook until chicken is tender.
2. Season with soy sauce, salt, pepper and sugar.
3. Add cauliflower, carrot, baguio beans, bell pepper and water.
4. Cover and bring to a boil. Simmer for 10 minutes.



**5 Servings**

Serving Size: 3 matchbox size chicken +  
1 ¼ cups vegetables

Total cooking time: 1 hour and  
25 minutes

Cost per serving: **Php 54.10**

Nutrition Facts	Amount/Serving		Amount/Serving	
Estimated energy and nutrient content per serving	Energy, kcal	367	Iron, mg	4.4
	Fat, g	16	Vitamin A, ug RE	1080
	Carbohydrate, g	23.6	Thiamin, mg	0.18
	Protein, g	32.3	Riboflavin, mg	0.24
	Calcium, mg	150	Niacin, mg	19.3
	Phosphorus, mg	296	Vitamin C, mg	63





# Week 1

## Sunday

### BREAKFAST

*Dalanghita*  
Fish croquette  
Cucumber slices  
*Kapeng barako*  
Boiled rice

### LUNCH

*Pork menudo*  
Boiled rice  
Mango shake

### DINNER

*Bringhe*  
Lettuce-mango-pomelo salad  
*Halo halo espesyal*

### SNACKS

AM - Cheese pinwheel sandwich  
PM - Chicken ala king on melba toast



## Monday

### BREAKFAST

Apple  
Scrambled egg with onions and tomatoes  
*Pandesal*  
Coffee with milk

### LUNCH

*Miswa-patola* soup  
*Nilasing na hipon*  
Boiled rice  
Ripe *langka*

### DINNER

*Ginataang tilapia sa pako*  
Vegetable tempura  
Boiled brown rice  
Papaya shake

### SNACKS

AM - Squash *kutsinta* with grated coconut  
PM - Mini *pan de coco* / Milky jello

## Tuesday

### BREAKFAST

Pineapple  
Fried dried *danggit* with tomatoes  
Boiled rice  
*Pandan* tea

### LUNCH

*Chicken afritada*  
Boiled rice  
*Guyabano*

### DINNER

Fried vegetable lumpia with vinegar dip  
*Pahiyas* fried rice  
Boiled rice  
Melon balls

### SNACKS

AM - *Galyetas de patatas* / Hot tea  
PM - Sweet *kamote buche*



## Wednesday

### BREAKFAST

Poached egg  
French toast  
Hot tea  
Ripe mango

### LUNCH

Pork barbecue  
Chunky potato fruit salad

### DINNER

Crunchy *turcillo* with béchamel-oats sauce  
Grilled *talong* and *okra*  
Boiled brown rice  
Vanilla shake

### SNACKS

AM - *Ondeh ondeh* / Ginger tea  
PM - Glazed cassava

## Thursday

### BREAKFAST

Papaya  
Sautéed corned beef  
with potatoes and  
cabbage  
Wheat bread  
Hot chocolate

### LUNCH

*Fried galunggong*  
*Pinakbet*  
Boiled rice  
Melon

### DINNER

Fried porkchop  
*Ginataang puso ng saging*  
Boiled rice  
Chilled *nata de coco*

### SNACKS

AM - *Lugao at Pritong Lumpiang gulay*  
PM - Squash icy with *kadyos*



## Friday

### BREAKFAST

*Kalamansi* juice with honey  
*Tortang isda*  
Boiled *kamote* tops  
Boiled rice

### LUNCH

Beef *kare kare* with *bagoong*  
Boiled rice  
Native fruit medley

### DINNER

Cream of asparagus soup  
*Tahong* with zesty corn salsa  
Boiled rice  
Melon slices

### SNACKS

AM - *Ube palitaw*  
PM - Sweetened *saba* with *langka*

## Saturday

### BREAKFAST

Strawberry  
Pancake with syrup  
Steamed chicken sausage  
Hot milk

### LUNCH

Squash-*malunggay* chowder  
Pork *tofu* with *kinchay* and *tausi*  
Boiled brown rice  
*Leche flan*

### DINNER

*Chicken tinola*  
Boiled rice  
*Lakatan*

### SNACKS

AM - *Ginataang bilo bilo* with sago  
PM - *Siopao bola-bola*





# Week 2

## Sunday

### BREAKFAST

Pear  
Veggie sardines with *miswa*  
Boiled rice  
Coffee with milk  
Boiled rice

### LUNCH

Fried chicken  
Coleslaw  
Boiled rice  
Pineapple

### DINNER

Fish teriyaki  
Stir fried corn and *toge*  
Boiled brown rice  
*Buko pandan* jello

### SNACKS

AM - *Lugao* at pinsec frito  
PM - Carbonara / Garlic bread



## Monday

### BREAKFAST

*Pininyahang* pork *giniling* at *malunggay*  
Wheat bread  
Hot tea

### LUNCH

Crispy tofu *sisig*  
*Ginulayang alugbati* at *mais*  
Boiled brown rice

### DINNER

Barbecued spareribs  
Potato-pineapple salad  
Avocado-cucumber shake

### SNACKS

AM - *Kulitis* pasta  
PM - *Inihaw na kamote*

## Tuesday

### BREAKFAST

Orange  
*Sinabawang* tuna *gisado* with *pechay*  
Boiled rice  
Brewed coffee

### LUNCH

Squash soup with *saluyot*  
*Tokwa* steak  
Boiled rice  
*Dalandan*

### DINNER

*Sinigang na ulo ng bangus*  
*sa bayabas*  
Boiled rice  
*Ube halaya*

### SNACKS

AM - *Kundol hopia* / Iced Tea  
PM - *Pancit molo*



## Wednesday

### BREAKFAST

*Latundan*  
Sauteed *kamote-sitaw* with luncheon meat  
Boiled brown rice  
Coffee with milk

### LUNCH

*Arroz a la cubana*  
*Suwam na tulya* with *sili* leaves  
Iced green tea

### DINNER

Shrimp with quail eggs and cashew nuts  
*Pako* salad  
Boiled rice  
*Chico*

### SNACKS

AM - Vegetable *empanada*  
PM - *Bitso bitso*

## Thursday

### BREAKFAST

Dragon fruit  
Hawaiian pizza *pandesal*  
Fresh milk

### LUNCH

*Paksiw na hasahasa* with *ampalaya*  
Boiled rice  
Sweetened kidney beans

### DINNER

*Sopa de ajo*  
*Callos*  
Fried *lumpiang gulay*  
Boiled rice  
Mangosteen

### SNACKS

AM - *Binatog* with grated coconut  
PM - *Puto Biñan* with salted egg



## Friday

### BREAKFAST

*Lakatan*  
*Tortang alimasag* with carrots and *sayote*  
Boiled rice  
Coffee with milk

### LUNCH

Pork-shrimp shanghai rolls  
*Alukon-patani*-young corn *gisado*  
Boiled brown rice  
Durian ice cream

### DINNER

Fish *embotido*  
Fresh garden salad  
Boiled brown rice  
*Buko sa malamig*

### SNACKS

AM - *Inihaw na mais*  
PM - *Siopao na munggo*

## Saturday

### BREAKFAST

Avocado  
*Gisadong gulay* at *itlog*  
Boiled rice  
Coffee with milk

### LUNCH

*Ginataang hipon* with *kalabasa* and *sitaw*  
Boiled rice  
Grapes

### DINNER

Pork-*langka* *sinigang*  
Fried *quekiam*  
Boiled rice

### SNACKS

AM - *Kamote* fritters  
PM - *Taho* with *sago* and Syrup





# Week 3

## Sunday

### BREAKFAST

Grapes  
Beef *tapa*  
Cucumber salad  
Fried rice  
Cappuccino

### LUNCH

Sweet and sour pork  
Buttered beans and carrots  
Boiled rice  
Watermelon

### DINNER

*Sinigang na hipon* with veggies  
Boiled brown rice  
Chilled *nata de piña*

### SNACKS

AM - Club house sandwich  
PM - Chicken *empanada*



## Monday

### BREAKFAST

Ripe papaya  
*Daing na bangus*  
*Kamote* tops salad  
Boiled rice  
Brewed coffee

### LUNCH

Chicken *pastel*  
Steamed broccoli and cauliflower  
French fries  
*Ube* ice cream

### DINNER

Beef with broccoli and spinach  
Boiled rice  
Avocado

### SNACKS

AM - Fried *lumpiang labong* with vinegar dip  
PM - *Bibingka* with grated coconut and *muscovado* sugar

## Tuesday

### BREAKFAST

*Rambutan*  
Pork *tocino*  
Stir-fried *toge* and carrots  
Boiled rice  
Hot chocolate

### LUNCH

Crab and corn soup with *malunggay*  
*Lechon kawali*  
Boiled rice  
Coffee jelly

### DINNER

Breaded fish fillet  
Mango-cucumber-tomato *salsa*  
Boiled rice  
*Leche flan con yelo*

### SNACKS

AM - Baked lasagna  
PM - *Turon* with *langka*

## Wednesday

### BREAKFAST

*Lakatan*  
Toasted *dilis*  
*Champorado* with milk

### LUNCH

*Pesang tilapia* with vegetables  
Boiled brown rice  
*Mazapan de pili*

### DINNER

Chicken liver *adobo*  
*Kangkong* salad  
Boiled rice  
Ripe papaya

### SNACKS

AM - Pork *siomai*  
PM - *Arroz caldo*  
with egg



## Thursday

### BREAKFAST

Kiwi  
*Pandesal*  
*Kesong puti*  
Coffee with milk

### LUNCH

Beef *caldereta*  
*Ensaladang katuray*  
Boiled rice  
*Atis*

### DINNER

Clear soup with *kulitis*  
Pork *picadillo* with carrots and potatoes  
Boiled brown rice  
Peanut brittle

### SNACKS

AM - *Sotanghon gisado*  
PM - Hotdog sandwich

## Friday

### BREAKFAST

Green mango shake  
Chicken ham  
Garlic rice

### LUNCH

*Munggo gisado* with *tinapa* flakes  
and *ampalaya*  
Boiled rice  
*Lakatan*

### DINNER

Creamy fern soup  
Chicken *inasal* with *toyomansi*  
Papaya *atsara*  
Boiled rice  
*Yema*

### SNACKS

AM - Banana *con yelo*  
PM - *Mais con sago*



## Saturday

### BREAKFAST

Mangosteen  
Bacon bits  
Hot tea

### LUNCH

Beef *bulalo* with vegetables  
Boiled brown rice  
Fruity almond jelly

### DINNER

Seafood *kare-kare* with *bagoong*  
Boiled rice  
Watermelon

### SNACKS

AM - Cheese burger  
PM - Chocolate cake



# Week 4

## Sunday

### BREAKFAST

Pomegranate  
Fried *tuyo*  
Sliced tomatoes  
Fried rice  
Coffee with creamer

### LUNCH

Oyster chicken fingers  
*Sayote gisado*  
Boiled rice  
Fresh fruit compote

### DINNER

Pork *nilaga*  
Boiled rice  
Boiled *saba* (in *nilaga*)

### SNACKS

AM - *Brazo de mercedes*  
PM - *Biko may latik*



## Monday

### BREAKFAST

*Duhat*  
Filled cheese  
*Pandesal*  
Carabao's milk

### LUNCH

Beef strips with asparagus  
Boiled brown rice  
Apple

### DINNER

*Ginataang kuhol* with *mustasa*  
Boiled rice  
Iced *melon tagalog sa malamig*

### SNACKS

AM - *Sapin-sapin*  
PM - *Banana cue*

## Tuesday

### BREAKFAST

Lychee  
*Tochong bangus*  
Boiled rice  
Brown coffee

### LUNCH

Pork *humba*  
*Ampalaya* salad  
Boiled rice  
*Latundan*

### DINNER

Chopsuey with chicken strips  
Boiled rice  
Apple

### SNACKS

AM - *Puto* with cheese  
PM - *Pancit palabok*



## Wednesday

### BREAKFAST

*Kaimito*  
Tuna omelet  
Boiled rice  
Hot chocolate

### LUNCH

*Halabos na hipon*  
*Adobong kangkong*  
Boiled brown rice  
*Sineguelas*

### DINNER

Sweet and sour beef Balls  
Celery and green bean salad  
Boiled rice  
*Suha*

### SNACKS

AM - *Squash maja*  
PM - *Shawarma pizza*

## Thursday

### BREAKFAST

Pineapple  
Vienna sausage  
Sunny side-up  
*Malunggay pandesal*  
Coffee

### LUNCH

Chicken *tinola*  
Boiled rice  
*Minatamis na langka*

### DINNER

Fried *liempo*  
*Gisadong kalabasa-bataw at patani*  
Boiled brown rice  
*Santol ade*

### SNACKS

AM - *Buko pie*  
PM - *Pichi-pichi*



## Friday

### BREAKFAST

*Atis*  
Eggplant omelet  
Garlic rice  
Fresh milk

### LUNCH

Beef *lauya* with vegetables  
Boiled rice  
Longan

### DINNER

*Ginulay na mais at kulitis*  
Fried *galunggong*  
Boiled rice  
Chilled fruit cocktail

### SNACKS

AM - *Suman at manggang hinog*  
PM - *Karioka*

## Saturday

### BREAKFAST

*Ratiles*  
*Chili con carne*  
Boiled rice  
Tea

### LUNCH

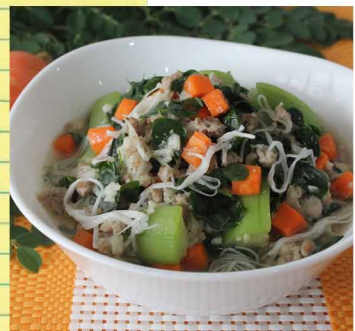
Sauteed pork veggies  
Boiled rice  
*Ponkan*

### DINNER

Chicken *binakol*  
*Okra-yellow kamote* fritters  
Boiled rice  
Mangosteen

### SNACKS

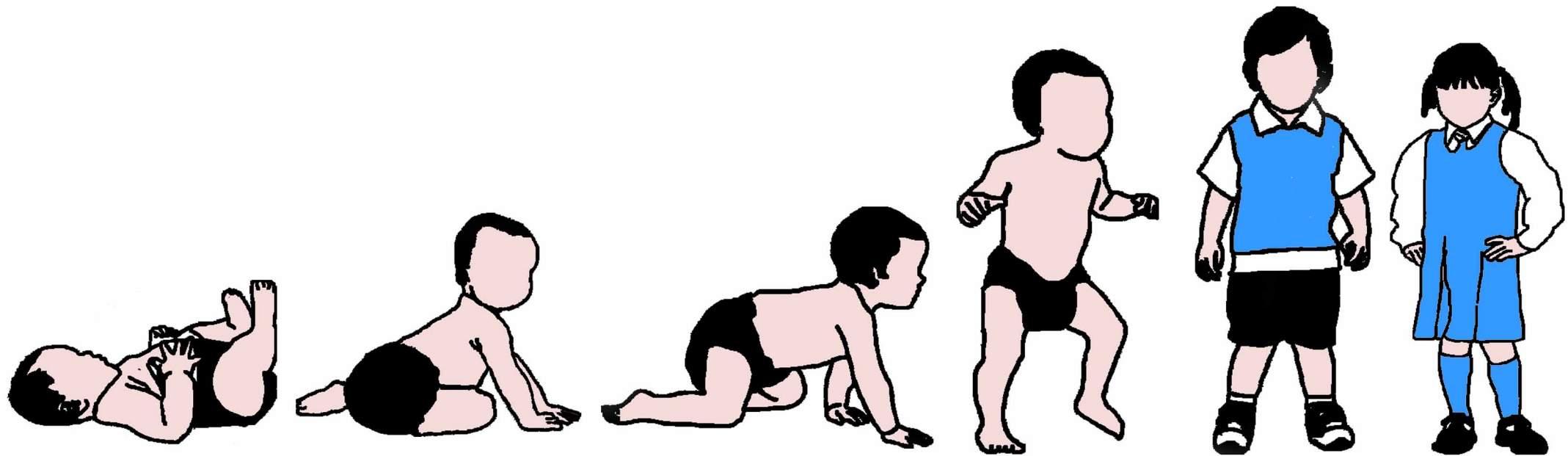
AM - Baked macaroni  
PM - *Pan de coco*





# The First 1000 Days of a Child's Life: Critical Window of Opportunity

Charina A. Javier - Science Research Specialist II



**T**he first 1,000 days of life - which covers the period from conception up to the second year of a child's life - is the most crucial period of one's growth and development. During the "first 1,000 days", good nutrition is very crucial for ensuring a healthy start in life and avoiding early morbidity and mortality.

Malnutrition during this critical period of development for a child has not been adequately addressed in the Philippines. There has been slow and little reduction in the prevalence of underweight infants and young children in the past decade as revealed by the National Nutrition Survey (NNS) from 2001-2015.

The effect of poor maternal health and nutrition goes through a vicious cycle. Malnutrition that occurs during childhood, adolescence and pregnancy has a negative impact on birthweight of the newborn. When a child suffers from disease, nutrition absorption is affected that retards growth and development, which remains until adolescence. When a woman gets pregnant, she will likely give birth to an undernourished child. This child will become a parent later on to an undernourished baby, and the cycle may go on and on.

The findings of the Maternal Health and Nutrition and Infants and Young Child Feeding (IYCF) of the NNS shed light on the country's standing towards Millennium Development Goals (MDGs) 4 and 5 on reducing child mortality and improving maternal health that ended in 2015. The results also served as benchmark data for the Sustainable Development Goals which succeeds the MDGs.

Among the glaring results from the survey, pregnant teenagers were more vulnerable since they are more nutritionally at-risk or chronic energy deficient and anemic than their adult mother counterparts. Mothers in the poorest and poor quintiles, with low educational attainment, not gainfully employed, and mostly living in rural areas tended to have no access to maternal health services. In terms of IYCF, an improvement in the rate of timely initiation of breastfeeding and exclusive breastfeeding has been reported. However, less than 1 in every 5 children 6-23 months old met the minimum dietary diversity score (DDS) of 4, suggesting that majority of the children in this age group did not receive complementary foods of good nutritional quality.

Thus, addressing the needs of pregnant women, infants and young children for the first 1,000 days will break the intergenerational cycle of malnutrition, and hopefully improve the well-being of the population.



# A well-nourished mommy ensures a well-nourished baby

Charina A. Javier - Science Research Specialist II



**A** mother's nutritional status directly influences the health and nutritional status of her child from pregnancy to adulthood. Proper health and nutritional habits should be established by the mother from the start, ideally even before conception. Filipino mothers are vulnerable to several health and nutritional risks as shown by some local data. According to the Food and Nutrition Research Institute's (DOST-FNRI) 2015 Updating of the Nutritional Status of Filipino Children and Other Population Groups, maternal mortality rate (MMR) or the incidence of women's deaths resulting from complications of pregnancy and childbirth in a given population remains high at 149 deaths for every 100,000 live births.

**A pregnant woman should avoid drinking alcoholic beverages, should not smoke, and should engage in regular exercise.**



One message from the NGF says, "For a healthy lifestyle and good nutrition, exercise regularly, do not smoke and avoid drinking alcoholic beverages to help prevent lifestyle related non-communicable diseases". Pregnant women are encouraged to strictly follow this recommendation to achieve optimum nutrition for herself and her baby and prevent complications or birth defects to the baby that may arise from consumption of alcoholic beverages and cigarette smoke.

Drinking alcoholic beverages should be avoided all throughout pregnancy because it affects the physical and mental growth of the baby. The baby may acquire fetal alcohol syndrome, a disorder that permanently damages the central nervous system, especially the brain.

A pregnant woman should avoid smoking and exposure to secondhand smoke. Nicotine, which comes from inhaling cigarette smoke, enters the mother's circulatory system and also that of the fetus through the placenta. When this happens, oxygen supply of the fetus is compromised. The fetus grows slowly and can result to low birth weight. It can also result to preterm birth. Some recent studies have also shown that smoking anytime during pregnancy can lead to birth defects such as congenital heart defects.

Healthy pregnant women should have 30 minutes or more of moderate intensity physical activity every day. Regular exercise can help prevent excess weight gain, reduce pregnancy related problems, like back pain, swelling, and constipation. It can also improve sleep, prepare for labor and lessen recovery time after childbirth. Examples of exercises that a pregnant woman can do are walking, aerobic dancing, belly dancing, yoga and swimming. However, before exercising, it is better to consult a doctor first, especially when a woman has not been active for a long time or has a high-risk pregnancy.

In addition, a pregnant mother should drink plenty of fluids, especially water. During pregnancy, a woman's blood volume increases dramatically, thus, having enough fluids can help prevent common problems such as constipation and dehydration.



# Getting Pregnant! Think *Pinggang Pinoy!*

Ma. Idelia G. Glorioso - Senior Science Research Specialist

**P**regnant women should give importance to good diet and proper nutrition because the nutritional status of their babies depends on them. Healthy diet can make a great contribution to a healthy pregnancy.

The Food and Nutrition Research Institute of the Department of Science and Technology (DOST-FNRI) developed a new food guide for pregnant mothers and lactating women. This is called ***Pinggang Pinoy***. This tool helps individuals choose a variety of foods from the **Go**, **Grow** and **Glow** groups on per meal basis.



Be sure to include food items which are rich in carbohydrates (**Go foods**), proteins (**Grow foods**), fats (**Go foods**) and vitamins and minerals (**Glow foods**) and a lot of fluids. Confining food choices to a few kinds of foods usually result in an imbalanced diet.

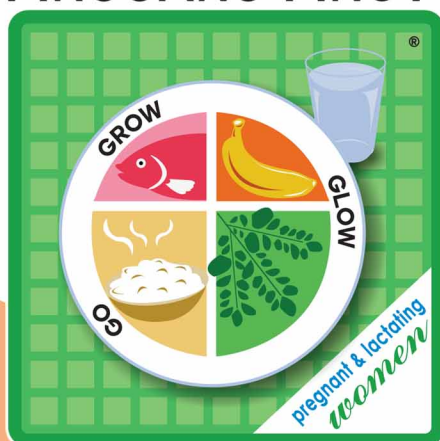
Half of the plate represents **Glow foods** consisting of fruits and vegetables. Eat more vegetables than fruits. **Go** and **Grow foods** should fill up the other half of the plate, with **Go foods** (e.g. rice, corn, bread, oatmeal, and rootcrops) taking a bigger portion than **Grow foods** (e.g. meats, eggs, poultry, fish, beans and legumes).

Other health tips for pregnant and lactating women included in *Pinggang Pinoy* are the following:

- Eat less salty, fried, fatty and sugar-rich foods to prevent chronic diseases.
- Take folic/iron supplements to meet daily requirements.
- Do not smoke and drink alcoholic beverages.
- Understand nutrition information on product labels to make smart food choices.

The *Pinggang Pinoy* also suggests that pregnant women have regular prenatal check-ups and deliver their babies in health care facilities.

## PINGGANG PINOY®



Food Groups/Food Items		Age Groups
		Pregnant Women and Lactating Women
<b>GO</b> Rice and Alternatives	Rice <i>Pandesal</i> Loaf Bread Cooked Noodles (e.g. <i>pansit</i> ) Root crop (e.g. <i>kamote</i> )	1 ½ cups 6 pieces, small 6 slices, small 1 ½ cups  1 ½ medium pieces
<b>Grow</b> Fish and Alternatives	Medium variety of fish (e.g. <i>galunggong</i> ) Large variety of fish (e.g. <i>bangus</i> ) Lean meat (e.g. chicken, pork, beef) Chicken egg, small  <i>Tokwa</i> , 6 x 6 x 2 cm Chicken leg	2 pieces 3 slices 3 servings, 30g each  1 piece & 1-2 pieces of any Grow food item mentioned 3 pieces, 2 pieces, medium size
<b>Glow</b> Vegetables and Fruits	Cooked vegetables (e.g. <i>malunggay</i> , <i>saluyot</i> , <i>gabi</i> leaves, <i>talinum</i> , <i>ampalaya</i> , carrots, <i>sitaw</i> ) Medium size fruit (e.g. <i>saging</i> , <i>dalanghita</i> , <i>manga</i> ) Big fruit (e.g. papaya, <i>pinya</i> , <i>pakwan</i> )	1 ½ cups  1 piece  1 slice
<b>Water</b>		9 or more glasses (Pregnant Women) 10 or more glasses (Lactating Women)



# Nutritionists advice expectant moms to monitor their weight

Mildred A. Udarbe - Senior Science Research Specialist

**T**he weight of expectant moms indicates whether or not they observe proper nutrition. Proper nutrition means eating the right kind and amount of foods.

Based on the weight-for-height table of the Food and Nutrition Research Institute, Department of Science and Technology (DOST-FNRI) by month of pregnancy, the total weight gain for the entire duration of pregnancy can range from 13.45 kilograms (or 29.59 pounds) for a mom who is 142 centimeters ( 4 feet and 6 inches) tall, to 19.4 kilograms (or 42.68 pounds) for a mom who stands 170 centimeters (or 5 feet and 5 inches).

The average weight gain for a full-term pregnancy is 12.5 kilograms but the recommended weight gain over pregnancy depends upon the mom's stature and pre-pregnancy nutritional status. Weight for the particular height and specific month of pregnancy that is below the stipulated range indicates that mom is not gaining enough weight. On the other hand, weight that is above the stipulated weight range indicates that the mom is overweight or gaining weight very fast. Underweight moms need to gain more weight while those who are overweight need to gain less weight. Not obtaining the ideal weight during the different trimesters or months of pregnancy poses some risks, either on the part of mom or the baby inside the womb.

An underweight mom-to-be may have a low birth weight infant. An overweight mom-to-be may likewise give birth to an overweight infant and may experience difficult or prolonged labor.

A pregnant woman needs to eat more to meet not only her own nutritional needs but also that of the growing fetus inside the womb. She needs additional 300 kilocalories per day from the fourth month to the ninth month of pregnancy according to the Recommended Energy and Nutrient Intakes (RENI), 2002. The RENI was developed by the RENI Technical Working Group

(TWG) Committee and RENI Task Forces composed of professionals in the health and nutritional sciences. Additionally, she needs to increase her daily intake of the nutrients compared to a non-pregnant woman:

Nutrients	Pregnant	Non-pregnant
Protein (grams)	66	58
Vitamin A (micrograms Retinol Equivalent)	800	500
vitamin C (milligrams)	80	70
thiamin (milligrams)	1.4	1.1
riboflavin (milligrams)	1.7	1.1
niacin (milligrams niacin equivalent)	18	14
iron (milligrams)	34 (2 <sup>nd</sup> trimester) 38 (3 <sup>rd</sup> trimester)	27

Eating more, however, is not enough. It should be of the right kind and amount. Iron-rich foods and vitamin C-rich foods should be included in the daily meals to prevent iron-deficiency. Iron-rich foods include liver, heart, kidney, lean meat, egg yolk, and leafy and yellow vegetables. The vitamin C-rich foods, like ripe or green mango, papaya, chico, pineapple, melon and watermelon will make the body efficiently use iron. Remember that proper nutrition and regular check-up of a mom-to-be is the key to ensuring a healthy baby!





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