

Republic of the Philippines  
NATIONAL NUTRITION COUNCIL

NNC GOVERNING BOARD RESOLUTION

Resolution No. 1, Series of 2016

***Adopting the 2015 Philippine Dietary Reference Intakes for Use in the Philippines***

**Whereas**, nutrient-based dietary standards are needed for various uses and applications, as follows:

1. For planning and assessing diets for individuals and groups;
2. For developing food-based dietary guidelines;
3. For formulating standards and regulations on food fortification, nutrition labelling and claims, and food safety;
4. For designing and evaluating food and nutrition assistance programs;
5. For determining food bundles, which serve as basis for estimating food and poverty thresholds;
6. For setting food production targets; and
7. For other related uses that require consideration of nutrient and dietary intakes.

**Whereas**, the Philippines has such nutrient-based dietary standards initially called the Recommended Dietary Allowance (RDA), and re-labeled as Recommended Energy and Nutrient Intake (RENI) in 2002;

**Whereas**, there is a need to continuously update the Philippine nutrient-based dietary standards to keep pace with new knowledge on energy and nutrient requirements;

**Whereas**, the Department of Science and Technology (DOST), through the Food and Nutrition Research Institute (FNRI), is the lead agency in the review and revision of the nutrient-based dietary standards for Filipinos;

**Whereas**, the FNRI with its Committee on Dietary Reference Intakes has revised the 2002 RENI into the Philippine Dietary Reference Intakes (PDRI) of 2015 to meet the need of various stakeholders for appropriate nutrient reference values for the aforementioned uses and applications;

**Whereas**, the PDRI is the collective term for the reference values for energy and nutrient intakes, namely, the Estimated Average Requirement (EAR), the Recommended Energy/Nutrient Intake (RE/NI), the Adequate Intake (AI), and the Tolerable Upper Intake Level or Upper Limit (UL);

**Whereas**, the new set of dietary standards was derived from a review of best available scientific evidence with due consideration of their applicability and achievability among specific population groups and the consensus among members of the Committee on Dietary Reference Intakes;

**Whereas**, the differences between the 2002 RENI and the 2015 PDRI are:

1. The shift from single to multiple reference values
2. Adjustment of reference weights for infants and children based on the World Health Organization Child Growth Standards (WHO-CGS) and Growth Reference, and those for adults based on the weight to achieve Body Mass Index (BMI) of 22 using the 2013 National Nutrition Survey (NNS) height data
3. Revision of age groupings to reflect established biological patterns and recent international feeding guidelines
4. Updating of reference values arising from new scientific evidence on human milk volume and on nutrient requirements
5. Inclusion of additional nutrients like polyunsaturated fatty acids and removal of manganese
6. Inclusion of Acceptable Macronutrient Distribution Ranges for protein, total fat, and carbohydrates for the reduction of chronic disease risk
7. Recommendation on maximum intake levels of sodium and free sugars for the reduction of risk of cardiovascular disease, obesity and dental caries
8. Clarification on the appropriate Dietary Reference Intakes (DRI) values for different uses and applications.

**Whereas**, the National Nutrition Council (NNC) is the highest policy-making and coordinating body on nutrition and as such formulates the Philippine Plan of Action for Nutrition (PPAN), which is operationalized through various thematic or sectoral plans and programs on nutrition that use the PDRI, such as food fortification, micronutrient supplementation, and healthy lifestyle program, among others;

NNC GOVERNING BOARD RESOLUTION  
Resolution No. 1, Series of 2016  
*Approving and Adopting the 2015 Philippine Dietary Reference Intakes*

**NOW THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED**, in consideration of the foregoing, we the National Nutrition Council Governing Board hereby adopt the 2015 PDRI as per attached, for use in the Philippines for the aforementioned purposes and applications;

**RESOLVED FURTHER**, for the National Nutrition Council Secretariat to ensure that this policy is disseminated as widely as possible and adopted accordingly.

Approved this 9<sup>th</sup> day of August 2016.

  
**PAULYN JEAN B. ROSELL-UBIAL, MD, MPH, CESO II**  
Secretary of Health and Chairperson  
National Nutrition Council Governing Board

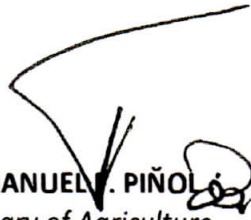
Attested:



**Assistant Secretary of Health Maria-Bernardita T. Flores, CESO II**  
Council Secretary and Executive Director IV  
National Nutrition Council

NNC GOVERNING BOARD RESOLUTION  
Resolution No. 1, Series of 2016  
*Approving and Adopting the 2015 Philippine Dietary Reference Intakes*

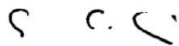
CONFORME:



**EMMANUEL V. PIÑOL**  
*Secretary of Agriculture*  
Vice-Chairperson, NNC Governing Board



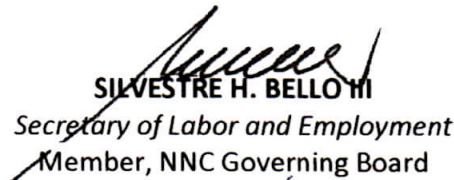
**ISMAEL D. SUENO**  
*Secretary of the Interior and Local Government*  
Vice-Chairperson, NNC Governing Board



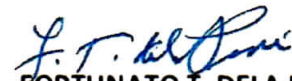
**BENJAMIN E. DIOKNO**  
*Secretary of Budget and Management*  
Member, NNC Governing Board



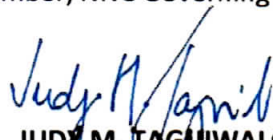
**LEONOR M. BRIONES**  
*Secretary of Education*  
Member, NNC Governing Board



**SILVESTRE H. BELLO III**  
*Secretary of Labor and Employment*  
Member, NNC Governing Board



**FORTUNATO T. DELA PEÑA**  
*Secretary of Science and Technology*  
Member, NNC Governing Board



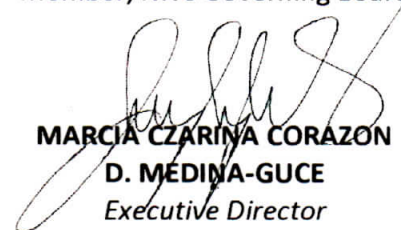
**JUDY M. TAGUIWALO**  
*Secretary of Social Welfare and Development*  
Member, NNC Governing Board



**ERNESTO M. PERNIA**  
*Secretary of Socio-Economic Planning*  
Member, NNC Governing Board



**RAMON M. LOPEZ**  
*Secretary of Trade and Industry*  
Member, NNC Governing Board



**MARCIA CZARINA CORAZON  
D. MEDINA-GUCE**  
*Executive Director*  
*Union of Local Authorities of the Philippines*  
Member, NNC Governing Board