



Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
PAMBANSANG SANGGUNIAN SA NUTRISYON
(NATIONAL NUTRITION COUNCIL)
NATIONAL CAPITAL REGION



Excerpts from the Minutes of the Regional Nutrition Committee Meeting
held on June 9, 2017 at BSA Twin Towers, Ortigas Center, Mandaluyong City

RNC-NCR RESOLUTION NO. 03
Series of 2017

**RESOLUTION ENJOINING ALL REGIONAL NUTRITION COMMITTEE
MEMBER AGENCIES AND LOCAL GOVERNMENT UNITS
TO SERVE HEALTHY FOODS, MEALS AND SNACKS DURING MEETINGS,
CONFERENCES, TRAININGS AND RELATED ACTIVITIES**

WHEREAS, based on the 2015 Updating Survey on the Nutritional Status of Filipinos conducted by the Food and Nutrition Research Institute of the Department of Science and Technology, the prevalence of overweight (28.0%) and obesity (9.7%) among adults 20 years old and above in the National Capital Region (NCR) are both higher than the national prevalence at 24.2% and 6.9% for overweight and obesity, respectively; while 9.3% of adults have chronic energy deficiency;

WHEREAS, in the same survey, NCR has higher total food intake when compared with national estimate. Specifically, intakes of fats and oils, fish and poultry, milk and milk products and miscellaneous food items i.e. condiments, spices and sweetened beverages were high in NCR while intake of vegetables is low;

WHEREAS, an unhealthy diet that is high in cholesterol, sodium, saturated fats, trans fats and added sugars lead to poor nutrition and is one of the major risk factors for chronic diseases, including cardiovascular diseases, certain cancers, diabetes and other conditions linked to obesity;

WHEREAS, according to the World Health Organization, a healthy diet emphasizes vegetables, fruits, whole grains, root crops, fat-free or low-fat milk, lean meats, poultry, fish, egg, beans and nuts;

WHEREAS, Pinggang Pinoy for Adults can be used as a guide for Filipinos in determining the right amount of food to be consumed per meal in order to help Filipinos acquire healthy eating habits needed to attain optimum nutrition (Attachment 1);

WHEREAS, serving healthy foods, meals and snacks during meetings, conferences, trainings and related activities will help promote healthy diet and curb the increasing prevalence of overweight and obesity and chronic diseases linked to obesity;



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NOW, THEREFORE, BE IT RESOLVED AS IT IS HEREBY RESOLVED

by the Regional Nutrition Committee of the National Capital Region in a meeting duly assembled, enjoins all RNC member agencies and LGUs in the National Capital Region to:

1. serve healthy foods, meals and snacks such as fresh fruits, boiled corn and camote, among others, fresh fruit juice or water instead of carbonated and sugar sweetened beverages during meetings, conferences, trainings and related activities; and
2. issue an office order (RNC member agencies)/local resolution (LGUs) supporting and adopting this resolution.

RESOLVED FURTHER, that the NNC-NCR Regional Office being the Secretariat of the RNC shall furnish the NNC Central Office, all regional members of the Committee and all local government units in the region a copy of this resolution.

APPROVED UNANIMOUSLY AND ADOPTED, this 9th day of June 2017 during the 2nd meeting for the year of the Regional Nutrition Committee held at the BSA Twin Towers in Mandaluyong City.

Approved by:


DR. ARIEL I. VALENCIA, MPH, CESOIII
*Regional Director, Department of Health-NCRO and
Chair, Regional Nutrition Committee*

Attested by:


MS. MILAGROS ELISA V. FEDERIZO, RND, MPH
*Regional Nutrition Program Coordinator, NNC-NCR
and Secretary, RNC*

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.

GROW BODY BUILDING

Eat fish, shellfish, lean meat, poultry, eggs, and dried beans and nuts needed for the growth, maintenance and repair of body tissues.

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, milk products and other calcium-rich foods like *dilis* and small shrimps for strong bones and teeth.

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.

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.

HEALTH TIPS:

Eat less salty, fried, fatty and sugar-rich foods to prevent chronic diseases.

Understand nutrition information on product labels to make smart food choices.



**STAY
PHYSICALLY
ACTIVE!**



Reprinted by the:



National
Capital
Region

*This is intended for healthy Filipino adults, 19-59 years old. Individuals with specific health conditions like hypertension and diabetes should consult a registered nutritionist-dietitian or any health care provider regarding their energy and nutrient needs.

**Adults
19-59 y**

HOW TO FILL UP YOUR PLATE

GO Rice & alternatives

- 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)

Any of the following:

- 1 cup of cooked rice
- 4 pieces of small pandesal
- 4 slices of small loaf bread
- 1 cup of cooked noodles (ex. pansit)
- 1 medium piece 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
 - 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:

- 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

GLOW Vegetables

- 1-1 ½ cups of cooked vegetables (ex. malunggay, saluyot, gabi leaves, talinum, ampalaya, kalabasa, carrots, sitaw)

- ¾-1 cup 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)

MALE

FEMALE

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



10 or more
glasses of
water
throughout
the day



1 glass of
milk daily

*based on a 2450-calorie diet



8 or more
glasses of
water
throughout
the day

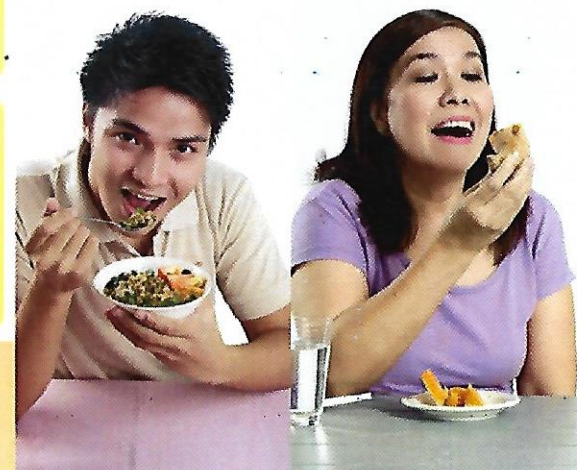
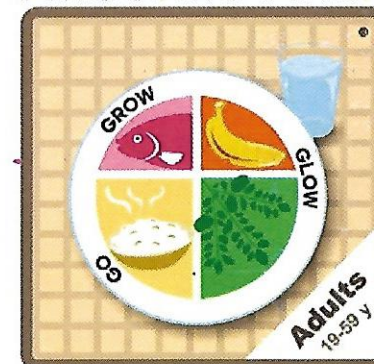


1 glass of
milk daily

*based on a 1890-calorie diet



PINGGANG PINOY*



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Department of Science and Technology

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