



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 November 27, 2018 at the Berjaya Hotel, Makati City

RNC-NCR RESOLUTION NO. 05
Series of 2018

**RESOLUTION ENJOINING REGIONAL NUTRITION COMMITTEE
MEMBER AGENCIES AND LOCAL GOVERNMENT UNITS
TO PROMOTE EGG CONSUMPTION**

WHEREAS, egg is the cheapest source of high – quality protein and contains a considerable amount of vitamins and minerals needed for a healthy body;

WHEREAS, egg is an important component of the Filipino diet and it can be prepared in various interesting ways providing pleasant and highly acceptable meals and snacks;

WHEREAS, despite its nutritional quality and affordability, consumption is still low arising from misconceptions;

WHEREAS, one common misconception is that egg can raise blood cholesterol thus increasing the risk of cardiovascular diseases;

WHEREAS, intake of foods high in saturated fats like butter, chicken skin, pork fat, beef tallow, and lard from animal, and not the intake of dietary cholesterol, increases the amount of bad cholesterol in the blood;

WHEREAS, a study conducted by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) entitled “The Effects of Egg Consumption on Lipid Profile among selected 30-60-year-old Filipino Adults”, suggested that “eating one egg a day is unlikely to have substantial increase in blood lipid”;

WHEREAS, there is a need to encourage the consumption of eggs because these are cheap sources of high - quality protein, vitamin A, and iron, among others;

WHEREAS, eating an egg a day is alright for as long as an individual observe his or her overall saturated fat intake;

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 members of the RNC and LGUs to:

1. promote egg as a cheap source of high-quality protein, Vitamin A and iron, among others in various health and nutrition education activities using the “It’s Eggciting to



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Learn through Nutrition Eggducation” Syllabus developed and printed by the National Nutrition Council; and

2. include egg in their dietary supplementation programs because it contains all the essential amino acids – the building blocks of protein needed for growth and development.

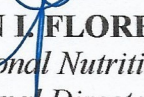
RESOLVED FURTHER, that the NNC-NCR Regional Office being the Secretariat of the RNC to furnish the NNC Central Office, all regional members of the RNC and all local government units in the region a copy of this resolution.

APPROVED UNANIMOUSLY AND ADOPTED, this 27th day of November during the year end meeting of the Regional Nutrition Committee of NCR held at the Berjaya Hotel in Makati City.

Certified Correct:


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

Attested by:


CORAZON I. FLORES, MD, MPH
*Chair, Regional Nutrition Committee
OIC - Regional Director, Department of Health - NCRO*