



**RNC-NCR RESOLUTION NO. 01**  
**Series of 2008**

**RESOLUTION ENCOURAGING THE LOCAL GOVERNMENT UNITS IN  
METRO MANILA TO PRINT/REPRODUCE, DISTRIBUTE AND USE THE  
VEGGIE EXHIBIT GUIDE TO PROMOTE INCREASED  
VEGETABLE CONSUMPTION**

**WHEREAS**, vegetables are good sources of vitamins, minerals and dietary fiber;

**WHEREAS**, studies have shown that inclusion of at least 3 servings or more of vegetables in the daily diet reduces the risk for micronutrient malnutrition and some forms of lifestyle-related non-communicable diseases such as cancer, heart disease, diabetes and other chronic degenerative diseases;

**WHEREAS**, the food consumption survey conducted in 2003 by the Food and Nutrition Research Institute of the Department of Science and Technology revealed that the Filipinos' mean per capita per day consumption of vegetables was only 110 grams or about 40 kg per capita per year (recommended amount of vegetable per age group attached);

**WHEREAS**, in response to the declining vegetable consumption of Filipinos for the past 3 decades, the Department of Agriculture together with selected agencies formulated the National Strategic Plan for Vegetable, 2005-2010;

**WHEREAS**, the plan aims to increase the annual per capita consumption of vegetables from 40 kg to 60 kg by 2010 as well as address production, marketing and promotion issues of the vegetable industry;

**WHEREAS**, the National Nutrition Council was designated to lead a promotional and educational campaign to increase our vegetable consumption;

**WHEREAS**, as part of the promotion on vegetable consumption, the National Nutrition Council at the National Capital Region (NNC-NCR), as one of the priority areas of the project, initiated a promotional campaign to increase vegetable consumption, particularly among children in the NCR;

**WHEREAS**, the Veggie Exhibit Guide, which contains nutrition information on selected commonly eaten vegetables was developed; and can now be used by the teachers as reference material in designing classroom nutrition corner or bulletin board to promote vegetable consumption;


**WHEREAS**, the Veggie Exhibit Guide was printed in limited number due to fiscal constraints and distributed to all public elementary schools and LGUs in Metro Manila only in single copy;

**NOW THEREFORE**, on motion duly seconded, **BE IT RESOLVED**, as the Committee **HEREBY RESOLVES** to encourage all the Local Government Units in NCR being the prime movers of the local nutrition program to print/reproduce additional copies of the Veggie Exhibit Guide to be distributed and used city-wide or municipal-wide and to allow the LGUs to include their official logo provided that the source of the material, National Nutrition Council- National Region, is properly acknowledged and that no tobacco and milk companies are allowed to sponsor the printing of the material.

**RESOLVED FURTHER** that copies of this resolution be furnished to the National Nutrition Council-Central Office, local government units and local school boards in the region.


**UNANIMOUSLY APPROVED** this 29<sup>th</sup> day of September 2008 during the RNC meeting held at the regional office of DSWD-NCR.


*Signed:*


  
**ASUNCION M. ANDEN, MD, MPH, CESO III**  
*Regional Director, DOH-CHD-MM and  
Chair, Regional Nutrition Committee, NCR*

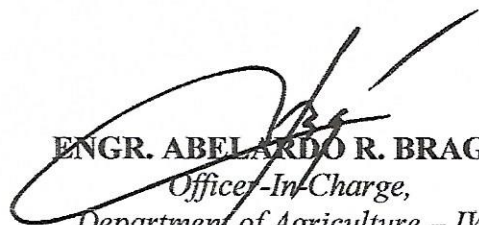
  
**MS. MILAGROS ELISA V. FEDERIZO, RND, MPH**  
*Nutrition Program Coordinator  
National Nutrition Council-NCR*




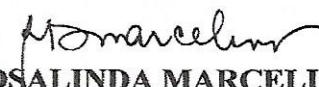
  
**FLORENTINO S. SOLON, MD**  
Executive Director  
Nutrition center of the Philippines  
and Member, RNC

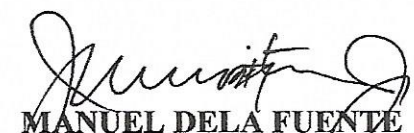
  
**MS. THELSA P. BIOLENA**  
Regional Director  
Department of Social Welfare  
and Development-NCR and Member, RNC


  
**TERESITA G. DOMALANTA**  
Regional Director  
Department of Education-NCR  
and Member, RNC


  
**ENGR. ABELARDO R. BRAGAS**  
Officer-In-Charge,  
Department of Agriculture – IV-A  
and Member, RNC


  
**MS. ZENAIDA B. PEÑAFLOR**  
Executive Director  
Nutrition Foundation of the Philippines  
and Member, RNC

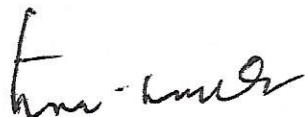
  
**MS. ROSALINDA MARCELINO**  
Regional Director  
Commission on Population-NCR  
and Member, RNC

  
**MANUEL DELA FUENTE**  
Executive Director  
GMA Kapuso Foundation, Inc.  
and Member, RNC

  
**MS. RIZA J. BALDORIA**  
Assistant Director General  
Philippine Information Agency-MMIO  
and Member, RNC

  
**USEC. EDUARDO R. SOLIMAN, JR.**  
Undersecretary for Special  
Constituency Relations  
Department of the Interior and Local  
Government-NCR and Member, RNC  
g

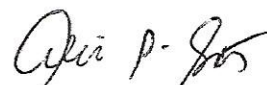
  
**MR. RAYMUNDO G. AGRAVANTE**  
Regional Director  
Department of Labor and Employment  
and Member, RNC  
wjt



**TINA MONZON PALMA**

*Program Director*

*Bantay Bata ABS-CBN Foundation, Inc.  
and Member, RNC*



**ALETA S. SANTOS**

*Executive Director*

*Hope for the Youth Foundation, Inc.  
and Member, RNC*



**EDWIN PHILIP J. HORCA, PhD**

*Metro Manila Program Manager*

*Save the Children and Member, RNC*

# RECOMMENDED AMOUNT OF VEGETABLE PER AGE GROUP

Vegetable	1-3 y/o	4-6 y/o	7-9 y/o	10-12 y/o	Adult	Pregnant	Lactating
Green, leafy and yellow	1/4 cup, cooked	1/3 cup, cooked	1/3 cup, cooked	1/2 cup, cooked	3/4 cup, cooked	3/4 cup, cooked	1 cup, cooked
others	2 tbsp, cooked	1/4 cup, cooked	1/2 cup, cooked	1/2 cup, cooked	3/4 cup, cooked	1 cup, cooked	1 cup, cooked

Source: Nutritional Guidelines for Filipinos, revised 2000. FNRI-DOST.2000