



Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
PAMBANSANG SANGGUNIAN SA NUTRISYON
(NATIONAL NUTRITION COUNCIL)
Regional Office I

City of San Fernando, La Union, Telefax # (072) 607-6594 / 607-6294



Regional Nutrition Committee (RNC) Resolution No. 1, Series of 2018

Requesting the RDC through the RSDC to Enjoin Regional Line Agencies, Local Government Units, State Colleges and Universities, the Academe and All Concerned Entities to Utilize the Pinggang Pinoy as Basis in Serving Meals and Snacks during Meetings, Conferences, Trainings and Other Related Activities

WHEREAS, Section 15 of Article 2 of the 1987 Constitution provides that the state shall protect and promote the right to health of the people and instill health consciousness among them;

WHEREAS, Presidential Decree (PD) 491 or the Nutrition Act of the Philippines created the National Nutrition Council (NNC) as the highest policy-making and coordinating body on nutrition;

WHEREAS, 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 (FNRI-DOST) showed a high prevalence of adults who were overweight or obese with 37.7% in the Philippines, 27.6% in Ilocos Region and 29.0%, 25.0%, 26.0% and 28.3% in the Provinces of Ilocos Norte, Ilocos Sur, La Union and Pangasinan, respectively;

WHEREAS, same survey revealed that the consumption of fruits and vegetables in the Philippines and Ilocos Region is very low and results to risks to diseases and death;

WHEREAS, most of the top leading causes of death and illness both in the Philippines and Ilocos Region include hypertension, diabetes, cancer, and the likes are lifestyle and diet related diseases or non-communicable diseases;

WHEREAS, an unhealthy diet that is high in cholesterol, sodium, saturated fats, trans fats, and added sugars will lead to poor nutrition particularly overnutrition which is one of the major risk factors in developing non-communicable diseases;

WHEREAS, healthy diet emphasizes the eating of variety of foods everyday particularly vegetables, fruits, whole grains, root crops, fat-free or low-fat milk, lean meats, poultry, fish, egg, beans and nuts according to World Health Organization (WHO);

WHEREAS, Pinggang Pinoy is a simple graphical food guide that promotes the proportions of Go, Glow and Grow foods in every meal developed by FNRI-DOST in 2013 and launched in 2014 in partnership with the Department of Health and the World Health Organization;

WHEREAS, The Pinggang Pinoy is divided into portions visualizing the equivalent sizes of food groups per meal where the consumption of fruits and vegetables was strongly emphasized occupying the half of the plate with adequate water consumption;

WHEREAS, FNRI-DOST declared 2017 as the year of Pinggang Pinoy to intensify its promotion and advocacy;

WHEREAS, serving healthy meals and snacks during meetings, conferences, trainings and other related activities recognizing Pinggang Pinoy as guide will help promote healthy eating and will contribute in curbing the alarming incidence of overweight and obesity especially among adults;

NOW, THEREFORE, FOR AND IN CONSIDERATION OF THE ABOVE PREMISES, BE IT RESOLVED AS IT IS HEREBY RESOLVED to request the Regional Development Council thru the Regional Social and Development Committee to enjoin Regional Line Agencies (RLAs), Local Government Units, State Colleges and Universities, the Academe and all concerned entities to utilize the Pinggang Pinoy as basis in serving meals and snacks during meetings, conferences, trainings and other related activities;


RESOLVED FURTHER, to request all concerned entities to issue office or local guidelines supporting and adopting this resolution;

RESOLVED FURTHER, to request the National Nutrition Council- Regional Office I being the secretariat of the RNC in close coordination with the RDC and DILG-Regional Office I to disseminate this resolution and monitor compliance and action thereto;


RESOLVED FINALLY, to request the Regional Nutrition Council to review the status/ compliance of all concerned entities on this resolution after three (3) years upon approval;

APPROVED UNANIMOUSLY AND ADOPTED, this 19th day of June 2018 during the first regular joint meeting of the Expanded Regional Nutrition Committee and Regional Nutrition Planning and Evaluation Team held at Hotel Ariana, Bauang, La Union.

CERTIFIED CORRECT BY:


MA. EILEEN B. BLANCO, RND, MPA
Secretary, Regional Nutrition Committee and
Regional Nutrition Program Coordinator, NNC-ROI

APPROVED BY:


VALERIANO JESUS V. LOPEZ, MD, MPH, MHA, CESO IV
Chairperson, Regional Nutrition Committee and
Regional Director, Department of Health- Region I

P.O Box 2490
Makati City

Tel Nos. (63-2) 843-5838 ; 843-5824; 843-5832
(63-2) 843-5868 ; 818-7396; 892-4271

Fax No. (843)-5818

DOH ROI Compound Parian, San Fernando,
La Union 2500

Tel No. (072) 607-6294

Fax. No. (072) 607-6594

"Ugaliing magtanim, Sapat na nutrisyon aanihin!"


Wastong Nutrisyon:
Alamin, Gawin at Palaganapin

PINGANG 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.

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.

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!**

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.

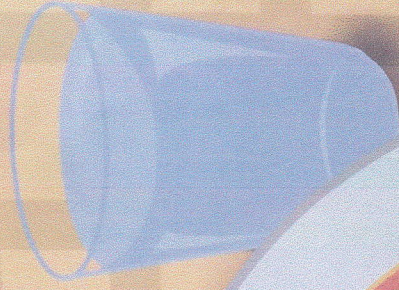
Include fatty fish in the diet like tuna, sardines, and mackerel 2-3 times a week to provide essential fatty acids that help protect against heart diseases.

Consume milk, milk products and other calcium-rich foods like dairy and small stumps for strong bones and teeth.

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.



Adults
19-59 y

*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.

HOW TO FILL UP YOUR PLATE

| GO | GROW | GROW | GROW | GLOW |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Rice & Alternatives | Fish & alternatives | Vegetables | Fruits | |
| <p>Any of the following:</p> <ul style="list-style-type: none"> 1 1/2 cups of cooked rice 6 pieces of small panfried 6 slices of small egg bread 1 1/2 cups of cooked noodles (ex. pinakbet) 1 1/2 medium pieces of root crop (ex. kamote) <p>Any of the following:</p> <ul style="list-style-type: none"> 1 cup of cooked rice 4 pieces of small panfried 4 slices of small egg bread 1 cup of cooked noodles (ex. pinakbet) 1 medium piece of root crop (ex. kamote) | <p>Any of the following:</p> <ul style="list-style-type: none"> 2 pieces (small size) medium variety of fish (ex. galunggong) 2 slices of large variety of fish (ex. bangus) 2 servings of lean meat, 30 g each (ex. chicken, pork, beef) 2 pieces of tolow, 6 x 6 x 2 cm each 1 piece of small chicken egg and 1 piece of any food items mentioned above <p>Any of the following:</p> <ul style="list-style-type: none"> 2 pieces (small size) medium variety of fish (ex. galunggong) 2 slices of large variety of fish (ex. bangus) 2 servings of lean meat, 30 g each (ex. chicken, pork, beef) 2 pieces of tolow, 6 x 6 x 2 cm each 1 piece of small chicken egg and 1 piece of any food items mentioned above | <p>1-1 1/2 cups of cooked vegetables (ex. malinggay, saluyot, gabi leaves, talinum, arpaipaya, kalabasa, carrots, slaw)</p> <p>1/2-1 cup of cooked vegetables (ex. malinggay, saluyot, gabi leaves, talinum, arpaipaya, kalabasa, carrots, slaw)</p> | <p>Any of the following:</p> <ul style="list-style-type: none"> 1 medium size fruit (ex. sapinap, chalongha, mangga) 1 slice of big fruit (ex. papaya, pine, pawaw) <p>Any of the following:</p> <ul style="list-style-type: none"> 1 medium size fruit (ex. sapinap, chalongha, mangga) 1 slice of big fruit (ex. papaya, pine, pawaw) | |

MALE

FEMALE

Food items may vary and are not limited to the examples mentioned above.

SAMPLE ONE-DAY MEAL PLAN*

| Breakfast | Lunch | Dinner | Snack |
|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------|
| <p>Fried Bangus Camote Tops Salad with Tomatoes Rice Banana</p> | <p>Chicken Tinola with Green Papaya and Malunggay Rice Mango</p> | <p>Fried Galunggong Pinakbet Rice Watermelon</p> | <p>A.M Snack Suman P.M Snack Boiled Camote</p> |
| | | | |
| | | | |
| 10 or more glasses of water throughout the day | 1 glass of milk daily | 10 or more glasses of water throughout the day | 1 glass of milk daily |
| Based on a 1800-calorie diet | | | |

MALE

FEMALE



Food and Nutrition Research Institute
Department of Science and Technology



Printed by the National Nutrition Council
Printed with the permission of the Food and Nutrition Research Institute - DOST.
Copyright and Trademark Office of Pinggang Pinoy.

✉ nrc@fnni.dost.gov.ph • nrc_y_c@yahoo.com
☎ (02) 837 2834 or (02) 839 1839 • <http://www.fnni.dost.gov.ph>
f [facebook.com/FNRI.DOST](https://www.facebook.com/FNRI.DOST) • twitter.com/FNRI.DOST



PINGGANG PINOY®

