

Department of Education Region X- Northern Mindanao DIVISION OF MALAYBALAY CITY



AYBALAY CITY DIVISION

RELEASED

DIVISION MEMORANDUM

No. 189 s.

2017

TO:

Chief Education Supervisors and staff- CID and SGOD

Public and Private Elementary and Secondary School Heads

All Others Concerned

FROM:

EDILBERTO L. OPLENARIA, CESO VI

MSchools Division Superintendent

DATE:

April 3, 2017

SUBJECT: Dissemination of DepEd Order No. 13 s. 2017 re: Policy and Guidelines

on Healthy Food and Beverage Choices in Schools and DepEd Offices

1. This Office hereby disseminates enclosed DepEd Order No.13 s. 2017 re: Policy and Guidelines On Healthy Food and Beverage Choices in Schools and DepEd Offices. The policy aims to ensure promotion and development of healthy eating habits among youth and DepEd employees.

- 2. School Heads (SHs) and all DepEd employees are directed to adhere to the implementation Policy and Guidelines stated in Paragraph 2 lines a-d and to DepEd Order No. 8 s. 2007, entitled Revised Implementing Guidelines on the Operation and Management of School Canteens in Public Elementary and Secondary Schools Policy with statements Nos. 4.4, 4.5, and 4.6 accordingly modified by this issuance.
- 4. Widest dissemination and compliance with this Memorandum is desired.



Republic of the Philippines

Department of Education

.1 4 MAR 2017

DepEd ORDER No. 13, s. 2017

POLICY AND GUIDELINES ON HEALTHY FOOD AND BEVERAGE CHOICES IN SCHOOLS AND IN DEPED OFFICES

To: Undersecretaries
Assistant Secretaries
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary Schools Heads
All Others Concerned

- 1. For the information and guidance of all concerned, the Department of Education (DepEd) issues the enclosed Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices for the promotion and development of healthy eating habits among the youth and DepEd employees by making available healthy, nutritious, and affordable menu choices, and for setting food standards.
- 2. The Policy and Guidelines aim to:
 - a. make available healthier food and beverage choices among the learners and DepEd personnel and their stakeholders;
 - introduce a system of categorizing locally available foods and drinks in accordance with geographical, cultural, and religious orientations;
 - c. provide guidance in evaluating and categorizing foods and drinks; and
 - d. provide guidance in the selling and marketing of foods and beverages in schools and DepEd offices, including the purchasing of foods for school feeding.
- 3. DepEd Order No. 8, s. 2007 entitled Revised Implementing Guidelines on the Operation and Management of School Canteens in Public Elementary and Secondary Schools Policy Statements Nos. 4.4, 4.5, and 4.6 are modified accordingly by this issuance.
- 4. This Order shall take effect immediately upon publication on DepEd Website.
- 5. Immediate dissemination of and strict compliance with this Order is directed.

LEONOR MAGTOLIS BRIONES

Secretary

Reference:

DepEd Order (No. 8, s. 2007)

To be indicated in the <u>Perpetual Index</u> under the following subjects:

CHANGE
EMPLOYEES
HEALTHY EDUCATION
LEARNERS
POLICY
RULES AND REGULATIONS
SCHOOLS

SMMA, DO Policy and Guidelines on Healthy Food and Beverage Choices 0015-January 6/February 28, 2017

POLICY AND GUIDELINES ON HEALTHY FOOD AND BEVERAGE CHOICES IN SCHOOLS AND IN DEPED OFFICES

I. RATIONALE

According to the World Health Organization, malnutrition in all its forms presents a significant threat to human health. WHO confirmed the Double Burden of Malnutrition (DBM) the world is facing today, especially in developing countries. DBM is defined by WHO as the existence of undernutrition side by side with overweight and obesity in the same population across the life course. Hunger and poor nutrition contribute to early deaths of mothers, infants, and young children, and impaired physical and brain development in children. At the same time, rising cases of overweight and obesity worldwide are linked to an upward trend of chronic and non-communicable diseases, also called lifestyle-related diseases, like cancer, cardiovascular diseases, and diabetes. These conditions may be life threatening especially in areas where there are limited resources and already overburdened health systems.

The 8th National Nutrition Survey (Department of Science and Technology-Food and Nutrition Research Institute, 2014) showed that for children aged five to ten years old, 29.1% were underweight (low weight for his/her age), 29.9% were stunted (low height for his/her age), 8.6% were wasted (low weight for his/her height), and 9.1% were overweight (high weight for his/her height).

The double burden of under and over nutrition experienced by the school children in the Philippines is due to the fact that total food intake for some children has remained inadequate, resulting in undernutrition. Unhealthy food eating patterns – more sugars, fats, and oils, and less leafy vegetables and whole grain cereals, and a sedentary lifestyle led to an upward surge in overweight and obesity.

For long-lasting benefits of prevention and health promotion efforts, it is important to affect change not only in the individual but also at the community level, and schools are recognized as good venues for health promotion strategies.

In June 2016, the World Health Organization spearheaded a Regional Workshop on Regulating the Marketing and Sale of Foods and Non-Alcoholic Beverages at Schools to call upon countries to prioritize restricting the sale and marketing of food products high in sugar, salt, and fat, setting school food standards, and increasing the availability and accessibility of healthy options.

It is in line with the above concerns that this policy is being issued.

II. SCOPE

This Policy and Guidelines shall apply to all public elementary and secondary schools, learning centers, including DepEd Offices in the Central, Regional, and Division Levels.

Private schools are likewise enjoined to adopt these guidelines.

III. DEFINITION OF TERMS

For purposes of this Order, the following terms are defined as follows:

- A. Healthy diet -balance in food intake which: (a) achieves energy balance and a healthy weight; (b) limits energy intake from total fats, and shifts fat consumption away from saturated fats to unsaturated fats and towards the elimination of trans-fatty acids; (c) increases consumption of fruits and vegetables, legumes, whole grains, and nuts: (d) limits the intake of free sugars; and (e) limits salt (sodium) consumption from all sources
- B. Unhealthy diet food intake high in saturated or trans fat or sodium or sugar which is considered to be a major risk factor for chronic diseases such as cardiovascular diseases, cancer, diabetes, and other conditions linked to obesity
- C. Energy balance a condition wherein the amount of energy ingested is equal to the amount of energy used resulting in a stable body weight
- D. Calorie measure of energy in food
- E. Free sugars all monosaccharides and disaccharides added to food and drinks by the manufacturer, cook or consumer, including sugars naturally present in honey, syrups, fruit juices and fruit concentrates
- F. Fat the most concentrated form of energy. They facilitate the absorption of fatsoluble vitamins, sources of essential fatty acids, and are vital structural components of body tissues. WHO/FAO (2003 as cited in PDRI, 2015) recommended 15 to 30% of total energy as the daily fat intake, providing approximately 9kcal of energy per gram

- G. Unsaturated fat often referred to as the better fats and are found mainly in many fishes, nuts, seeds, and oils from plants. Unsaturated fats may help lower your blood cholesterol level when used in place of saturated and trans fats
- H. Saturated fat fat that contains only saturated fatty acids, is solid at room temperature, and comes chiefly from animal food products. Some examples of saturated fat are butter, lard, meat fat, solid shortening, palm oil, and coconut oil. Saturated fat tends to raise the level of cholesterol in the blood
- Trans fat can be naturally occurring and artificial. Naturally-occurring trans
 fats are produced in the gut of some animals. Artificial trans fats are created in
 an industrial process that adds hydrogen to liquid vegetable oils to make more
 solid. These can be found in many foods such as donuts, baked goods including
 cakes, pie crusts, biscuits, etc.
- J. Low fat food product containing not more than three (3) grams of fat per 100 grams of food (solids) or 1.5 grams of fat per 100 ml (liquids). This is approximately equivalent to more than half a teaspoon of fat (1 teaspoon of fat is equal to 4 grams)
- K. Low sodium food product containing not more than 0.12 grams (or 120mg) of sodium per 100 grams of food. This is equivalent to approximately 300 mg of salt (salt is 40% sodium and 60% chloride) or 1/20 teaspoons of salt

IV. STATEMENT OF POLICY AND OBJECTIVES

This policy establishes the guidelines to promote healthy diets and positive eating behaviours and provide healthy eating environment to learners, teaching, and non-teaching personnel. Specifically, this policy intends to:

- A. make available healthier food and beverage choices among students and DepEd personnel and their stakeholders; and
- B. introduce a system of categorizing locally available foods and drinks in accordance with geographical, cultural, and religious orientations;
- C. provide guidance in evaluating and categorizing foods and drinks; and

D. provide guidance in the selling and marketing of foods and beverages in schools and DepEd offices, including the purchasing of foods for school feeding.

V. PROCEDURES

A. Strategies to Implement

1. Food Standards

- a. Each School shall develop their own healthy menu ensuring that the foods and drinks offered are nutritious, affordable, and compliant with these guidelines for approval by the Schools Division Superintendent (SDS).
- b. Food and beverage choices available in canteens within the schools, learning centers, and DepEd offices shall adhere to the requirements of a healthy diet as defined in Section IIIA. It is important to achieve dietary energy balance coming from the intake of carbohydrates, fats, and protein to maintain a healthy weight. Attached as enclosure is the Recommended Energy Intakes per day (Philippine Dietary Reference Intakes, 2015).
- c. The canteens in schools and DepEd offices shall not sell foods and beverages high in fat and/or sugar and/or sodium including, but not limited to the foods enumerated in Table 6. There shall be a shift towards healthier fat consumption by providing more of foods with unsaturated fats and limiting foods laden with saturated and trans fats.
- d. The daily intake for carbohydrates should be within the recommended limits while the daily intake for foods with free sugars should be <u>less than</u> 10% of total energy. For additional health benefits, WHO recommends a further reduction in sugar consumption to <u>less than 5%</u> of total energy.
- e. The daily intake for sodium should be at least 500 milligrams (mg) but not more than 800 mg per day (PDRI, 2015). To reduce salt and sodium consumption, salt intake should be less than two (2) grams per day this is equivalent to 800 mg of sodium). This is approximately equivalent to less than half a teaspoon of salt. Foods naturally high in sodium (i.e., processed foods and canned goods) as well as foods with added sodium and salt should also be limited. School/DepEd Canteen personnel shall practice gradual reduction of salt in order for the school children and personnel to adapt to the reduced saltiness of foods through time.

f. Pinggang Pinoy is a plate-based food guide, a simple and familiar image associated with eating that provides immediate visual cues about portion size on a per-meal basis. The new food guide informs consumers how to build a healthy and balanced meal. Using a familiar food plate model, it shows the approximate relative proportions of each of the food groups for consumers to eat a high proportion of vegetables and fruits, eat moderate amounts of energy and protein-rich foods, and consume less fatty and sugary foods. Pinggang Pinoy also suggests drinking lots of water and less of sugary beverages. In addition to eating a healthy diet, it also encourages exercise or physical activity, an important component of a healthy lifestyle (See enclosure for Sample Meal Plans and Menus).

g. Reading Nutrition Facts

Most food products have Nutrition Facts on their labels which provide information about the nutrition content of a food or drink as prescribed by the Department of Health Administrative Order No. 2014-0030. The nutrition facts are presented in a tabular form declaring the amounts of protein, carbohydrates (dietary fiber and sugar), fat (saturated fat, trans fat, and cholesterol), sodium, and energy or calories.

- h. Food products with Nutrition Facts shall be evaluated using the cut-off points for the three categories given in Tables 1, 2, and 3.
 - i. The GREEN category includes foods and drinks that should ALWAYS be available in the canteen. These foods and drinks are the best choices for a healthy school canteen as they contain a wide range of nutrients and are generally low in saturated and trans fat, sugar, and salt.

Table 1. Cut-off Points for Packaged Food and Drinks with available Nutrition Label/Nutrition Facts under the GREEN category

General Description:

- Contains wide range of nutrients
- Saturated fat is less than 3 grams (approximately equivalent to more than half a teaspoon of fat) per serving
- No trans fat
- Added sugar is less than 10 grams (or 2 teaspoons) per serving
- Sodium is less than 120 mg (equivalent to 300 mg of salt or 1/20 teaspoons salt) per serving

ii. The YELLOW category includes foods and drinks that should be served carefully. These foods and drinks contain some nutrients but at the same time also contain large amounts of saturated or trans fats and/or sugar and/or salt. If eaten in large amounts, these foods and drinks may contribute to excess calories. These may be served once or twice a week only (Tuesdays and Thursdays), in smaller servings, and should be less prominent in the canteen menu.

Table 2. Cut-off Points for Packaged Food and Drinks with available Nutrition Label/Nutrition Facts under the YELLOW category

General Description:

May contain some nutrients but at the same time contains

- Saturated fat is more than 3 to 5 grams(approximately equivalent to more than half a teaspoon to 1 teaspoon of fat) per serving; or
- No Trans fat;
- Added sugar is more than 10 grams but less than 20 grams (equivalent to 2 to 4 teaspoons) per serving; or
- Sodium is more than 120 mg to 200 mg (equivalent to 300 to 500 mg of salt or 1/20 to 1/10 teaspoon salt) per serving
- iii. The RED category includes foods and drinks not recommended in the canteen menu. These foods and drinks contain high amounts of saturated fat or sugar or salt and should not be served in healthy school canteens. They may also provide excess energy or calories. Consumption of these foods and drinks outside the school premises is at the discretion of their parents.

Table 3. Cut-off Points for Packaged Food and Drinks with available Nutrition Label/Nutrition Facts under the RED category

General Description:

- Saturated fat is more than 5 grams (equivalent to more than 1 teaspoon) per serving; or
- Contains trans fat no matter how insignificant the amount is
- Added sugar or total carbohydrates (in the absence of dietary fiber) is more than 20 grams (equivalent to more than 4 teaspoons)per serving; or
- Sodium is more than 200 mg (equivalent to 500 mg or 1/10 teaspoon salt) per serving

i. All manufactured food products with Nutrition Facts to be sold in school canteens must be evaluated using the Nutrition Facts Assessment Table shown below:

ount	GREEN (c) Less than 3 grams	YELLOW (d) 3 to 5 grams	RED (e) More than 3 grams
	(c) Less than 3 grams	(d) 3 to 5 grams	(e) More than 3 grams
	(c) Less than 3 grams	(d) 3 to 5 grams	(e) More than 3 grams
	grams		grams
	0	0	0
		<u> </u>	
	Less than 10 grams	10 to 20 grams	More than 10 grams
	Less than 120 mg	120 to 200 mg	More than 120 mg
		Less than	grams grams Less than 120 to 200

- i. In evaluating the nutrition content, indicate in column b the amounts of saturated fat, trans fat, sugar or total carbohydrate (if there is no dietary fiber), and sodium per serving as reflected in the label of the food product. Compare the nutrient contents against the criteria in columns c, d, and e. Check under which column the particular nutrient falls.
- ii. Only those items with saturated fat, trans fat, sugar or total carbohydrate (if there is no dietary fiber), and sodium evaluated under the GREEN or YELLOW categories may be served in the school canteens as prescribed under Section IIIA of these guidelines.
- iii. If the item has one nutrient under the RED category, the food product should not be sold in school canteens.
- j. Categories/Description of Non-packaged foods and drinks A new system of categorization of foods and drinks is hereby introduced for

non-packaged items with no available Nutrition Facts that are sold in the canteens to guide the school heads and teachers in-charge of canteens in planning and creating their own healthy menu. Locally available natural foods are preferred over processed food products. Foods and drinks shall be categorized as GREEN, YELLOW, and RED.

Canteen-cooked foods, common Filipino snack foods or those without Nutrition Facts may be enumerated under a Food List classified as GREEN, YELLOW, and RED. Sample Food Lists are in Tables 4, 5, and 6.

i. The GREEN category includes foods and drinks that should ALWAYS be available in the canteen. These foods and drinks are the best choices for a healthy school canteen as they contain a wide range of nutrients and are generally low in saturated and trans fat, sugar, and salt. This includes, but is not limited to the following foods and drinks:

Table 4. List of Foods and Drinks under the GREEN category

Food	Examples
Drinks	Milk (unsweetened)
	Safe and clean water (nothing added)
	Fresh Buko Water (unsweetened)
Energy-giving	Milled Rice
(Go)	Brown Rice or Iron-fortified Rice
	Corn
	Oatmeal
	Whole wheat bread
	Cassava (kamoteng kahoy)
	Boiled Sweet potato (kamote)
	Boiled Saging na saba
	Corn, Binatog
	Boiled peanuts
	Suman
	Puto
Body-building	Fishes
(Grow)	Shellfish
•	Small shrimps
	Lean meats
	Chicken without skin
	Nuts
	Egg
Body-regulating	

(Glow)	Green, leafy, and yellow vegetables

i. The YELLOW category includes foods and drinks that should be served carefully. These foods and drinks contain some nutrients but at the same time also contain large amounts of saturated or trans fats and/or sugar and/or salt. If eaten in large amounts, these foods and drinks may contribute to excess calories. These may be served once or twice a week only (Tuesdays and Thursdays), in smaller servings, and should be less prominent in the canteen menu. Every opportunity shall be taken to make these foods healthier by following the instructions enumerated under Section V.A.1.k.iii. This includes, but is not limited to the following foods and drinks:

Table 5. List of Foods and Drinks under the YELLOW category

Food	Examples
Drinks	100% Fresh fruit juices
Energy-giving	Fried rice
(Go)	Bread (using white refined flour)
	Biscuits
	Banana cue, Camote Cue, Turon, Maruya
	Pancakes
	Waffles
	Champorado
	Pancit
	Arroz caldo
	Sandwiches (cheese, egg, chicken filling, etc.)
	Butter, Margarine, Mayonnaise (use sparingly)
Body-building (Grow)	Processed foods such as meats/fish, hotdogs, sausage, burger patties, chicken nuggets, tocino, tapa, etc. (still subject to evaluation of saturated or trans fat and sodium as reflected in their Nutrition Facts)
Body-regulating (Glow)	Stir-fried Vegetables

ii. The RED category includes foods and drinks not recommended in the canteen menu. These foods and drinks contain high amounts of saturated fat or sugar or salt and should not be served in healthy school canteens. They may also provide excess energy or calories.

Consumption of these foods and drinks outside the school premises is at the discretion of their parents. This includes, but is not limited to the following foods and drinks:

Table 6. List of Food and Drinks under the RED category

Food	Examples						
Drinks	Soft drinks, alcoholic drinks, sports waters, sports						
	drinks, flavoured mineral water, energy drinks,						
	sweetened waters, powdered juice drinks						
	Any product containing caffeine (for school						
ļ	canteens)						
	Any processed fruit/vegetable juice with added						
	sugar of more than 20 grams or 4 teaspoons per						
	serving						
Energy-giving	Any jelly, ice crushes, and slushies						
(Go)	A Y						
	Any Ice cream/ Ice drops/ Ice candies						
	Cakes and slices, donuts, sweet biscuits and						
!	pastries, and other sweet bakery products						
	pastries, and other sweet bakery products						
	All types including chocolates, hard/chewy						
ļ	candies, chewing gums, marshmallows, lollipops,						
	yema, etc.						
	French fries, bicho-bicho, etc.						
İ	Instant noodles						
!	All a Changle walk danceles and an abise an						
1	All types of heavily salted snacks such as chips or chichiria						
Pody building	Chicharon						
Body-building (Grow)	Chicken skin						
(aiow)	Bacon						
1	Deep-fried foods including fish balls, kikiams, etc.						
Body-regulating	Fruits canned in heavy syrup						
(Glow)	Sweetened fruits or vegetables or deep-fried						
<u></u>							

k. In planning a healthy menu, it is important to assess the nutritional value of foods and drinks as follows:

- Compare items against GREEN, YELLOW, and RED categories. If it
 fits easily into the GREEN category, the item may be included in the
 healthy menu and be sold in the canteen. If its fits easily into the RED
 category, the item must not be in the healthy menu and should not be
 sold in the canteen.
- ii. If the item does not fall under GREEN or RED, it is likely to fall under the YELLOW category, it may be served once or twice a week only, in smaller servings, and should be less prominent in the canteen menu. The canteen may follow suggestions in greening the menu.
- iii. Canteen-cooked foods such as pancit, champorado, arroz caldo, mami, etc. may fall between GREEN and YELLOW categories depending on the ingredients used. The following steps may also be undertaken to lower saturated or trans fat, sugar, and sodium:
 - use cooking methods that require little or no fat or oil such as steaming, boiling, sautéing, pan frying, and baking;
 - before cooking, remove visible fat from meat, and skin from poultry;
 - use oils sparingly;
 - reduce the added salt when cooking food;
 - use low fat products such as skimmed milk, low fat spread, low fat cheese, and light mayonnaise;
 - use iodized salt instead of plain salt because of its iodine content which is associated with the mental development of children, and in compliance with RA 8172 or the ASIN Law;
 - reduce the amount of added condiments such as monosodium glutamate, soy sauce, fish sauce, ketchup, and other locally available condiments in cooking;
 - avoid the use of artificial flavours; instead, use natural herbs and spices such as garlic, onion, turmeric, ginger, black pepper, chilli pepper, and others; and
 - · remove excess fat/oil from soup and soup stocks.
- 2. Increasing the Availability and Accessibility of Healthy and Safe Foods
 - Safe drinking water should be made readily available.
 - b. Soy sauce, fish sauce, and other locally available condiments/sauces should not be readily available on dining tables and in the dining area. These should only be served upon request.

- c. Schools shall advise parents and guardians to provide healthy foods and beverages to be consumed in schools (baon) by their children. School children (elementary, secondary, and senior high) shall not bring unhealthy foods and beverages to school.
- d. Offices and Schools may conduct local initiatives to support and promote the consumption of healthy foods such as "Meatless Monday" to promote sources of protein other than meat, "Vegie-Tuesday" to promote vegetable consumption, "Native Wednesday" to promote consumption of native foods, "Fibrous Thursday" to promote consumption of foods rich in dietary fibers, and "Fishy Friday" to promote consumption of fish.
- e. Canteens and other areas where food is served shall adhere to the provisions of DepEd Order No. 10, s. 2016 Policy and Guidelines for the Comprehensive Water, Sanitation and Hygiene in Schools (WinS) Program and shall:
 - i. ensure availability of clean, safe, and free drinking water;
 - ii. provide facilities for hand washing;
 - iii. ensure proper and safe handling of foods;
 - iv. provide clean plates, glasses, and eating utensils;
 - v. practice proper waste segregation and disposal; and
 - vi. provide a conducive, well-ventilated, well-lighted, safe, and clean environment for eating.
- f. Canteens and other areas where food is served shall post signages that only healthy food and drinks are served in the premises, as well as important nutrition messages such as the Nutritional Guidelines for Filipinos (NGF), Ten (10) Kumainments, Pinggang Pinoy, and others.
- 3. Regulating the Sale and Marketing of Unhealthy Foods
 - a. Schools and school activities where children gather shall not be used in the marketing of unhealthy foods and beverages to children. There shall be no form of marketing in schools and in DepEd offices. Three common types of marketing:
 - Advertising typical advertisement of sugary drinks in schools is done through branded vending machines, branded refrigerators and ice boxes, signage in school canteens, corridors and sports facilities, and on sun umbrellas and tents.
 - Sponsorship advertisement, promotion and sponsorships are often seen as an alternative way to gather resources to fund activities. The

- industry often sponsors sports events, school programs, equipment (including catering equipment such as aprons and caps or sun visors) as well as educational materials, e.g. notebooks and pens.
- iii. Promotion promotion of sugary drinks and other empty-calorie snack foods is done through the use of popular cartoon characters, branding, free samples or other "tie-ins" and celebrity endorsements. Price discounts or vouchers may be given as educational rewards.
- b. DepEd may allow support of food and beverage manufacturers that meet the criteria of this policy as part of their corporate social responsibility program provided that it shall not include any form of marketing activities or bear any brand name or logo.
- c. School officials are encouraged to advocate, and work with their local government units in issuing local legislation to limit the marketing of unhealthy foods and beverages within at least 100 meter radius of the school.
- d. Marketing of RED CATEGORY foods and beverages shall not be allowed in DepEd Offices/schools and school/education events which shall include but is not limited to the following methods and forms:
 - i. Print such as posters, leaflets, brochures, comics, etc.
 - ii. Outdoor ads such as billboards, tarpaulin, etc.
 - iii. Point of sale
 - iv. Vending machines/refrigerators
 - v. Branding
 - vi. New media (internet-based)
 - vii. Characters
 - viii. Giving of free samples
 - Conduct of special events such as sports activities and feeding programs.
- e. Schools are given three (3) months to replace/remove refrigerators and other equipment/facilities with logo or brand name of unhealthy foods and beverages.
- **B.** Capacity Building

- The DepEd concerned offices at all levels shall be responsible in capacitating the Regional and Division personnel, who shall in turn be responsible in capacitating HE and TLE teachers in all schools.
- Schools shall conduct activities to orient students and their parents and guardians on these healthy food and beverage choices so that healthy eating habits will not only be practiced in schools, but in their home, as well and create a lifelong healthy eating behaviour for all Filipinos.

C. Collaboration, Partnership, and Linkages

Partners and key stakeholders in advancing the School Health and Nutrition Program are recognized as vital in program implementation.

However, DepEd and school authorities and personnel shall strictly observe the prohibition on accepting donations or sponsorships from or having financial or material involvement with tobacco companies. Likewise, prohibitions stipulated in Executive Order No. 51 or the Milk Code of the Philippines, particularly those on the acceptance of funding, sponsorship, logistical, training, financial or material incentives, or gifts of any sort from companies that manufacture or market infant formula and other milk substitutes shall be strictly observed. In general, sponsorships and partnerships shall not be allowed if conflict of interest is likely to arise with the objectives of this policy.

D. Other Strategies to Promote Healthy Weight

- 1. The Regional Offices (ROs) and Schools Division Offices (SDOs) are encouraged to launch programs that will support healthy diets and physical activity for its employees and school children.
- 2. The schools are encouraged to promote and provide opportunities for school children to be active in a safe environment. WHO recommends that children aged 5-17 should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily.
- 3. Incorporation of healthy diets, wellness, and physical activity in the K to 12 Curriculum and in other school events and activities.
- Management of overweight and obesity cases in schools through health talks
 to be conducted by the school nurses and engaging these students in more
 physical activities.

E. Duties and Responsibilities

1. DepEd Central Office (CO)

- a. The Bureau of Learner Support Service-School Health Division (BLSS-SHD) shall be the focal unit for the policy concerns on healthy foods and drinks choices supervised by the Office of the Secretary and the Undersecretary in-charge of BLSS;
- BLSS-SHD shall organize a Technical Working Group (TWG) that shall review and recommend policies, conduct capacity building activities, and provide guidance and support;
- c. Develop policies and issue memoranda/orders on the concern;
- d. Encourage the DepEd Canteen CO and other offices to serve healthy foods and drinks daily and during meetings and other activities;
- e. Conduct capacity building activities for DepEd Regional/Division personnel; and
- f. Monitor and provide technical assistance to DepEd offices in the implementation of this policy.

2. DepEd Regional Offices (ROs)

- a. The Education Support Services Division (ESSD) shall form a TWG (Office of the Regional Director (ORD), ESSD, Quality Assurance Division (QAD), Field Technical Assistance Division (FTAD), Human Resource Development Division (HRDD), and Curriculum and Learning Management Division (CLMD) to oversee the implementation of the policy;
- The Technical Working Group (TWG) shall review and recommend policies, conduct capacity building activities, and provide guidance and support;
- c. Conduct capacity building activities to DepEd Division/School personnel;
- d. Encourage the Canteen and other offices to serve healthy foods and drinks daily and during meetings and other activities; and

e. Monitor and provide technical assistance to Schools Division Offices (SDO)/School on the implementation of this policy.

3. DepED SDOs

- a. The School Governance and Operations Division shall form a TWG (Office of the Schools Divisions Superintendent (OSDS), SGOD, and Curriculum and Instruction Division (CID)) to oversee the implementation of the policy;
- The Technical Working Group (TWG) shall review and recommend policies, conduct capacity building activities, and provide guidance and support;
- c. Conduct capacity building activities to School personnel;
- d. Encourage the Canteen and other offices to serve healthy foods and drinks daily and during meetings and other activities;
- e. Advocate to local government units to regulate the marketing of unhealthy foods outside the school premises; and
- f. Monitor the compliance of the schools to this policy and ensure that only healthy food and drinks are available in the schools.

4. Schools

- Form a TWG (School Heads, Teacher in-charge of canteen, Chairperson of canteen cooperative, and Parent-Teacher Association) to discuss the implementation of the policy;
- Plan and develop the school's healthy menu in accordance with these guidelines;
- c. Ensure that only healthy food and drinks are available in the schools;
- d. Regulate the selling and marketing in schools of unhealthy foods and drinks in compliance with these guidelines; and
- e. Advocate to local government units to regulate the marketing of unhealthy foods outside the school premises.

F. Monitoring and Evaluation

- The DepEd Central, Regional, and Division Offices shall continue to gather feedback on the implementation of this policy and guidelines from all concerned internal and external stakeholders. A periodical review of this policy shall be conducted to be responsive to the changing health and nutrition needs of the office and school populace.
- 2. The regional and division monitors are expected to monitor compliance with these guidelines quarterly and monthly, respectively.

VI. REFERENCES

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Retrieved from

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World Health Organization. Retrieved from http://www.who.int/topics/nutrition/en/

VII. PENALTY CLAUSE

Any personnel who violate any provision of these guidelines shall be dealt with administratively pursuant to DepEd Order No. 49, s. 2006 The Revised Rules of Procedure of the Department of Education on Administrative Cases.

VIII. REPEALING CLAUSE

DepEd Order No. 8, series 2007 Policy Statements numbers 4.4, 4.5, and 4.6 are hereby modified accordingly by this issuance.

:X. EFFECTIVITY

This policy shall take effect immediately.

Enclosure 1

Table 7. Recommended Energy Intakes and Acceptable Macronutrient Distribution Ranges

Age	Energy	/ (in kcal)	Range (% Energy)				
	Male	Female	Protein	Total Fat	Carbohydrate		
6-9	1600	1470	6-15	15-30	55-79		
10-12	2060	1980		1	!		
13-15	2700	2170		1	!		
16-18	3010	2280					
19-29	2530	1930	10-15	15-30	55-75		
30-49	2420	1870			ļ		
50-59	2420	1870					
60-69	2140	1610			ĺ		

(Source: Philippine Dietary Reference Intakes 2015)

Enclosure 2

How to Understand Nutrition Facts Lane:

The Nutrition Facts label are usually found at the back of food labels which provides nutrition information to the consumers. The top section usually provides product-specific information such as the serving size, calories, and nutrient information. The bottom part contains footnote with Daily Values (DVs) for 2,000 and 2,500 calorie diets.

1.	Start Here	\Longrightarrow	Nutriti Sening S Senings	ize 1 p	ouch (55g)			
2.	Check calories	\Longrightarrow	Amount Calories			Calories fr	om Fat 80	
			 		·.		%Daily V	ike
			Total Fat	9g				14%
3.	Limit these nutr	ients	Satu	rated F	at 4.5g			23%
			Tran	s Fat	0g			 [
			Choleste	rol Or	ng	••		0%
			Sodium	1690m	ng .			70%
			Total Car	rbohyd	rates 34	1		11%
4.	Get enough of th	1 ¢ ¢e		ary Fibo ars 5g 5g				12%
1.	•	rese	Vitamin A	0%			Vitamin C	0%
	Nutrients	\Longrightarrow	Calcium		· · · · ·		Iron 7%	
5.	Footnote	⇔		ralues m	ey be nigher	on a 2,000 c or low er dej Calories:	ending on 2,000	2,500
			Total Fat		-	Less than	65g	80g
			Şatu	rated Fa	at	Less than	20g	25g
			Cholester	ol		Less than	300mg	300mg
			Sodium			Less than	2,400mg	2,400mg
			Total Carb	ohydrai	es		300g	3756
			Dieta	ary Fibe	r		25g	30g
			Calories p	_	n: Carbohydra	rte 4	Protein 4	

Parts of Nutrition Facts

- The Serving Size The first place to start in looking at Nutrition Facts is the serving size and the number of servings per package. Serving sizes are standardized to make it easier to compare similar foods. The serving size influences the number of calories and the amounts of nutrients.
- 2. Calories Calories provide a measure of how much energy comes from the serving of the food. In the example, the food contains 230 calories and 80 calories come from fat. General Guide to Calories (based on a 2,000 calorie diet):
 - 40 Calories is low
 - 100 calories is moderate
 - 400 Calories or more is high
- 3. The Nutrients The nutrients are categorized into two the first part are usually eaten in adequate amount, or even too much, hence, these nutrients need to be limited. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase the risk for chronic diseases such as heart disease, some cancers, or high blood pressure. Health experts recommend keeping food intake of these nutrients as low as possible as part of a nutritionally balanced diet.
 - The second part of nutrients can improve health and can help reduce risks for some diseases and conditions.
- Footnote The Footnote usually states that the Percent Daily Values (DVs) are based on a 2,000 calorie diet. The DVs are recommended levels of intakes based on the Philippine Dietary Reference Inatkes 2015 (PDRI).
- 5. % Daily Value The % DV are based on the DV recommendations for some key nutrients for a 2,000 calorie intake for a day. For each nutrient presented, the %DV tells how much the food will contribute in terms of the recommended intake for the day. The %DV helps determine if a serving of food is high or low in a nutrient.

(Source: U.S. Department of Health and Human Service)

Enclosure 3
Sample Meal Plans Lifted from *Pinggang Pinoy*

Sample Meat Plan for Children, 3-5 years old

	Bro	ekfast *	L4	mch ·		per '		acks •
ã	Lakaten Fried Edg Campta Tops Salad, with Tomators Rice	I pince of faicm 3/3 since 1/3 cup 1/3 cup	Chicken Tinola - Chicken Sweet - Vegetables Rice Mango	1/2 matchbox size of 1/3 cup 1/2 cup 1/2 sitce of 32x7 cm	FMES Galunggong Pinastaet Rice Walmmreton	1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 sirce of 17min3 cm	AM.Sumen se lbcs PM. Bolled Comete	1/2 Bleco of Backs on L/4 piece of 11 om long ad 1/2 on Blameter (1see FEL)
ŝ	Pricedita Chicken Adobo Chicken Adobo Chicken Breatt Steamed Cerrots Sayote and Begulo Sayote and Begulo Sayote	L/3 cup L/3 cup	Sinigeng no julilio Tuncilio - Vegetomen Rice Papaya	1/2 silce 1/3 cup 1/3 cup 1/3 cilce of 10mm2 cm	Tota steat Chapsusy Nice Datanghita	i/2 blece i/2 cup l plete, 6 cm diameter	AM, Paner Guisedo	1/2 (Up
•	Dalandan Tune Sendunch with Cabbago and formatoes - Risked Tune - Cabbago and Tematoes - Load Bread	Falece, 6 cm drameter t Thisp. t/Jeup J stices	Boof Steak Adebong Sitaw Rice Pingappie	If the Cribba site Life cup 1/2 cup 1/2 cuse of 10mba2 cm	Fried Chicken Stee med Mugbati and Saluyot Rics Rambutan	I/2 matchbox size U2 cup (/2 cup \$ pieces, 3 cm drameter each	Ale. Kebabayan PMI. Kutsinta	I piece, 4 [/] cm deameter i []/ cm thickness 1/2 piece, 6 cm diemeter i 7 1/2 cm
ž	Pagays Hamemade Pork Tocino Paka Salad Rich	7\3 cmb 7\3 cmb 1\3 westypou u stan 1\3 dates bt appyra cu	Ginateung Dalagang Build with Pachay - Dalagang Build - Pachay Rica Red Guave	1/2 place small rire 1/2 tup 1/2 tup 1/2 tup 1 tup 1 tup 1 tup	Beef Bulsig - Laan Beef - Vegeta tries Rugs Latunden	L/2 matchbox size L/2 cup 1/2 cup 1 pince of flat cm	AM, Fen de Creo PM: Sumen Casaava	I/2 piece of I/4 piece of I9aba) cm
	Marigo Chicken Ares Caldo with Carrots and Mallenggev Chicken Breas yagetables Rice	1/2 slice of 1257 cm L/2 matches x size 1/2 cup 1/3 cup	Porti Milaga - Lean Porti - Vegetables Rice Booled Saba	1/2 matchbox size 1/2 cup 1/2 cup 1/2 cup 1/2 prece of 10x4 cm	rried filopia Bulangtang Rice Apple	1/1 place small stre 1/2 sup L/2 sup L/2 super at a cm diameter	AM. Fitte white	L/2 piece of E 1/2 cm diameter a 2 on thick 1/2 stice of 9 1/24843 1/2 cm
Party.	Melde Beef & Voggie Patty - Lean Ground Beef - Voggstables Pan de Sel	1/2 sike by Eddins cm t lissp, ground heel t/2 cup d small preces	Chicken Barbesub - Chicken Breast Sautead Carroth Sweat Carn, And Sweat Carn, And Savoth Rice Indian Mango	1/2 matchison size 1/2 cup 1/2 cup 1/2 piece of h cm diameter	Potedop Dinengdeng Rice Pagr	I/I fraktibos size I/I cup I/I cup I/I prece of & cm d) amoust	est: Spanish Bread PM: Furon	1/2 sloce of 18mil 1 sloce 9 1/2=4 t/2x t 4m
à	talunden Pried fanigus Adobong Kanghong Rice	1/2 mase of 9n3 cm 1/2 since 1/2 cup 1/1 cup	ser-bried beef with Oninese Gabbage and Gauld Bower - LeanBeef - vegetables Bico	I/2 matchibin stre I/2 cup I/2 cup	Sinampatukang Manak Enickon Breast - Yegetables Rice Pomato	\$/2 maschboes/2e \$/2 cup \$/2 cup } kegments, \$MR3	AM, Peanus Botter Sandwith PM: Banane Cue	Epiece (oat Bread and Etap perout burer 1/2 prece.
			Lankones	depreces, 4nd cm each	<u> </u>	rm sach	L	6 1/2 s.4 cm

Seed on the Feed Suchange List (FEL) in Mean Planning:

1 rup of nor + 160 g

1 matchion size of chicken invast + 60 g

1 could depetable s + 90 g

1 matchion size of beef and ports + 60 g

2 matchion size of beef and ports + 60 g

3 mice of fish + 15 g

1 medium size (lish = 55 g

1 medium size (lish = 55 g

Sample Meal Plan for Children, 6 - 9 years old

	Breakfast +		Lunch •		•	Supper		- Snacks -	
	 	1	 	1	Fried Galungorit	1/2 piece 1mail 1/26	AM Suman sa	piece, muluz	
	Lakatan	1 piece of 9x3cm	Chicken Tinola	1/2 matchbox size of	Pinakber	3/4 cup	ibos	cm	
_	Fred Egg	1/2 piece	Chicken Breast	3/4 cun	ALCO.	3/4 cup	1	1	
2	Camote Tops Salad,	3/4 cup	Vegetables	3/4 cup	Watermelon	Laker, 1206u3 cm	PM Boiled	1/2 piece of 11	
ā	with Tomatoes	F	Rice	1 sirco, 12x7 cm	1		Camate	cm long # 4 L/2	
	R. co	3/4 cup	Mango	* *************************************	Ì			cm diameter	
	Micapple	1 siece of 10mb/2cm			Yoru Ste as		AM. Boyled Corn	1 piece of 12ml	
	Chicken Adobs	1 steen of Himpirson	Sinigang na Tumillo	L., .		1/2 piece, 6m5/2 cm	iver ported com	There as the	
~	Chicken Breast		Turcilla	1/2 slice	Chopsuey	3/4 cu p		r.m.	
_		1/2 matchbox size	Vegetables	3/4 cup	Rice	3/4 sup	PM: Pansit	l cup	
	Steamed Carrots	3/4 cup	Rice	3/4 eup	Datanghita	1 preces, 6 cm		ir can	
	Sayoté and Baguio Beans		Рарауш) slice of 10mbs2 cm	ĺ	diameter each	Gurrado	1	
	Rice Dalandan	3/4 cup	<u> </u>				AM:	2 0.0001, 4 1/2	
	Daisuden	Zaieces, 6cm	Bce/ Steak	1/2 matchbox size of	Fned Chicken	1/2 matchbox size			
	i	diameter each	Adabong Sitaw	3/4 cup	Breast	1	Кабабауап	cm diameter s 1	
_ 1	Tuna Sandwich	}	Rice	3/4 cup		ł		1/2 cm thickness	
w.	with Cabbage and	1	Pinespple	1 stice of 10x6x3 cm	Steamed Alughati	3/4 cup	1	each	
Ę.	Tomatoes	I	1	1	and Saluyot	1	i		
ا د	Flaked Tuna	1 To sp	1	1	į R+ co	1/4 cup	PM: Kutsiota	L prece, 6 cm	
	Cebbege and	3/4 cup	1	1	Rambutan	8 pieces, 3 cm	I	diameter x 2	
	Tametoes Loof Breed) staces		1		diameter each		1/2 cm	
	Pagaya	I sire of Iduate cm	Grabbane Dalagang	_	Bre I Bulalo		AM. Pan de Coco	I piece, 7x5 cm	
	Hamemade Pork	1/2 matchbox site	Build with Pechay	ł.	Lean Boof	1/2 matchbox size	1	1-1	
	Tacina		Oalagang Bullid	1/2 piece small size	Vegatables	3/4 0/8	IPM. Suman	1/2 piece 15m3m2	
Ì	Paka Salad	M4 cup	Pechay	174 Cup	Aice	3/4 040	Cassava	cm.	
3	Rice	3/4 cup	Rice	3/4 cup	Latundan	1 piece of 9x3 cm	1	ļ	
ļ		1	Red Gueva	2 pieces, 4 cm		2 5 10 00 01 72 01 11		1	
		ſ	100000	diameter each					
	Mingo	1 slice of E2x7 cm	Pork Nilaga		Fried Tilapia	1/2 piece small size	AM: Ensaymada	L piece of \$ 1/2 on	
	Chicken Arros Caldo	1	Loan Pork	1/2 matchbox size	Bulanglang	3/4 cup		diameter x 2 cm	
	with Carrots and	F	- Vegetables	3/4 cup	Rice	3/4 cup		thu ch	
ì	Malunggay	į.	Rice	3/4 cup	Appie	1 piece, 6 cm		Į.	
٠ ;	Chicken Breast	1/2 matchbox size	Soiled Saba	Liprece, 10x4 cm	1	diameter	iria Puto, white	Lance of	
	Vegerables	3/4 cup	i .	1	ł.	F	ì	3 1/3×3×3 1/3 cm	
	Rice	3/4 cup		1	i	1			
	Melon	1/2 stice of 12x10x3 cm	Chicken Barbecue	T	Porkchop	1/2 matchbox size	AM Spanish	1 piece of 10ml	
	Boof & Veggie	į	Chicken Breast	1/2 matchbox size	Oinengdeng	1/4 cup	Bread	cm	
ایم	Patty	1	Sautond Carrots	3/4 cup	Rice	3/4 cup	I	1	
ř	Lean Ground Beef	1 Tosp.	Sweet Corn, And	1	Pear	i proce of 6 cm	PMA Turon	l piece.	
5 i	Vegetables	3/4 cup	Sayote	1	1	diameter		9 1/3x 3 L/3×1 cm	
		I	Aice	3/4 cup	i	ł	1		
- 1	Pan de Sal	3 small pieces	Indian Mango	I piece. 6 cm	1	Į.	ì	}	
			1	diameter					
ŀ	Latvodan	Lipiece of 9x3 cm	Star fried beef with		Sinampalukang		AM. Peanut Butter	1 grece lost	
	fned Tanigue	1/2 slice	Chinese Cabbage		Manok	ļ	Sandwich	broad and 2 tsps.	
, į	Adobong kengkong	3/4 cup	and Cauliflower	ļ	Chicken Breast	L/2 matchbox 5124	ì	pes out butter	
	Rice	3/4 cup	LeanBoot	1/2 matchbox size	Vagetables	3/4 cup			
-		ł	Vegetables	3/4 GIP	Rice	3/4 cup		1	
		ŀ	Rice	3/4 cup	Pamela	3 segments, \$44x3	PM: Banana Cue	L gie ćė,	
			Lansones	8 pieces, 4x2 cm each		cm gath	1	9 1/2 x 4 cm	
		L	20.20.00	In his cast are our warm		Antis dim non			

Exced on the Food Exchange List (FEL) in Mest Planning:					
1 cup of nce - 160 g	i matchbox size of chicken breast = 30 g				
I cup of cooked vegetables - 90 g	1 small size tish = 15 g				
t matchbox size of beef and park - 30 g	1 size of fish - 35 g				
Lamail chickenies - 30 g	1 medium size fish = 55 g				
1 medium chicken leg - 45 g					

Sample Meal Plan for Children, 10 - 12 years old

*	510	ekfast	- L	unch		Supper	▼	Snacks
		1 piece of 9x3cm	Chicken Tidala		Fried Galungong Pinakbet	L piece small size	AM:Suman sa	I present, fixákit čim ench
	Lakaten		Chicken lag amail	101000	Rice	1 (00	1003	CIT TACI
•	Fried Egg	3 prece			Watermalon		PM: Boiled	
5	Camote Tops Salad.	1 cup	Vegetables	1 60.6	AASIGLMSION	1 11 or, 12x6x3 cm		1 piece of 11 cm
-	with Yomatons	I.	Rice	1 cup	i	ŀ	Cametr	long x 4 1/2 cm
	Rich	1 con	Mango	1 stree, 1207 cm				diameter
	Aneapple	I stree of IOnfailers	Sinigang na Turolla		Tofu Steak	L prece, balls on	AM: Boiled Com	Zpieces, 12ml
	Chicken Adobo	ł .	Turcille	1 stice		each		cm each
•	Chicken (eg. small	1 mece	Vegetables	ع دي ا	Chopsocy	1 tup		1
•	Steamed Carrots	i .	Rice	t oue	Rice	UID	PM Partit	3 cm b
1	Sayote and Baguio	11 cup	[Радауа	1 slice of 10min2 cm	Datanghita	J preces, 6 cm	Gu-sado	
	Grans	1		1		diameter each	1	1
	Rice	Love		L	<u> </u>	i	1_	
	Dalandan	2 pleces, 6 cm	Beef Steak	I matchbox 112#	Fried Chicken, leg	1 piece	AV. Kababayan	4 prezes, 4 1/2
	1	diameter each	Adobong Sitaw	1 cup	smati		1	cm diameter « 1
	Tuna Sandwich	1	Rice	1 cup	[ì	1/2 om thickness
٠.	with Cabbage and		Pineappie	1 title of 10m5x2 cm	Steamed Alughau	Leup	ĺ	rach
•	TOMATORS	1	1		and Saluyot	!	į.	
5	Flaked Tuna	2 Thras			Rice	Lent	PM Kutsinta	2 preses, 6 cm
	Cabbage and	1 cup	1		Rambutan	8 places, 3 cm	į.	diameter x 2 1/2
	Tomatoes	1 '	ì	1		dra meter each	i i	cm each
	Loaf Bread	4 alters	1		l	l l	i	!
_	PADAVA	1 stree of 10 feet cm	Ginataang Dalagang	· · · · · · · · · · · · · · · · · · ·	(Bear Bulata	**	AM: Pan de Coco	3 preces. 7x6
	Hamemade Pork	1 match box 1126	Bukid with Pechay		Lean Beef	1 matchbox		em sach
	Tacina	1 .	Dalagang Buled	1 precentinall size	Vegetables	1 <up< td=""><td></td><td></td></up<>		
•	Pako Salad	1 cup	Pedhay) cup	A. cc	Lcup	PM: Sumae	1 piece, 15m3m2
Ì	Rice	1 cup	Rice	1 CMB	Latundan	larece, 9x3 cm	Cessava	cm
	i	1	Red Guaw	2 pieces, 4 cm	į.			1
	!	1		diameter each	ł	†	ļ.	1
_	Mango	1 stree of 1247 cm	Pork Hilaga	<u> </u>	Fried Tilapia	I prece small size	AM Ensaymada	2 pieces \$ 1/2
	Chieken Artos Caldo	1	Lean Pork	1 matchtox size	gneigneiud	1 cup	1	cm drameter # 2
	with Carrots and		Vegetables	1 tup	Roce	լլ բան	į	om thick each
Ì	Malunggay		Rice	1 cup	Apple	1 piece, 6 cm	i	
8	Chicken Breast	I matchbox use	Boiled Saba	I preor, 10x4 cm	ĺ	d-ameter	PM: Puto, white	2 stions,
	Vegetables	licop		1	1		ŀ	9 1/2x3x3 1/2 cm
	flice	1 000	!	!	l	Į.	ļ.	each
	Melon	I slice of 12x10x3 cm	Chicken Barbecur	· · · · · · · · · · · · · · · · · · ·	Parkchap	I matchbox site	AM: Spanith	2 preces , 10k4
	1	1	Chicken ieg, Small	1 piece	Dinengdeng	1 cup	Bread	cm each
	Beef & Veggie Patty	1	Sauteed Carrots	1 cup	8) ce	1 cup		1
٥	Lean Ground Beef	3 Thaga	Sweet Corn, and		Cear	1 piece of 6 cm	PM. Turon	1 piece,
À	Vegetables	1 cup	Sa yote		E	diameter		9 1/2x3 1/2x1 cm
_			Rice	1 cup	[
	Pan de Sal	4 small places	Indian Mango	L prese, 6 cm		t		
			•	diameter				<u> </u>
	Letundan	1 prece of \$43 cm	Stir fried beef with		Sinampalukang		AM Pranut Butter	2 piece loaf
	Fried Tamigue	1 ches	Chinese Cabbage	1	Manuk		Sandwich	f bre band
	Adobang Kangkang	1 cup	and Cauliflower		Chicken leg,	1 prece		fbsp Peanut
2	Aice	Leup	LeanBeef	L matchbas size	tenta li	1 cup	ļ	butter
í		1	Vegetables	1 cup	Vegetables	ļ	}	İ
	}		Rice	Leup	Auce	1 cup	PM Banana Gre	à pieces.
	1		La nsones	B brecks, 4s2 cm	Pameta	3 segments, Balsa		9 1/2mecm

Based on the Food Exchange List (FEL) in Meal Planning:						
1 cup of fror = 160 g	1 marchbox size of chicken breast = 30 g					
Laup of cooked vegetables - 90 g	1 small size fish - 35 g					
1 matchbox size of boof and park - 10 g	1 shoe of hish + 35 g					
1 small chicken leg - 30 g	1 medium size fixh = 55 g					
1 medium chicken teg - 45 g						

Sample Meal Plan for Male Adolescents, 13 - 18 years old

···	Breakfast -		-	Lunch •		Supper +		Snacks	
	 	1		1	Fried Galungong	2 pieces small size	AM Suman va	lipieer, 8:4x2	
	Lakatan	Lipreco, 9x3cm	Chricken Tradia	1	Pinakhet	1.2 cups	ibo1	em .	
-	fried Dangus	2 slices	Chicken leg, small	2 pieces	Aice	3 cups			
*	Camore Tops Salad,	1 7 cups	Vegetables	1 d cups	Watermalon	1 street, 12x6x3 cm	PM: Basted	1/2 piece of 11	
۵	with Tomators	i]	1	E .	Cametr	cm (ong x4 1/2	
	Rice	2 cups	Aica	3 cups	1		t	cm diameter	
			Mango	1 s 1ice, 12s7 cm			1	1	
	Pincapple	1 slice of 10x6x2cm	Sinigang na Turcillo	[Tofu Steak	Z pieces, likbož cm	AM: Boiled Corn	1 piece, 12s4	
	Chicken Adobo		Turcillo	2 slices	1	nach		cm	
~	Chicken teg, small	2 pieces	- Vegetables	12 cups	Chapsury	L 2 cups			
*	Steamed Carrots	T 3 cntra			Rice	∦ cups	PM. Pankit	L/2 cup	
0	Sayote and Baguin	Į.	Rice	2 ուրւ	Detanghita	Z pičces, 6 cm	Guitado		
	Beans	į	Papaya	1 slice, 10m6x2 cm	1	diameter each	ŧ		
	RI CR	2 cups	L				_L		
	Dalandan	2 pieces, 6 cm	Bee/Steak	3 metch box size	Fried Cricken, leg	2 proces	AM:	2 pieces, 4 1/2	
		diameter each	Adobeng Sitaw	† 3 cups	small	!	Kababayan	cm diameter x 1	
	Tuna Sandwich	!	(A) Ce	3 cups	L	E _	l	1/2 cm thickness	
•	with Cabbage and	1	Pineapple	1 stice, 10mbs2 cm	Stramed Alughan	1-2 cups		each	
š	Tomators	1	1		and Saluyot	<u> </u>	1.		
0	Plaked Tuna	1/4 cup	1		Rice	3 Cu p 5	PM: Kutsinta	1 picor, ficm	
	Cabbage and	1 2 cups	Į.		Rambutan	fi pieces, 3 cm	1	diameter # 1	
	Tomators	1 .	1	1	Į.	diameter each	1	1/3 cm	
	Loaf Great	Balices			Scef Bulato				
	Papaya	1 since of 10m6x2 cm	Greataing Dalagang	i	Lean Beef	l	AM. Pan de Coco	Baveron, Zabierni	
	Homemade Pork	2 marchbox sizes	Bukid with Protay	2 pieces small size		2 matchbox sizes	i		
•	Tacina	İ	Dalagang Bukid Pechay	1 2 com	Vegetables	1 Jarps	l	1.,	
Æ	Pako Salad	1 2 cups	Rice	2 cups	Rice		PM Suman	1/3 piece. 15x3x2	
	fi-co	3 cnb.	Red Guava	2 pieces, 4 cm	Latundan	Laups Laurer, 9x3 cm	Citian	cm .	
	i	•	1450 00544	diameter each	Latunean	a pirtor, vas tan	ł	1	
	Mango	1 stice of 12e7 cm	Pork Nillaga	- Carrier Carrier	Fried Tilapia	2 grees small size	AM: Ensaymada		
	Chicken Arms Caldo	1 3/100 01 2227 0177	Lean Pork	2 maichbox sizes	Sulangiang	L 2 cups	New Cut a but a day	diameter x 2 cm	
	with Carrots and		Vegetables	1 2 cups	A) or	2 cups	•	thick	
\$	Melunagay		***************************************	1 2 10 2 1	Apple	l piece, é cm		1	
ā	Chicken Breast	2 maschbox sizes	Rior	Zcups	l	diameter	PM Puto, white	1 Mice.	
	Vesetables	1 Zrups	Gorled Saba	1 piece, 104 cm	1		1.00.100.000	9 1/2+3+3 1/2 cm	
	Rice	12 cups			i	}	\ \	2 174 174 174 174	
	Melon	I slice, 12010x3 ans	Chicken Barbacue		Porkchap	2 matchbox sizes	AM: Spanish	1 piece, 10s4	
	Sect & Vegge	1	Chicken leg, small	2 pieces	Dinengdeng	1 2 cups	See ad	cm	
	PARV	i	Sauteed Carrots	1 3 cups	Rice	à cups		J-11	
٠	Lenn Ground Beef	4 Thapa	Sweet Corn, and	1	PCAT	I prece, 6 cm	PM: Tyron	I piece.	
Š	Vegetables	1 2 cups	Savote	i i	1	diameter		91/2 x 31/2 x 1 cm	
_]	į.	Arce	2 cups	1	ł		1	
	Pan de Sal	B small pieces	Indian Mango	1 piece, 6 cm	1			i	
				dismeter	1			1	
	Latundan	1 piece of 9x3 cm	Stir Fried beef with		Sinampalukang		AM Peanut Butter	1 piece foaf	
	Ford Tanigue	Latice	Chinesa Cabbaga	ŀ	Manok	1	Sandwich	breed and 2 tsp	
	Fried Egg	1 piece	and Cauliflower		Chicken leg.	2 pieces		Beanut butter	
7	Adobong Kangkong	1 2 0003	teanBert	2 matchbox state	small	[1	he mind dutte.	
a	Rice	2 cups	Vegetables	1 J cups	Vegetables	1-2 cups		1	
			Rior	2 augs	Rice	2 cups	PM: Banana Que	Loccor	
			Cansanes	8 pieces, 4kž cm each	Pamelo	3 sagments, 8x4x3 cm each	THE DECISION SAID	9 1/2 x 4 cm	
	i		les a state x	In his cary, and that the con-	Transition	In and tree or the way out and the	1,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	13 1/2 K4 OR	

Based on the Food Exchange List [FEL] in Meal Planning:					
1 rup of nce + 160 g	1 matchbox size of chicken bmast + 30 g				
I cup of coaked vegetables = 90 g	1 small size hish = 35 g				
I matchbox size of beef and pork - 30 g	1 stace of fish = 35 g				
1 small chicken (eg - 30g	1 medium size fish = 55 g				
)) medium chicken leg - 45 g					

Sample Meal Plan for Female Adolescents, 13 - 18 years old

	Br-	eekfast	·	Lunch	-1	Supper	▼[Snacks
-7		T	Chicken Tingle	1	Fried Galungung Pinakhat	1 piece small size 1-1 1/2 cups	AM:Suman sa	1 place, Back2
	la katan	1 prace, 9x3cm	- Oricken leg, small	1 prace	Pinakoe:	1-1 1/2 cops 1 1/2 cops	ipo#	cm
	fried Bangus	1 since			Watermelon			
	Camote Tops Salad.	1-1 1/2 cops	- Vegetables	1-1 1/2 cu ps	At I TELME OF	1 stice, L2min3 cm	PM. Spiled	1/2 piace of 11
_	with Tomulaes			1	+	i	Cu mote	cre tong #4 1/2
- 1	Aice	1 Tys cob.	Rise	1 t/2 cups	l l	i		cm dramater
		<u> </u>	Mango	2 stree, 12x7 cm				
	Pineapple	Tallice, 30mba2cm	Sinigeng na Turcific	h	Yolu Steak	1 plece, hits/2 cm	AM: Soiled Corn	I piece, 12m
	Chicken Adobs		· Turalla	1 51 (Ce	Chopsuey	1-1 1/2 tups	•	cm
~	- Chicken Ing, small	1 prece	· Vegetables	1-1 1/1 cups	Rice	1 1/2 cups		1
	Steamed Carrots	1-1 1/2 cups			Dutanghite	J pieces, 6 cm	PM: Pansit	2/2 cup
ן כ	Sayote and Baguio		Aice	1- 1 1/2 cups		diameter such	Gulsado	1
	Beans		Рираув	1 silica. 10x6x2 cm		1	1	
	Rice	1 1/2 cups			<u>L</u>	1	1	1
-+	Dálángan	2 places, 6 cm	Soul Steak	1 match beis size	Fried Chicken	I place	A93;	2 pi sta 1, 4 1/3
		drameter each	Adobong Sitaw	1-1 1/2 cups	smail	i	Kabahayan	cm diameter = 1
i	Tone Sendench		A: ca	1 1/2 cops	Steamed Alughau	1-1 1/2 cons		MZ on thickness
I	with Cabbage and	ł .	Anespole	1 stice, 10mbe2 cm	and Saluyot		1	each
	Tomators	Į.	1 ' ''		Rice	1.1/2 wps	1	
8 I	· Flaked Tuna	2 Thisps			Rambutan	8 pieces, 3 cm	PM: Kutsinta	Lavece, 6 cm
1	· Cabbage and	1-1 1/2 tups				dia mater such	1	diameter s.d
ļ	Tomatoes	1.7.2.2.00		i	i		1	1/2 on
,	- Loaf Bread	6 slices			1		1	1.2011
	Pagava	11 kirds of 10mGr2 cm	Ginataune Dalagane		Best Bulelo	·	AM: Part de Coco	I piece. Zali seri
- }	regaya Homemade Pork	1 matchbox size	Bukid with Pechay		· Lean Beef	1 marcheox size	-in; +4 ii de Coto	I prece, rau on
_	Tocina	1 macendos siza	· Data pung Bukid	1 piece small size	-Vegetables	1- 1 1/2 cups		i
호		1 - 1 1/4 cons	- Puchay	1-1 V2 cugs	. An Barnotar	1. 1 1/3 cab?	PM: Suman	lara
	Pako Salad		Rice	1 1/2 cums	Aice	1 1/2 cups	Cassave	1/2 piece, LSu3u2
٠,	Rice	1 7\5 cn b?	Red Guava	I Dieces, 6 cm	Latundan		Castana	icm
ı		1	neo cuaw		raccudan.	L proce, 9x3 cm	1	4
		Tuliza of Da7 cm	Port Nilana	deameter each	Fried Triagra	L place small size	100 400 500	1 piece. W 1/2 cm
	Mango	I truck of rans cu		1 matchbon size			AM. Ensaymeda	1
	Chicken Arroz Caldo	1	Lean Pork		Gulanglang	1-1 1/2 ovps	;	diameter #2 cm
ø.	with Carrots and		· Vegetables	1-1 1/2 cups	Rice	1 1/2 cups	1	thick
1	Maiunggay		_		Apple	1 piece, 6 cm	L	1
7	- Chicken Breatt] matchbox size	Rick	1 1/2 cups	Į.	diameter	PM: Puto, white	1 stue,
į	- Vagetables	pl-1 hid cups	Bured Seps	1 prece, 10k4 cm			1	9 1/2c 9 m3 1/2 cm
	- Rica	1 1/2 cups		1		1		.1
	Melon	3 stice, 13x10x3 cm	Chicken Bachecue		Portichos	I matchbox size	AM: Spanish	I piece, 10-4
	Brof & Veggie	[- Chicken leg, small	1 prace	Dinengdens	1-1 1/2 cups	Brast	un .
	Pathy	i	Souteed Carrots	I-1 1/3 cups	Rice	1 1/2 cups	Į.	
v ۱	· Lean Glound Beef	2 Thips	Sweet Coin, and		Pear	l precer, 6 cm	PM. Turon	1 prece.
8	· Vagetables	1-1 1/2 cups	Sayote		1	diameter	1	9 1/2 x 3 1/2 x 1 cm
_	_	1	Rice	1 1/2 cups	1	1	1	ł
	Pan de Sal	6 preces small size	Indian Mango	1 piece, 6 cm		1	1	
		1	1	diameter each			i	
	Latundan) piece of 9x3 cm	Stir-fried beef with		Sinampalukang	***	AM: Peanut Butter	1 piece loaf
	Fried Tanigue	1 51100	Chinese Cabbage	1	Manok	I	Sandwich	bread and 2 typ
- 1	Adobony Kangkony	1 - 1 1/2 cups	and Cauliflower		Oricken leg.	1 piece		geanut butter
		· · · · · · · · · ·	· ieanBee!	1 matchbox size	small	1	Į.	
	Rice	11 1/3 Cups	i. requirect					
	Rice	1 1/2 cups	- Vegetables		- Vegetables	1-1 1/3 cups	i	
	Rice	1 1/2 cups		1-1 1/2 cups 1 1/2 cups		1-1 1/3 cups 1 1/2 cups	PM: Nanana Gue	Laive

Based on the Food Exchange List (FEL) in Meal Planning:						
1 cup of rice - 150 g		1 matchbox size of chicken breast = 30 g				
1 cup of cooked vegetables	90 B	1 small size fish > 35 g				
1 matchbox size of beef and i	pork + 30 g	1 silce of fish = 35 g				
1 small chicken leg + 30 g		1 medium size Fish + 55 g				
i medium chicken leg + 45 g						

Sample Meal Plan for Male Adults, 19 - 59 years old

•	Br	eakfast	▼ U	unch	•	Supper	•	Snacks
		Ţ		T	Fried Gallungung	2 pieces medium size	AM:Suman sa	Z places, Rx4x2
	Lakatan	∫1 piece, 9x4cm	Chicken Tinola		Pinakbet	1-3 1/2 tups	1004	cmeach
1	fried Bangus	2 stices	- Chicken lag	2 preus	Rica	3 1/2 cups	ľ	ł
*	Camote Tops Salad,	1-1 1/2 cups	small		Watermelon	1 Sitce, 12m5k3 cm	PM. Sciled	Jaiece, 11 cm
8	with Tomatoes	1	- Vegetables	1-1 1/2 cops	i		Cample	long : 4 1/2 cm
	Rice	L-1/2 cups	Arce	1 1/2 cops			· F	diameter
		1	Mango	1 stice, 12s7 cm			}	
	Aneapple	Talica of 1045122m	Sinigang na Turcillo	 	Tofu Steak	Z places, 6=6x2 cm	AM: Boiled Com	2 preces, 1244
	Chicken Adabo		- Turolla	Zistices	1	each	1	km each
~	- Chicken leg, small	2 pieces	- Vanetables	1-1 1/2 cons	Chapsagy	1-1 1/2 cups	1	
	Steamed Carrots	1-1 1/2 cu bs			Rica	1 1/2 cups	PM: Pansit	1 (40)
è	Sayote and Baguio	1	Rice	1- 1 1/2 tups	Dalunanita	Jaiaces, 6 cm	Guisado	1- 5
-	Beans		Pa ba wa	1 slice, 10m6n2 cm	Delong.	diameter each	25.1430	1
	Aice	1 1/2 ωρς		2 311te, 100mm L	i	DISTRICT BRCH	1	i
	Balandan	Z pieces to cm	Beaf Steak	Z matthbox sizes	Fried Chicken leg.	Zpieces	·· Aug.	4 pieces, 4 1/2
	Data nosti	diameter each	Adobang Sitaw	1-1 1/2 (001	medium.	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		
	Tuna Sandwich	I Granue hez 494u	Rice	1 L/2 cops	Steamed Aluebati	1-1 1/2 (40)	Kababayan	cm diameter = 1
. 1						1-1 1/3 cobr	1	1/2 cm thickness
~	with Cabbage and	!	Pinespole	1 stice, 10min2 cm	and Saluyot	l	1	Mach
È	Tomatoes		1	ł	Rice	1 1/2 cups	1	
_	· Flaked Tuna	1/4 cup	!		Rambutan	8 places, 3 cm	PM: Kutsinta	2 preces, 6 cm
	- Cabbage and	1-1 1/2 cops	†		i	diametereach	1	diameter a 2 1/2
	Tomatoes	1		1	1	ţ	1	čm auch
	- Loaf Bread	6 stices		1		1	1	
	Papaye	1 slice of 10 mbal cm	Greature Dalagang		Beef Bulalo		AM Pan de Coco	Z pleices, 7e6 cm
	Homemade Pork	2 matchbox sizes	Bukid with Pechay	i	- Laun Beef	2 matchbox sizes		e ach
•	Tocing		- Dalagang Bukid	2 pieces medium tize	-Vene(ables	1-13/2005		1
•	Pako Salad	11 - 1 1/2 cops	- Pechan	1-1 1/2 (MP1			PM: Suman	1 min ce. 15x3x2
	Rice	1 1/2 cups	Rice	1-1/1 cups	Rice	1 1/2 cups	Cassava	icm
			Red GuaVA	2 places, 4 cm	Latundan	1 piece, Did cm	1	
	•		1	diametereach		- P. 10 - 11 - 11 - 11		
_	Mango	1 slice of 12/7 cm	Pork Hilaga		Fried Tilapia	2 pleces medium ize	AM: Ensaymady	Z bieces, R \$/Z
	Chicken Arroy Coldo	1 3	- Lean Pork	2 matchbus sizes	Bulanglang	1-6 1/2 cups	Prod. Elipa filia (1)	cm diameter s 2
	with Carrots and	ł	- Vegetables	1- 1 1/2 cups	ALL	1 1/2 cups		cm thick each
€ :	Melunggay	4	4240	1 247 6 60 111	Apple	à pièce, è cm		ELLI BUHEN E-WEAL
Æ.	- Chicken Breast	2 matchbon stees	Rice	1 1/2 :401	LAD.E	diameter	PM: Pulo, white	l
-	. Vegetables	1-3 1/2 rums	Boiled 5 tha	13 piece, 10x4 pm		10.5444	PM. PUID, WHITE	2 stices,
	l. Rice	1 1/2 cues	(95,1124) 3 1113	p prese, rawins	1	l	1	9 M2 s 3 s 4 M2 cm
			Chicken Barbocus		Parkchop	N		
	Melon	Talice, Malles cm	- Oricien les medium	2 pieces		2 matchbox sizes	AM. Spanish	3 pieces, 10m4
	Beef & Veggie				Dinengdeng	1-1 VI cups	Great	CIP MACH
	Patty		Sauteed Carrots	1-1 1/2 cops	Alce	1 1/2 cups		L .
	· Lean Ground Bee!	4 Thisps	Sweet Curn, and]	Peur	1 piece, 6 cm	PM: Yuron	1 piece,
À	- Vegetables	1-1 1/2 cups	Sayote	1 .		diamater		9 1/3 x 4 1/2 x 1 cm
	1		Rice	1 1/2 cops			L	1
	Pan de Sal	6 preces	Indian Margo	1 piece, 6 cm				į
	İ	1	<u> </u>	diameter each			i	[
	Latundan	I givece of 9m3 cm	Stir-freed beef with		Sinampalukang		AM; Peanut Butte	7 piece (out
	Fried Tanigue	1 slice of fish	Oringse Cabbage		Mangh	1	Sandwich	bread and 1
_	Fried Egg	1 prece	and Cauliflower		- Oticken (eg,	2 pieres		Thip Peraul butter
È	Adobong Kangkong	1-1 1/2 cups	- LeanBaet	2 matchbox sizes	medium	l l		ì
٥	Rice	1 1/2 caps	- Vegetables	3-1 1/2 cups	- Vegetables	1-1 1/2 cups		
		1	Rice	1 1/2 cups	Rice	1 1/2 cups	PM: Banana Cue	2 pieces
		i .	Lengones	A pieces, 422 cm each	Pomelo	3 sugments, Bulai em eac	.	9 1/2 a dem each
	L		Ce visone s	10 pr. (45, 424 117 4101	1 STATE OF THE PERSON NAMED IN	La sabulants, every cut esc		Ta WE a Bem Beech

Based on the Food Exchange List (FEL) in Meal Planning:						
1 cup of nee + 160 g	1 matchbox size of chicken breast = 30 g					
1 cup of cooked vegetables = 90 g	1 small size fish = 35 g					
1 matchbox size of beef and pork = 30 g	islice of fish = 35 g					
1 small chicken leg = 30 g	1 medium size fish = 55 g					
1 medium chicken (eg = 45 g						

Sample Meal Plan for Female Adults, 19 - 59 years old

- 71	Bre	akfast	L	inch 📉 🔻		pper -	<u>'L</u>	Snacks
-		1	1		Fried Galungong	2 pieces small size	AM Suman sa	[prece, Endu]
- 1		1 piege, 9x3cm	Oucken Ingola		Pinahbat	1 cup	bes	om #ach
	Lakatan	I slices	Chicken lea	3 preces	Rice	1 cup	1	
	Fried Bangus		small		Watermaton	1 slice, 12 m5+3 cm	PM. Boiled	1/2 piece, 13 cm
	Camour Tops Salad,	1 cup	Vegetables	1 Cop			Camata	Iona x 4 1/2 cm
וי	with Tomatries	i		1 cup		i	- mau	
- 1	Rice	1 END	Ai ce	11 slice, 12x7 cm		i		drameter
- 1			Mango	1 11/00, 1297 CM	<u> </u>	<u> </u>		
	Pineapple	1 slage, 10x6x2cm	Simigang na Turollo	l	Töfu Steak	Z pieces, 6x8a2 cm	AM. Boiled Carn	1 piece, 12x4
	Chicken Adaba		- Turcilla	2 5)1693	1	each	1	cm each
•	Chicken leg, small	2 pinces	Vagetables	Tomb	Chopsuey	1 cup	1	!
. 1	Steamed Carrots	E-1			Aice	† cn b	PM: Pansit	Leup
	Sayote and Baguio	1 cup	Rior) cup	Dalanghita	2 pieces, 6 cm	GuisAdo	1
		1	Рираул	1 silce, 10mbc cm		diametereach	i	
	C entral L	1 cup	1	1	l .			
	Rice	2 pinors, 6 cm	Bac Steak	2 matchbox sizes	Fried Chicken leg.	2 pleces	AM:	Z 010 cos. 4 1/2
	Dalandan	diameter 68 ch	Adobang Sitaw	1 cup	medium	1	Карафауал	on diameter k I
		G Numeres 4 cu	Rice	Loup	Steamed Alugban	1<00		1/2 on thickness
	Turia Sandwich	1		1 slice, 10m6x2 cm	and Salovet	1	1	69ch
m	with Cabbage and	i	Pineapple	2.107, 200022 (Rice	1 cup	1	F#47"
7	Tomators	1	1	1				l
đ	Fraked Tune	1/4 cup	1	1	Mambusan	Spieces, 3 cm	PM Kutsinta	2 piece, 6 cm
	Cabbage and	1 cup	1	1	1	drameter each	1	diameter x 2 1/2
	Tomatoes	i	1	1	1	ì	1	om each
	Loaf Bread	4 slices	i	1	<u> </u>	.	1	1
	Papaya	I slice of 10mbn2 on	Greatiang Dalagang	·	Bref Bulato	·	AM, Pan de Coco	I prece, 7sh cm
	Homemade Pork	2 marchboa siers	Bukid with Pechay	1	Sean Beef	2 matchbox stees	1	Pach
		- materior - mar	Oalagang Bulid	2 preces small size	Vegetables	1 cvp	1	1
7	Tacino	1 cup	Pechay	1 Cup	1 -	I -	PM Suman	1/2 mese, 15x3x2
•	Pake Salad		Auct	1 CUD	Acce	1 5 4 5	Cattava	CM .
•	Rice) cup	Red Gozwi	2 pieces, 4 cm	Latundan	I piece, 9x3 cm		Jo.,
		i		diameter each	1000000	Freeze, Sub tim	1	
	i			BISINGER 62CH	Fried Yilapia	Znieces small size	III Factoria	
	Mango	I slice of 12x7 cm	More Hilago				AM Ensaymada	L prece, 8 1/2 cm
	Chicken Arroz Caldo	Ī	Lean Pork	2 matchbox sizes	pringing	it cup	1	diameter x 2 cm
e.	with Carrots and	1	Vegetabilis	† en b	Aice	1 cup	F	thick each
	Malunggay	i	1		Apple	1 piece, 6 cm	t .	1
ā	Chicken Breast	2 matchbox sizes	Rt <#	I cup	ł	diameter	PM. Puta, white	[2 shors,
	Vegetables	1 cup	Sciled Saba	1 prece 10x4 cm	!		!	9 1/3 k 4 v 3 1/2 cm
	Rice	1 cup		1		1	1	each
	Melon	1 Mgr. 12:10:3 cm	Chicken Barbecue	T	Porketing	2 matchbar sizes	AM-Spanish	I piece, 10x4
	Seef & Vegue	1	Chicken les medium	2 pieces	Dinengdeng	Leup	Sre a d	cm each
		1	Sauterd Carrots	1 000	Rice	1 cup	1	1
	Patty Lean Ground Beef	4 76sps	Sweet Com. and	ł .	Peur	I piece, 6 cm	PM: Turon	1 prece.
ŀ		1 cup	Sayote	1		diameter		9 1/2 = 3 1/2 × 1 cm
đ	Yogetables	1 000	Rice.	1 cup	!	1		
	1	a constitutions	todian Manan	1 prece, 6 cm	1			1
	Pan de Sal	4 small pieces		diameter	i	[1
	 		Star Fried beef with		Sinampalukang	 	AM. Peanut Gutter	
	Latundan	a piece of 9x3 cm	Chinese Cabbage		Mazok		5andwich	1 piece loaf
	Fried Tanigue	3 stice small fish	and Cauliflower		Chicken les.	2 mieces	Annual Market	bread and 1
-	Fried Egg	1 piece	1	2 m steh han steas	medium	a h. 4.44.3	1	
š	Adabong Kangkang	1 cup	LeanBeaf	2 match box sizes)		1	Thep Peanut butter
-	Rice	1 cup	Vogetables	1 cup	Vegetables	1 cup		i.
			Rice	LOOD	Rice	1 cup	PM Banana Cue	1 piece,
	1	1	Lantones	B preces, 4x2 cm each	Pamelo	3 segments, Bulki cm each	.1	9 1/2 × 4 cm each

Sesed on the Food Exchange List (FEL) in Me	al Planning:
Loup of net - 160 g	a matchbox size of chicken breast - 30 g
) cup of cooked vegetables - 90 g	Lamad sope fish + 35 g
1 matchbox size of boef and pork - 30 g	1 stree of fish = 35 g
1 small chicken leg - 30 g	1 medium size fish + 55 g
1 medium chicken log - 45 g	

Sample Meal Plan for Male Elderly 60, years old and above

+	+ Breakfast		T	nch *	Sui	pper *	* Snacks	
		1			Fried Galungung	13 places small size	AM SUMER SA	(2 pieces, Roda)
	Lukatan	1 place, 9x3cm	Chicken Tunola		Pinakbet	1 cup	ibus	cm each
	Fried Bangus	2 slices	- Chicken les	2 pieces	Rica	1 cup	1,-2,	C., E4511
-		1 cup	amail			1 tice, 12 das cm	PM: Boiled	l
À	with Tomatous	it can	- Vega tables	ו נעס	A 9 (A 1 G I D II	(1 strike, 1 radias Cur		I piece, L1 cm
_		l		1 cop	İ	:	Carnote	long x 4 1/2 cm
	Rica	I Cup	Rice	1 slice, 12m7 cm	1	1]	diameter
		TABLE OF LONGING	Mango Sinigang na Turcitto	1 SIICE, LZNZ EM	Tofu Steak		<u> </u>	<u> </u>
	Pineapple	1 Stree of Toleskach	- Zuruito			Z pieces, likbrž cm	AM: Balled Corn	2 pi w ca 5. 12s4
	Chicken Adaba			2 slices		e a ch	I.	CLU B3C#
~		3 pieces	· Yegatables	1 cup		1 tup	L	I.
6	Steamed Carrots	}	Aice	1 cup		li cup	PM: Pensit	1 cup
0		1 cup	Pa pa yo	1 slice, 10x5x2 cm	Oalanghita	ž pieces, 6 cm	Guitada]
	Beans					diameter each	1	i
l .	Rice	11 110						J
	Dalandan	Z pieces, 6 cm	Baer Steak	amaichbakatzer	Fried Chicken leg.	Z pieces	AM:	4 Die ce s. 4 1/2
	l	diamater each	Adobony Silaw	Loup	medium	I.	Kababayan	cm diameter a 1
	Tuna Sandwich	1	Rice	1 CUP		1140		3/2 cm thickness
Ū.	with Cabbage and	1	Pineapple	1 stice, 10x6x2 cm	and Saluyat	I.		eacn
à	Yoma loes	:			Rica	1 cup	1	i
0	· Flaked Tuna	1/4 (40			Rambutan	# pieces, 3 cm	PM. Kutsinta	J pieces, 6 cm
	- Cabbage and	1 cup			†	diameter each	i	Diameter a 3 1/2
ţ	Tomatoes	i				[Lem each
l	- Loaf Bread	astices	1				į.	
-	Papa ye	1 stice of 10x6x2 cm	Ginatuang Dalagang		Beer Bulaio		AM, Pen de Coto	7 preces. 746
	Homemade Purk	2 matchbox sizes	Build with Pechay		- Lean Beef	2 matchbox sizes		cm each
-	focino	1	- Dalagang Buk-d	2 pieces small size	-Vegetables	1 tup		1
8	Pako Salad	1 cup	- Pachay	t cup	!	ļ	PM: Surnan	1 mere 15x3x2
[4]	Rice	I cup	Rice	1 cup	Rica	1 cup	Cansava	cm
ŀ	I	1	Red Guave	2 pieces, 4 cm	Latundan	1 piece, 9a3 cm		1
į	<u> </u>	1	1	diameter each	1			1
\vdash	Manep	1 silce of 12x7 km	Port Nilda		(filed Ti)apra	2 pieces small size	AM: Ensaymede	Z přeces, 8 1/2 cm
l	Chicken Arros Caldo		- Lean Pork	J matchbux sizes	Bulanglang	1 cup	1	um diameter a 2
	with Corrats and	I	- Vegetables	Lcup	Rice	1 400	1	cm thick each
	Malunggay	1	1		Apple	1 Direct. 6 cm	1	
8	· Chicken Breust	2 matchbox vices	Alca	1 cup	1	diameter	PM: Puto, white	Pattyna
l	- Vegytables	1 cup	Marted Saba	Liniece (Redigm	!	1	1	9 1/2 s 3 s 3 1/2 cm
1	- Rice	17 cnb	I	i	1	ł		Rach
<u></u>	Melan	1 311ce: 12x 10x3 cm	Chicken Sathecus		Porkchop	Z matchbox sizes	AM: Spanish	2 piecev, 10x4
ŀ	See! & Veggie	1	- Onchan lea, medium	2 places		1 tup	Bread	two each
ļ	Patty		Sauteed Carrots	1 cup	Arca	1 cup		
و ا	- Lean Ground Beef	4 Thans.	Sweet Coin, and	J	Pedi	I piece, 6 cm	PM: Turon	Doing.
1 5	· Vesetables	1 cup	Sayote		ļ	diameter		9 1/2 = 3 1/2 = 1 cm
۰ ۱	Pan de Sal	6 small pieces, 17g	Rice	1 Cup	ì			[Wall 2
i	1-2 NA 251	each	Indian Mango	1 piece, 6 cm	ļ	1	1	[
		1	The state of the s	diameter	1	i	!	
\vdash	talundan	t piece of 913 cm	Stir-Fried beef with	7-2	Sinampalukang		AM Peanut Butter	
	Fried Tanigue	1 since small size	Chinese Cabbase		Manok	i	Sandwich	2 preces tost
	Ford Eug	1 piere	and Cauliflower		- Chicken leg.) pieces	1	bread and 1
Ì	Acobone Kanekone	1 cup	· (eanBeel	3 matchbox 513#5	medium	']	Tosp Peanut butter
đ	Rice	1	. Vagetables	1 cup	- Vegetables	1 140		
		[Rice	1 cup	Aice	1 cup	FM Banana Cen	2 preces
ŀ	1		Lansones	8 pieces, 4x2 cm dach	Pamelo	I segments, 8Mx3 cm each	1	9 1/2 a 4 cm eath
L			Ireus dues	opieces, excemend	Iromato	In an Economics, Communication Section		12 7/2 T d CM #8CU

Bised on the Food Exchange List (FEL) in Mea	il Planning:
1 cup of Hc# = 160 g	1 matchbox size of chicken breast + 30 g
I tup of cooked wegetables = 90 g	Lismall size fish = 35 g
1 matchbox size of beef and park - 30 g	1 slice of fish = 35 g
1 small chicken leg * 30 g	3 medium size fish = 55 g
1 medium diskenteg + 45 g	

Sample Meal Plan for Female Elderly 60, years old and above

•	Bra	akfast	-j tu	unch '	•	Supper -	1	Snacks
		F	-	· · · · · · · · · · · · · · · · · · ·	fried Galungong	2 pieces small size	AM:Suman se	2 pieces, Sada
	Lakstan	1 piece, 9x3cm	Chicken Tinola		Pinakbet	3/4 cup	libas	em each
7	Fried Bangus	2 stices	- Chicken les	2 places	Rice	3/4 cup	1	
	Cample Tops Salad.	¥4 cue	small	1	Watermelon	1 shor, 1266a3 cm	PM: Bouled	Maprece, 11 cm
	with Tomatons	1-1-0-2	- Vegetables	3/4 cup	1	1 3 104 1111111	Camoba	
	*****	3/4 cup	Rice	3/4 cup	1	i i	Carriette	long # 4 1/2 cm
	Rice	Sta cob			1	1	ſ	diameter
			Mango	1 stice, 12x7 cm	- L			<u>i</u>
	Anes pole	1 slice of 10x6x2cm	Sinigang na Turcillo	I	Toru Steak	2 pieces, 6x6x2 om	AM: Boiled Corn	1 piece, 12+
	Chicken Adobo	1	- Turallo	5 7 (car		each	1	cm each
~	- Chicken leg, small	2 pieces	- Vegetables	3/4 cup	Chopsoey	3/4 cup		1
2	Steamed Carrots		Rice	3/4 cup	Rice	3/4 cup	PM: Papsis	11/2 cup
	Sayote and Baguio	3/4 cup	Papava	1 stree, 20x6x2 cm	Dalanahita	2 pieces, 6 cm	Guisado	1-1-1-1
	Beans	- · · ·	1	[diameter each		
	Rice	3/4 cup	1	1	1	MINNET BACH	1	!
			Bael Steak	2 matchbon sizes	Fried Chicken leg.			
	Dalandan	I pieces, 6 cm		3/4 cup		2 preces	AM;	2pieces, 4 3/2
		diameter each	Adobong Sitaw		medium	1	Kababayan	cm diameter i 1
	Tuna Sandwich	1	Rice	3/4 curp	Steemed Atugbati	3/4 cu p	1	1/2 cm thickness
	with Cabbage and	1	Piceapple	1 slice , 10x6x2 cm	and Saluyor			each
À	Tometo#s		i	1	Rice	∫s/4 cup		
ă	- Staked Tuna	1/4 cup	ļ		Rambutan	Spients, Jun	PM: Kotsinta	1 prece, 6 cm
	- Cabbage and	M4 tup	1	†	!	diameter each		diameter x 2 1/2
	Tomatoes	4-10		1	1	12.01		CALINACH X 1/3
		3 stices	i	1	į.			CONTRACT
	· wal fire an	1 stice of student cm	Ginataung Dalagang	 	Beef Eulaig		 	
	Papaya			i		1	AM; Pan de Coco	1 piece, 7e6
	Hamerhede Fork	2 matchbox sizes	Bukid with Pachay	1	· Lean Bee!	2 matchbox sizes		cm wach
4	Totino		- Dalegang Bukid	2 pieces small cise	· Ve getables	3/4 cu p	1	1
•	Pako Salad	1/4 wp	- Pechay	3/4 cup	1		PM: Suman	1/2 piece, 15 dal
ద	Rice	M/4 cup	Rice	3/4 cup	Arce.	3/4 cup	Castave	s.m
		1	Red Guava	Z pleces, 4 cm	tatundan	1 place, 9s3 cm	1	1
		į.		diameter each	i			ł
	Mango	Tallet, Mallet	Port. Nilada	 	Fried Vilagia	2 nieces small size	AM: Ensaumada	1 piece, 8 1/2 cm
	Outken Arros Caldo	2 37104. 2227 6177	- Lean Port	2 matchbox (+ax)	Bulanglang	1/4 cup	han recently	
				3/4 cup	Rice	3/4 cup	\$	cm diameter x 2
ç	with Carrots and		- Askerapies	at a cob			1	om thick each
5	Malunggay		L_	I	Apple	1 piece, 6 cm		1
•	- Dischen Bresst	7 matchbox sizes	Rice	3/4 cup	•	diameter	Me: Puta, white	I store,
	- Vagetables	12/4 cup	Soiled Saba	1 miere 1044 cm	:	i	1	9 1/2 x 3 x 3 1/2 cm
	- Acce	3/4 cup	!	ł	1	i		each
	Melon	1 slice, 12 s (0x3 cm	Chicken Barbyove		Farkdiop	2 match bus sizes	AM: Spanish	1 0 444 104
	Beef & Vegere	1	- Chicken les medium	J preces	Ginenadens	3/4 0/0	Bread	cm each
	Patty	1	Sauteed Carrots	3/4 (110	Rice	4/4 (02		Dir ****
	- tean Ground Beef	4 Tbsps.	Sweet Corn, and	44	Pwat	1 piece, 6 cm	PM: Turen	la
ž					1		Pres; 1510n	1 piece,
5	- Vegetables	3/4 cup	Sayole	1		diameter	į	91/2×31/2×1cm
	Pan de Sa?	3 small pieces	Acce	3/4 CUp	1	1	i	i
	1	Sach	Indian Mango	1 prece. 6 cm		ľ	<u> </u>	į.
	1	l	1	diameter	1		1	1
	Letunden	1 piece, 9e3 cm	Stir-fried beef with		Sinampatukang		AM: Peanut Butter	
	Fried Tameus	1 stree small size	Chinese Cabbage	1	Manoh	Ļ	Sandwich	1 piece igail
	frind Enn	1 piece	and Cauliflower		- Chicken lay,	2 pieces	1	bread and 2
	Adobone Kangkung	3/4 cup	LeanBael	2 matchbox size -	medium	1		7640. Peanut butter
	Rick	¥4 cuo	- Vegetables	3/4 cup	· Vegetables	3/4 (1/8		
₽						1	1	1
	17.04		Rice	3/4 cup	Rice	3/4 cup	PM: Banana Cue	1 prece.

Based on the Food Exchange List (FEL) in Meal Planning:					
1 tup of rice + 160g	1 matchboxsite of chicken breast = 30 g				
1 cup of cooked vegetables = 90 g	1 small sore fish = 35 g				
1 matchbox size of best and pork - 30 g	1 slice of fish + 35 g				
1 small chicken leg + 30 g	Limedium size fish = 55 g				
2 medium chicken leg * 45 g					