



# Department of Education REGION IV-A CALABARZON

August 23, 2023

Regional Memorandum

No.501 s.2023

# INTENSIFYING CANTEEN POLICY IN SCHOOLS AND DEPED OFFICES

#### To Schools Division Superintendents

- 1. For the information and guidance of all concerned, the Department of Education CALABARZON, through the Education Support Services Division (ESSD), reiterates DO 8, s. 2007<sup>1</sup>, and DO 13, s. 2017<sup>2</sup>.
- 2. The main objective is to provide healthy meals that are expected to contribute to the readiness of the learner and develop healthy eating habits among the youth and DepEd employees by making available healthy, nutritious, affordable menu choices, and setting food standards.
- Each school shall develop its own healthy menu ensuring that the foods and drinks offered are nutritious, affordable, and compliant with the guidelines for approval of the school principal/Schools Division Superintendent.
- 4. Food products to be sold in school canteens and DepEd offices should be categorized into three: GREEN, YELLOW, and RED.
  - 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 generally low in saturated and trans-fat, sugar, and salt. Sample foods are: Milk and clean water, fresh buko water, and Go Foods: Rice, Corn, Oatmeal, Kamoteng Kahoy, Boiled Saging na saba, Suman, Puto, etc.
  - Yellow Category includes foods and drinks that should be served carefully. These foods and drinks contain some nutrients but at the same time contain a large amount of saturated or trans-fat/sugar and salt. These may be served once or twice a week only. Examples of these

<sup>&</sup>lt;sup>2</sup> Policy and Guidelines on Healthy Food and Beverage Choices in Schools and DepEd Offices







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<sup>&</sup>lt;sup>1</sup> Revised Implementing Guidelines on the Operation and Management of School Canteens in Public Elementary and Secondary Schools

groups are 100% fruit juices, fried rice, white bread, waffles, champorado, processed food, and sandwiches.

- Red Category includes foods and drinks not recommended on the
  canteen menu. These foods and drinks contain high amounts of
  saturated fat or sugar 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. Examples of these foods are: soft
  drinks, alcoholic drinks, any processed fruit, cakes, donuts, pastries,
  etc.
- 5. 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 a 100-meter radius of the school.
- 6. This Regional Memorandum shall take effect immediately upon release.
- 7. Immediate dissemination of and strict compliance with this Memorandum is desired.

ATTY. ALBERTO T. ESCOBARTE, CESO II

Regional Director



#### REPUBLIKA NG PILIPINAS Republic of the Philippines

#### KAGAWARAN NG EDUKASYON DEPARTMENT OF EDUCATION

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FEB 06 2007

DepED ORDER No. 8 , s. 2007

#### REVISED IMPLEMENTING GUIDELINES ON THE OPERATION AND MANAGEMENT OF SCHOOL CANTEENS IN PUBLIC ELEMENTARY AND SECONDARY SCHOOLS

To: Undersecretaries
Assistant Secretaries
Bureau Directors
Regional Directors
Directors of Services/Centers and Heads of Units
Schools Division/City Superintendents
Heads, Public Elementary and Secondary Schools

#### 1.0 PURPOSE

These guidelines are hereby issued in order to rationalize the operation and management of school canteens in the public school system and to ensure that:

- 1.1 The school canteen shall help eliminate malnutrition among pupils/students.
- 1.2 The school canteen shall serve as a venue for the development of desirable eating habits of pupils/students.
- 1.3 The school canteen shall serve as a laboratory for Home Economics, retail trade and in the incidental teaching of health and nutrition. It shall provide hands-on training for students on planning, purchasing, handling and storage, preparation, serving and sale of safe and nutritious meals.
- 1.4 The school canteen guidelines shall serve as a mechanism to support the Department's response to the mandate of Article 2 of Republic Act No. 6938 to create an atmosphere that is conducive to the growth and development of cooperatives.



#### 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;
  - 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.
- 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, <u>DO Policy and Guidelines on Healthy Food and Beverage Choices</u> 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
- I. 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 less than 10% of total energy. For additional health benefits, WHO recommends a further reduction in sugar consumption to less than 5% 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:

Product:				
Serving Size:				
Number of Serv	rings:			
Nutrients	Amount	GREEN	YELLOW	RED
(a)	(b)	(c)	(d)	(e)
1. Saturated		Less than 3	3 to 5 grams	More than 3
Fat		grams		grams
2. Trans Fat		0	0	0
3. Sugar or		Less than 10	10 to 20	More than
Total		grams	grams	10 grams
Carbohydr				
ate (if				
there is no				
dietary				
fiber)			_	
4. Sodium		Less than	120 to 200	More than
		120 mg	mg	120 mg
				_

- 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			
(diow)	Small shrimps			
	Lean meats			
	Chicken without skin			
	Nuts			
	Egg			
Body-regulating				
Dody-regulating	Fresh fruits, preferably those in season			

(0)		•
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(Glow)	Green, leafy, and yellow vegetables	1

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			
Ì	Pancakes			
	Waffles			
	Champorado			
	Pancit			
	Arroz caldo			
	Sandwiches (cheese, egg, chicken filling, etc.)			
	Butter, Margarine, Mayonnaise (use sparingly)			
Body-building	Processed foods such as meats/fish, hotdogs,			
(Grow)	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	Stir-fried Vegetables			
(Glow)				

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

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

- i. 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
  - a. 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.
    - ii. 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
  - ix. 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

- 1. 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.
- 2. 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.
- 4. 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;
- b. 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;
- b. 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;
- b. 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;
- b. 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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#### 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		!	!		
13-15	2700	2170		-			
16-18	3010	2280					
19-29	2530	1930	10-15	15-30	55-75		
30-49	2420	1870					
50-59	2420	1870					
60-69	2140	1610					

(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	$\Longrightarrow$	Nutrition F Serving Size 1 p Servings Per Co	ouch (55g)		
2.	Check calories	$\Longrightarrow$	Amount Per Se Calories 230		rom Fat 8	0
					%Daily V	-1:
			Total Fat 9g		76Daily V	14%
3.	Limit these nutr	ients	Saturated F	at 45a		23%
			Trans Fat			2070
		$\Longrightarrow$	Cholesterol Or	•		0%
			Sodium 1690r	ng		70%
			Total Carbohyd	Irates 34g	<del></del>	11%
4.	Get enough of th	iese	Dietary Fibers 5g Protein 5g	•		12%
	Nutrients		Vitamin A 0%		Vitamin C	0%
	.vati icitas		Calcium 2%		iron 7%	
5.	Footnote	$\hat{\mathbb{D}}$	Your daily values m your calorie needs	es are based on a 2,000 o ay be higher or low er de Calories:	pending on	2,500
			Total Fat	Less than	65g	80g
		j	Saturated Fa			25g
			Cholesterol	Less than	•	300mg
			Sodium		2,400mg	2,400mg
			Total Carbohydrat		300g	3756
			Dietary Fiber		25g	30g
			Calories per gran	n: Carbohydrate 4	Protein 4	i

#### **Parts of Nutrition Facts**

- 1. 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.
- 4. 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 Meal Plan for Children, 3-5 years old

-	Bre	akfast •	L.	ınch	Sug	per	Sr	acks
					Fried	1/2 piece small size	AM.Suman sa	11/2 piece of
By1	Lekaten Fried Egg Camote Tops Salad, with Tomatoes Rice	1 piece of 9x3cm 1/2 piece 1/2 cup 1/2 cup	Chicken Tinola - Chicken Broast - Vogetables Rice Mango	1/2 metchbox size of 1/2 cup 1/2 cup 1/2 slice of 12x7 cm	Gelunggong Pinakbet Rice Watermolon	1/2 cup 1/2 cup 1/2 cup 1/2 slice of 12mix3 cm	rbos PM: Ballad Camate	8x4x2 cm 1/4 piece of 11 cm long x 4 1/2 cm diameter (see FEL)
2 Å	Pineappi o Chicken Adobo - Chicken Breast Steamed Carrots Sayote and Baguio Beans Rice	1/2 silco of 10-bis2cm 1/2 matchbox size 1/2 cup	Sinigang na turcillo - Turcillo - Vegetables Rice Papaya	1/2 siice 1/2 cup 1/2 cup 1/2 cup 1/2 siice of 10x6x2 cm	Tofu Steak Chopsuey Rice Dalanghita	1/2 piece 1/2 cup 1/2 cup 1 piece, 6 cm diameter	AM: Bolled Com PM: Pansit Guisado	1/2 piece of 1244 cm 1/2 cup
Day 3	Dalandan  Tuna Sandwich with Cabbage and Tomatoes - Flaked Tuna - Cabbage and Tomatoes - Loaf Bread	Liploce, 6 cm diameter 1 lbsp. 1/3 cup 2 slices	Boof Steak Adobong Sitaw Rice Pineapple	1/2 matchbox size 1/2 cup 1/2 cup 1/2 cup 1/2 slice of 10x6x2 cm		1/2 matchbox size 1/2 cup 1/2 cup 4 piecos, 3 cm diameter each	AM: Kebabayan PM. Kutsinta	1 piece, 4 1/2 cm diameter x 1 1/2 cm thickness 1/2 piece, 6 cm diameter x 2 1/2 cm
4	Papaya Homemade Pork Tocino Pako Salad Rice	1/2 alice of Idada2 cm 1/2 metchbox size 1/2 cup 1/2 cup	Giriateeng Delegang Bukid with Pochey - Delegang Bukid - Pechay Rice Red Guave	1/2 pieco small sizo 1/2 cup 1/2 cup 1/3 cup 1 piece, 4 cm diam- eter	Beef Bulelo - Lean Boef - Vegetables Rice Latundan	1/2 matchbox size 1/2 cup 1/2 cup 1 piece of 9x3 cm	AM; Pan de Guca PM: Suman Cassava	1/7 placa, 745 cm 1/4 pieco af 15x3x2 cm
ŝ	Mango Chicken Arroz Caldo with Carrots and Malunggay - Chicken Breast - Vegetables - Rice	1/2 slice of 12s7 cm 1/2 matchbox size 1/2 cup 1/2 cup	Pork Nilaga - Lean Pork - Vagotables Rice Boiled Saba	1/2 matchbox size 1/2 cup 1/2 cup 1/2 piece of 10x4 cm	Fried Yliapia Bulangiang Rice Appto	1/2 piece small ziro 1/2 cup 1/2 cup 1/2 piece of 6 cm diametor	AM. Enseymede PM: Puto, while	1/2 piece of B 1/2 cm diameter x 2 on thick 1/2 slice of 9 1/2x3x3 1/2 cm
å	Melon Beof & Veggie Patty - Lean Ground Beef - Vegetables Pan de Sal	L/2 slice of 12mlda3 cm 1 lbsp. ground beel 1/2 cup 2 small pieces	Chicken Barbacue - Chicken Breast - Sauteed Carrots - Sweat Carn, And - Sayote - Rice - Indian Mango	1/2 matchbox sizo 1/2 cup 1/2 cup 1/2 piece of 6 cm diameter	Porkchop Dinangdeng Rice Pear	1/2 matchbox size 1/2 cup 1/2 cup 1/2 cup 1/2 piece of 6 cm drameter	AM: Spanish Bread PM: Turon	1/2 piece of 10x4 cm 1 piece 9 1/2x3 1/2x 1 cm
à	Latunden Pried Tenigue Adobong Kengkong Rico	1/2 piece of 9x3 cm 1/2 stice 1/2 cup 1/2 cup	Stir-Fried beef with Chinese Cabbage and Cauliflower - LeanBoef - Vogetables Rice	1/2 matchbox size 1/2 cup 1/2 cup	- Vogotables Rice	1/2 matchbox size 1/2 cup 1/2 cup	AM: Peanut Butter Sandwich	1 plece loaf broad and 1 tsp peanut butter
			Lansones	4 pieces, 4±2 cm each	romaio	7 segments, 8x4x3 cm each	PM: Banana Cue	1/2 prece. 9 1/2 x 4 cm

Based on the Food Exchange List (FEL) in Meal Planning:

1 cup of nice = 160 g 3 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 park = 30 g 1 slice of fish = 35 g

1 small chicken log = 40 g 1 medium size fish = 55 g

I medium chicken log = 45 g

#### Sample Meal Plan for Children, 6 - 9 years old

•	Bre	akfast -	L L	unch -		upper	S	nacks •
Dg.	Lakatan Fried Egg Camote Tops Salad, with Tomatoes Rice	1 piece of 9x3cm 1/2 piece 3/4 cup 3/4 cup	Chicken Tinola · Chicken Breast · Vegetables Rice Mango	1/2 matchbox size of 3/4 cup 3/4 cup 1 slice, 12x7 cm	Fried Galungong Pinakbet Rico Watermelon	1/2 prece small size 3/4 cup 1/4 cup 1 slice, 12x6x3 cm	AM:Suman sa ibos PM: Boiled Camote	1/2 piece, 8x4x2 1/2 piece of 11 cm long x 4 1/2 cm diameter
Day 2	Pincapple Chicken Adobo Chicken Breast Steamed Carrots Sayote and Baguio Beans Rice	1 slice of 10x6x2cm 1/2 matchbox size 3/4 cup	Sinigang na Turcillo Turcillo Vegetables Rice Papaya	1/2 slice 3/4 cup 3/4 cup 1 slice of 10x6x2 cm	Tofu Steak Chopsuey Rice Dalanghita	1/2 piece, 6x6x2 cm 3/4 cup 3/4 cup 2 pieces, 6 cm diameter each	AM: Boiled Com PM: Pansit Guisado	1 prece of 12x4 cm
Day 3	Dalandan Tuna Sandwich with Cabbage and Tomatoes Flaked Tuna Cabbage and Tomatoes Loaf Bread	2 pieces, 6 cm diameter each 1 Tbsp 3/4 cup 3 slices	Beef Steak Adoborg Sitaw Rice Pineapple	1/2 matchbox size of 3/4 cup 3/4 cup 1 slice of 10x6x2 cm	Fried Chicken Breast Stoamed Alugbati and Saluyot Rice Rambutan	1/2 matchbox size 3/4 cup 3/4 cup 8 pieces, 3 cm diameter each	AM: Kababayan PM: Kutsinta	2 pieces, 4 1/2 cm drameter x 1 1/2 cm thickness each 1 piece, 6 cm drameter x 2 1/2 cm
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice	1 slice of 10x5x2 cm 1/2 matchbox size 3/4 cup 1/4 cup	Ginataang Dalagang Bukid with Pechay Dalagang Bukid Pechay Rice Red Guava	1/2 piece small size 3/4 cup 3/4 cup 2 pieces, 4 cm diameter each	Boof Bulalo Lean Boof Vogetables Rice Latundan	1/2 matchbox size 3/4 cup 3/4 cup 1 pioce of 9x3 cm	AM; Pan de Coco PM: Suman Cassava	i piece, 7x5 cm 1/2 piece 15x3x2 cm
S Vac	Mango Chicken Arroz Caldo with Carrots and Malunggay Chicken Breast Vegetables Rice	1 slice of 12x7 cm 1/2 matchbox size 3/4 cup 3/4 cup	Pork Nilaga Lean Pork Vegetables Rice Boiled Saba	1/2 matchbox size 3/4 cup 3/4 cup 1 piece, 10x4 cm	Fried Tilapia Bulanglang Rice Apple	1/2 piece small size 3/4 cup 1 d cup 1 piece, 6 cm diameter	AM: Ensaymada	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 9 1/2x3x3 1/2 cm
9Å	Meion Beef & Veggie Patty Lean Ground Beef Vegetables Pan de Sai	1/2 slice of 12x10x3 cm 1 Tbsp. 3/4 cup 3 small pieces	Chicken Barbectio Chicken Breast Sauteed Carrots Sweet Corn, And Sayote Rice Indian Mango	1/2 matchbox size 3/4 cup 3/4 cup 1 piece, 6 cm diameter	Porkchop Dinengdeng Rice Pear	1/2 matchbox size 3/4 cup 1/4 cup 1 piece of 6 cm diameter	AM: Spanish Bread PM: Tuton	1 piece of 10x4 cm 1 piece, 9 1/2x 3 1/2x1 cm
Casy 7	Latundan Fried Tanigue Adobong Kangkong Rice	1 piece of 9x3 cm 1/2 slice 3/4 cup 3/4 cup	Stir Fined beef with Chinese Cabbage and Cauliflower LeanBeef Vegetables Rice	1/2 matchbox size 3/4 cup 3/4 cup	Sinampalukang Manok - Chicken Breast Vegetables Rice Pomelo	1/2 matchbox size 3/4 cup 3/4 cup 3 segments, 8x4x3	AM: Peanut Butter Sandwich PM: Banana Cuc	1 piece loaf broad and 2 tsps. peanut butter
		<u></u>	Lansones	8 pieces, 4x2 cm each		cm each	Danaira Cue	9 1/2 x 4 cm

Based on the Food Exchange List (FEL) in Meal Planning:					
1 cup of rice - 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	1 slice of fish = 35 g				
1 small chicken leg = 30 g	1 medium size fish = 55 g				
1 medium chicken leg + 45 g					

#### Sample Meal Plan for Children, 10 - 12 years old

•	Bre	okfast -	Lu	nch -	Su	pper v		Snacks •
ay 1	Lakatan Fried Egg Camote Tops Salad, with Tomatoes	1 piece of 9x3cm 1 piece 1 cup	Vegetables	1 piece 1 cup 1 cup	Fried Galungong Prinakbet Rice Watermelon	1 piece small size 1 cup 1 cup 1 slice, 12хбх3 cm	AM:Suman sa ibos PM: Boiled Camote	2 pieces, 8x4x2 cm each 1 piece of 11 cm long x 4 1/2 cm
	Ricr	1 cup		1 slice, 12x7 cm				diameter
Oay 2	Steamed Carrots Sayote and Baguio Beans Rice	1 slice of 10x6x2cm 1 piece 1 cup 1 cup	· Vegetables Rice Рарауа	1 slice 1 cup 1 cup 1 slice of 10x6x2 cm	Tofu Steak Chopsucy Rice Dalanghita	1 piece, 6x6x2 cm each 1 cup cup 2 pieces, 6 cm dia meter oach	AM: Boiled Coin PM: Pansit Guisado	2 piecos, 12x4 cm each 1 cup
	Tuna Sandwich with Cabbage and Tomatoes Flaked Tuna Cabbage and Tomatoes Loaf Bread	2 pieces, 6 cm diameter each 2 Tbsps 1 cup 4 slices	Pinea pple	1 matchbox size 1 cup 1 cup 1 slice of 10x6x2 cm	Fried Chicken, leg small Steamed Alugbati and Saluyot Rice Rambutan	l cup l cup g pieces, 3 cm diameter each	AM: Kababayan PM: Kutsinta	4 pieces, 4 1/2 cm diameter x 1 1/2 cm thickness each 2 pieces, 6 cm diameter x 2 1/2 cm each
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice	1 slice of 10x6x2 cm 1 matchbox size 1 cup 1 cup		1 piece small size 1 cup 1 cup 2 pieces, 4 cm diameter each	Beef Bulain Lean Beef Vegetables Rice Latundan	1 matchbox 1 cup 1 cup 1 piece, 9x3 cm	AM; Pari de Coco PM: Suman Cassava	2 pieces, 7x6 cm each 1 piece, 15x3x2 cm
	Mango Chicken Arroz Caldo with Carrots and Malunggay Chicken Breast Vegetables Rice	1 slice of 12x7 cm  1 matchbox size 1 cup 1 cup	· Vegetables Rice	1 matchbox size 1 cup 1 cup 1 cup 1 piece, 10:4 cm	Fried Tilapia Bulanglang Rice Apple	1 piece small size 1 cup 1 cup 1 piece, 6 cm diameter	AM: Ensaymada PM. Puto, white	2 pieces 8 1/2 cm diameter x 2 cm thick each 2 slices, 9 1/2x3x3 1/2 cm each
Cay6	Beef & Veggie Patty Lean Ground Beef	1 slice of 12x10x3 cm 2 Tbsps 1 cup 4 small pieces	Sweet Corn, and Sayote Rice Indian Mango	1 piece 1 cup 1 cup 1 piece, 6 cm diameter	Forkchop Dinengdeng Rice Pear	1 matchbox size 1 cup 1 cup 1 cup 1 piece of 6 cm diameter	AM: Spanish Broad PM. Turon	2 pieces , 10x4 cm each 1 piece, 9 1/2x3 1/2x1 cm
	Fried Tanigue Adobong Kangkong	1 piece of 9x3 cm 1 slice 1 cup 1 cup	Stir Fried boof with Chinese Cabbage and Cauliflower LeanBoof Vegetables Rice	1 matchbox size 1 cup 1cup	Sinampalukang Manok Chicken leg, small Vegetables Rice	l pièce l cup l cup	AM: Peanut Butter Sandwich PM: Banana Cue	2 prece loaf bread and 1 Thisp. Peanut butter 2 preces.
				8 pieces, 4x2 cm each	Pamelo	3 segments, 8x4x3 cm each		9 1/2x4cm each

Based on the Food Exchange List (FEL) in Meal Planning:				
1 cup of nce - 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	1 slice of fish = 35 g			
1 small chicken leg - 30 g	1 medium size fish + 55 g			
1 medium chicken leg - 45 g				

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

•	Breakfast •		Lunch -		Su	pper •		Snacks •
	Lakatan	1 piece, 9x3cm	Chicken Tinola		Fried Galungong Pinakbet	2 pieces small size	AM:Suman sa	1 piece, 8x4x2
-		2 shees	Chicken leg, small	2 pieces	Rice	2 cups	1000	i cin
<u>~</u>		1 2 cups	Vegetables	1 2 cups	Watermelon	1 slice, 12x6x3 cm	PM: Bailed	1/2 piece of 11
PS Se	with Tomatoes	1 1 Cups	vegeta on 3		The state of the s	1 311011, 121013 011	Camote	cm long x4 1/2
_		2 cups	Rice	2 cu ps	i .	ł	Jannou:	cm diameter
			Mango	1 s lice, 12x7 cm	i	ţ	1	
	Pincapple	1 slice of 10x6x2cm	Sinigang na Turcillo		Tofu Steak	2 pieces, 6x6x2 cm	AM: Boiled Corn	1 piece, 17±4
	Chicken Adobo		Turcita	2 stices	}	'each		cm
7	Chicken leg, small	2 pieces	Vegetables	1 2 cups	Chapsuey	1 2 cups		i
λeα		1 2 cups			Rice	2 cups	PM: Pansit	1/2 cup
ă	Sayote and Baguin		Rice	2 cups	Dalanghita	2 pieces, 6 cm	Guisado	1
	Beans		Рарауа	1 stice, 10x6x2 cm		diameter each		1
	Rice	2 cups		l			]	1
	Dalandan	2 pieces, 6 cm	Beef Steak	2 matchbox size	Fried Chicken, leg	2 pieces	AM:	2 pieces, 4 1/2
	!	drameter each	Adobong Sitaw	1 2 cups	small		Kababayan	cm diameter # 1
	Tuna Sandwich		Rice	2 cups	l		1	1/2 cm thickness
m	with Cabbage and		Pineapple	1 slice, 10x6x2 cm	Steamed Alugbati	1-2 cups	ľ	cach
€ (	Tomators		ľ		and Saluyot		ł	
0		1/4 cup	Į.		Rice	2 cups	PM: Kutsinta	1 piece, 6 cm
		1-2 cups	ı		Rambutan	8 pieces, 3 cm	i	diameter x 2
	Tomatoes		1	ł	i .	diameter each	<b>!</b>	1/2 cm
		8 slices		L				
		1 slice of 10x6x2 cm	Ginataang Dalagang	i	Beef Bulato	l	AM; Pan de Coco	I piece, 7x6 cm
١.		2 matchbox sizes	Bukid with Pechay		Lean Beef	2 matchbox sizes		1
4	Tacina		Dalagang Bukid	2 pieces small size	Vegetables	1 2 cups	l	l.,_
Š		1 2 cups	Pechay	1 2 cups	Rice		PM: Suman	1/2 prece, 15x3x2
	Rice	2 cups	Rice Red Guava	2 cups	Latundan	2 cups	Cassava	cm
	i		Hed Guava	2 pieces, 4 cm diameter each	Latonoan	1 piece, 9x3 cm		
	Mango	1 slice of 12x7 cm	Pork Nilaga	diameter each	Fried Tilapia	2 pieces small size	AM: Ensaymada	11 piece, 8 1/2 cm
	Chicken Arroz Caldo	2 3 U. 3	Lean Pork	2 matchbox sizes	Bulanglang	1.2 cups	Trini. Citza yiriada	diameter x 2 cm
	with Carrots and		Vegetables	1-2 cups	Rice	2 cups		thick
4 5	Malunggay		1 Be		Apple	1 piece, 6 cm	į	
8		2 matchbox sizes	Rice	2 cups	1	diameter	PM· Puto, white	1 slice.
		1 2 cups	Boiled Saba	1 piece, 10x4 cm	1			9 1/2x 3 x3 1/2 cm
1		2 cups			1	ł		1
	Melon	1 slice, 12x10x3 cm	Chicken Barbecue		Porkchap	2 matchbox sizes	AM: Spanish	1 piece, 10x4
1	Beef & Veggie		Chicken leg, small	2 pieces	Dinengdeng	1 2 cups	Bread	cm
i	Patty		Sauteed Carrots	1-2 cups	Rice	2 cups		1
9	Lean Ground Beef	4 Thips	Sweet Corn, and		Pear	1 piece, 6 cm	PM: Turon	1 piece,
à	Vegetables	1 2 cups	Sayote		i	diameter		9-1/2 x 3 1/2 x 1 cm
_	1		Rice	2 cups	1	1		1
1	Pan de Sal	8 small pinces	Indian Mango	1 piecr, 6 cm		i		
	L		1	diameter		L	L	
	Latundan	1 piece of 9x3 cm	Stir Fried beef with		Sinampalukang		AM: Peanut Butter	1 piece loaf
l	Fried Tanigue	1 slice	Chinese Cabbage		Manok	1	Sandwich	bread and 2 tsp
~	Fried Egg	1 piece	and Cauliflower		Chicken leg,	2 pieces		peanut butter
À	Adobong Kangkong	1 2 cups	LeanBeef	2 matchbox sizes	small	1	ļ	<b>S</b>
"	Rice	2 cups	Vegetables	1 2 cups	Vegetables	1-2 cups	l	1
I			Rice	2 cups	Rice	2 cups	PM: Banana Cue	1 pie ce
	1	1	Lansones	8 pieces, 4x2 cm each	Pometo	3 segments, 8x4x3 cm each	5	9 1/2 x 4 cm

Based on the food Exchange List (FEL) in Me.	al Planning:
1 cup of nce + 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	1 slice of fish = 35 g
1 small chicken leg - 30 g	1 medium size fish 4 55 g
1 medium chicken leg - 45 g	

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

-	Bre	akfast •	Lu	ınch •	Su	pper -		Snacks •
		1 piece, 9x3cm	Chicken Tinola			1 piece small size 1-1 1/2 cups	AM:Suman sa ibos	1 prece, 8x4x2 cm
Day 1	Fried Bangus Camote Tops Salad, with Tomatoes Rice	1 slice 1-1 1/2 cups 1 1/2 cups	- Vegetables Rice	1 piece 1-1 1/2 cups 1 1/2 cups 1 stice, 12#7 cm		1 1/2 cups 1 slice, 12x6x3 cm	PM: Boiled Camote	1/2 piece of 11 cm long x4 1/2 cm diameter
Day 2	Sayote and Baguio Beans Rice	1 stice, 10x6x2cm 1 piece 1-1 1/2 cups 1 1/2 cups	Sinigang na Turcillo - Turcillo - Vegetables Rice Papaya	1 slice 1-1 1/2 cups 1-1 1/2 cups 1 slice, 10x5x2 cm	Tofu Steak Chopsuey Rice Dalanghita	1 plece, 6x6x2 cm 1-1 1/2 cups 1-1 1/2 cups 2 pieces, 6 cm diameter each	AM: Boiled Corn PM: Pansit Guisado	1 piece, 12x4 cm 1/2 cup
Day 3	Tomatoes	2 pieces, 6 cm diameter each 2 Tbsps. 1-1 1/2 cups 6 slices	Beef Steak Adobong Sitaw Rice Pineapple	1 matchbus size 1-1 1/2 cups 1 1/2 cups 1 slice, 10x6x2 cm	Fried Chicken smail Steamed Alugbau and Saluyot Rice Rambutan	1 plece 1-1 1/2 cups 1 1/2 cups 8 pieces, 3 cm diameter each	AM: Kababayan PM: Kutsinta	2 pieces, 4 1/2 cm diameter x 1 1/2 cm thickness each 1 piece, 6 cm diameter x 2 1/2 cm
Day 4	Papaya Homemade Pork Tocino Pako Salad Rice	1 slice of 10x6x2 cm 1 matchbox size 1 - 1 1/2 cups 1 1/2 cups	Ginataang Dalagang Bukid with Pechay - Dalagang Bukid - Pechay Rice Red Guava	1 piece small size 1-1 1/2 cups 1 1/2 cups 2 pieces, 4 cm diameter each	Beef Bulalo - Lean Beef -Vergetables Rice Latundan	1 matchbox size 1-1 1/2 cups 1 1/2 cups 1 piece, 9x3 cm	AM; Pan de Coco PM; Suman Cassava	1 piece, 7x6 cm 1/2 piece, 15x3x2 cm
Days	Mango Chrcken Arroz Caldo with Carrots and Malunggay - Chicken Breast - Vegetables - Rice	1 stice of 12x7 cm 1 matchbox size 1-11/2 cups 11/2 cups	Pork Nitaga - Lean Pork - Vegetables Rice Boiled Saba	1 matchbox size 1-1 1/2 cups 1 1/2 cups 1 piece, 10x4 cm	Rice	1 plece small size 1-1 1/2 cups 1 1/2 cups 1 piece, 6 cm diameter	AM: Ensaymada PM: Puto, white	1 piece, 8 1/2 cm diameter x 2 cm thick 1 slice, 9 1/2x 3 x3 1/2 cm
Day 6	Meion Beef & Veggie Patty - Lean Ground Beef - Vegetables Pan de Sal	1 stice, 12x10x3 cm 2 Tosps. 1-1 1/2 cups 6 pieces small size	Chicken Barbecue - Chicken leg, small Sauteed Carrots Sweet Corn, and Sayote Rice Indian Mango	1 piece 1-1 1/2 cups 1 1/2 cups 1 piece, 6 cm diameter each	Parkchap Dinengdeng Rice Pear	1 matchbox size 1-1 1/2 cups 1 1/2 cups 1 1/2 cups 1 piece, 6 cm diameter	AM: Spanish Bread PM: Turon	1 piece, 10:4 cm 1 piece, 9 1/2 x 3 1/2 x 1 cm
Cary 7	Latundan Fried Tanigue Adobong Kangkong Rice	1 prece of 9x3 cm 1 slice 1 · 1 1/2 cups 1 1/2 cups	Stir-fried boef with Chinese Cabbage and Cauliflower - LeanBeef - Vegetables Rice Lansones	1 matchbox size 1-1 1/2 cups 1 1/2 cups 8 pieces, 4x2 cm each	Sinampalukang Manok - Chicken leg, small - Vegetables Rice Pometo	1 piece  1-1 1/2 cups 1 1/2 cups 3 segments, 8x4x3 cm each	AM: Peanut Butter Sandwich PM: Banana Cue	1 piece loaf bread and 2 tsp peanut butter 1 piece 9 1/2 x 4 cm

Based on the Food Exchange List (FEL) in Mea	el Planning:
1 cup of rice - 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	1 slice of fish = 35 g
1 small chicken leg = 30 g	1 medium size fish + 55 g
1 medium chicken leg + 45 g	

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

Ŧ	Bre	akfast v	Lu	ınch v	Su	oper •		Snacks •
	lakatan	1 piece. 9x3cm	Chicken Tinota		Fried Galungong Pinakbet	2 pieces medium size	AM:Suman sa	2 pleces, 8x4x2 cm each
-		2 slices	- Chicken leg	2 pieces	Rice	1 1/2 cups		
) Oa	Camote Tops Salad,	1-1 1/2 cups	small		Watermelon	1 slice, 12x6x3 cm	PM: Boiled	1 piece, 11 cm
۵	with Tomatoes			1-1 1/2 cups			Camote	long x 4 1/2 cm
	Rice	1 - 1/2 cups		1 1/2 cups			ļ	diameter
				1 stice, 12x7 cm	<u> </u>	<u> </u>		
	Pineapple Chicken Adobo	1 slice of 10x6x2cm	Sinigang na Turcillo	2 slices	Tofu Steak	2 pieces, 6x6x2 cm leach	AM: Bailed Corn	2 pieces, 12x4 cm each
~		2 pieces		1-1 1/2 cups	Chopsuev	1-1 1/2 cups	ĺ	cm each
		1-1 1/2 cups	vanctaries.	,	Rice	1 1/2 cups	PM: Pansit	1 cup
	Savote and Baguio	,	Rice	1- 1 1/2 cups	Dalanghita	2 pieces, 6 cm	Guisada	1
	Beans			1 slice, 10x6x2 cm	[ ]	diameter each		1
		1 1/2 cups						ļ
		2 pieces, 6 cm		2 matchbox sizes	fried Chicken leg.	2 pieces	AM:	4 pieces, 4 1/2
i		diameter each		1-1 1/2 cups	medium	l	Kababayan	cm diameter x 1
	Tuna Sandwich			1 1/2 cups	Steamed Alugbati	1-1 1/2 cups		1/2 cm thickness
	with Cabbage and		Pineapple	1 slice, 10x6x2 cm	and Saluyot Rice	1 1/2 (40)	i	each
Day	Tomatoes • Flaked Tuna	1/4 cup			Rambutan	8 pieces, 3 cm	PM: Kutsinta	2 pieces, 6 cm
_		1-1 1/2 cups			1000000	dlameter each	rw. nutsiiita	diameter x 2 1/2
	Tomatoes	1.1 1/2 cups	l :		İ	orameter each		cm each
		6 slices	]			į.		1
	Papaya	1 silce of 10x6x2 cm	Ginataang Dalagang		Beef Bulalo	<del> </del>	AM; Pan de Coco	2 pieces, 7x6 cm
	Homemade Pork	2 matchbox sizes	Bukid with Pechay		- Lean Beef	2 matchbox sizes	1	each
	Tocino		Dalagang Bukid	2 pleces medium size	-Vegetables	1- 1 1/2 cups	1	1
		1 · 1 1/2 cups		1-1 1/2 cups	l	l	PM: Suman	1 piece, 15×3×2
-	Rice	1 1/2 cups		1- 1/2 cups	Rice	1 1/2 cups	Cassava	cm
				2 pieces, 4 cm diametereach	Latundan	1 piece, 9x3 cm	İ	
	Mango	1 slice of 12a7 cm	Pork Nilaga	312111242.2001	Fried Tilapia	2 pieces medium ize	AM: Ensaymada	2 pieces, 8 1/2
	Chicken Arroz Caldo		- Lean Pork	2 matchbox sizes	Bulanglang	1-1 1/2 cups		cm diameter x 2
·s	with Carrots and		- Vegetables	1- 1 1/2 cups	Rice	1 1/2 cups		cm thick each
š	Malunggay				Apple	1 piece, 6 cm		1
	- Chicken Breast	2 matchbox sizes		1 1/2 cups	ł	diameter	PM: Puto, white	2 slices,
		1-1 1/2 cups 1 1/2 cups	Boited Saba	1 piece, 10x4 cm	i		i	9 1/2 x 3 x 3 1/2 cm
	Melon	1 5/1ce, 12×10×3 cm	Chicken Barbecue	<del></del>	Porkchop	2 matchbox sizes	AM: Spanish	2 pieces, 10x4
	Boef & Veguie	21.00, 22.2003 0		2 piecas	Dinengdeng	1.1 1/2 cups	Bread	cm each
	Patty	l	Sauteed Carrots	1-1 1/2 cups	Rice	1 1/2 cups	-	1
٠	· Lean Ground Bee!	4 Tbsps	Sweet Corn, and		Pear	1 piece, 6 cm	PM: Turan	1 piece.
à	- Vegetables	1-1 1/2 cups	Sayote	ł .		diameter		9 1/2 x 3 1/2 x 1 cm
				1 1/2 cups	i			1
	Pan de Sal	6 preces	Indian Mango	1 piece, 6 cm diameter each			}	1
	Latundan	1 piece of 9x3 cm	Stir-fried baef with		Sinampalukang	<del>                                     </del>	AM: Peanut Butter	2 piece loaf
		1 slice of fish	Chinese Cabbage	ì	Manok	1	Sandwich	bread and 1
		1 piece	and Cauliflower		- Chicken leg,	2 pieces		Thisp. Peanut butter
۲,		1	1	2 matchbox sizes	medium	la preces	<b>{</b>	. Day . reanide botter
à		1-1 1/2 cups				l	ĺ	Į.
	Rice	1 1/2 cops	1	1-1 1/2 cups	· Vegetables	1-1 1/2 cups	1	1
	1		Rice	1 1/2 cups	Rice	1 1/2 cups	PM: Banana Cue	2 pieces
l		1 .	Lansones	8 pieces, 4x2 cm each	Pomelo	3 segments, 8x4x3 cm each	L	9 1/2 x 4 cm each

Based on the Food Exchange List (FEL) in Mea	i Planning:
1 cup of rice - 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	1 slice of fish = 35 g
1 small chicken leg = 30 g	1 medium size fish = 55 g
1 medium chicken leg - 45 g	

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

•	Breakfast •		Lunch -		Supper -			Snacks •	
					Fried Galungong	2 pieces small size	AM:Suman sa	II piece, 8x4x2	
	Lakatan Fried Bangus	1 piece, 9x3cm 2 slices	Chicken Tinola Chicken leg	2 pieces	Pinakbet Rice	1 cup	ibas	cm each	
		1 cup	small Vegetables	11 cup	Watermelon	1 slice, 12x6x3 cm	PM. Boiled	1/2 piece, 11 cm	
	Rice	1 cup	Rice Mango	1 cup 1 slice, 12×7 cm			Camote	long x 4 1/2 cm drameter	
	Pineapple	1 slice, 10x6x2cm	Sinigang na Yurollo	1 since, 1247 cm	Tofu Steak	2 preces, 6x6x2 cm	AM: Boiled Corn	11 piece, 12x4	
~	Chicken Adobo	2 pieces	Turalla Vegetables	2 slices 1 cup		ea ch	Jan. Johned Chin	cm each	
8	Steamed Carrots		1 -	,	Chapsuey Rice	1 cup 1 cup	PM: Pansit	1 cup	
	Beans	1 cup	R: се Рарауа	1 cup 1 slice, 10x6x2 cm	Dalanghita	2 pieces, 6 cm diameter each	Guisado		
		1 cup	<u> </u>	<u> </u>	L	L			
	Dalandan	2 pieces, 6 cm	Beef Steak	2 matchbox sizes	Fried Chicken leg,	2 pieces	AM:	2 precas, 4 1/2	
	Tuna Sandwich	diameter each	Adabang Sitaw Rice	1 cup 1 cup	medium Steamed Alugbati	1 cup	Kababayan	cm diameter x 1	
m	with Cabbage and		Pineapple	1 slice, 10x6x2 cm	and Saluyot	1 cup		1/2 cm thickness	
	Tomatoes		Principple	2 stice, loading citi	Rice	1 cup		eacn	
ð		1/4 cup	i		Rambutan	8 pieces, 3 cm	PM: Kutsinta	2 piece, 6 cm	
		1 cup	1			diameter nach	1 101. 401.	diameter x 2 1/2	
	Tomatoes	-	1		1			cm cach	
		4 slices	1		1		,	1	
		1 slice of 10x6x2 cm	Ginataang Dalagang		Beef Bulato		AM; Pan de Coco	1 prece, 7x6 cm	
		2 matchbox sizes	Bukid with Pechay	<u>l</u>	Lean Beef	2 matchbox sizes		each	
4	Tacina		Dalagang Bukid	2 pieces small size	Vegetables	1 cup		l	
Š		1 cup	Pechay Rice	1 cup 1 cup	Rice	l	PM: Suman	1/2 piece, 15x3x2	
_	RICE	1 cup	Red Guava	2 pieces, 4 cm	Latundan	1 cup 1 piece, 9x3 cm	Cassava	cm	
			1	diameter each		prece, sas em		1	
	Mango	1 slice of 12x7 cm	Pork Nilaga		Fried Tilapia	2 pieces small size	AM: Ensaymada	1 piece, 8 1/2 cm	
	Chicken Arroz Caldo		Lean Pork	2 matchbox sizes	Bulanglang	1 cup		diameter x 2 cm	
S	with Carrots and		Vegetables	1 cup	Rice	1 cup		thick each	
À	Malunggay		1_		Apple	1 piece, 6 cm			
-		2 matchbox sizes	Rice Boiled Saba	1 cup	1	diameter	PM: Puta, white	2 slices,	
		1 cup 1 cup	Ballea 2404	1 piece, 10x4 cm	ļ	ł		9 1/2 x 3 x 3 1/2 cm	
	Melon	1 slice, 12x10x3 cm	Chicken Barbecue		Porkchop	2 matchbox sizes	AM: Spanish	a ach I piece, 10x4	
	Beef & Vergie		· Chicken leg, medium	2 pieces	Dinengdeng	1 cus	Bread	on each	
	Patty		Sauteed Carrots	1 cup	Rice	1 cup			
ķ		4 Tbsps	Sweet Corn, and		Pear	1 piece, 6 cm	PM: Turon	1 piece,	
à	Vogetables	1 cup	Sayote		i	diameter	Į	9 1/2 × 3 1/2 × 1 cm	
	L	<b>. </b>	Rice	1 cup	1				
	Pan de Sal	4 small pieces	Indian Mango	1 piece,6 cm diameter					
	Latundan	1 piece of 9x3 cm	Stir-fried beef with		Sinampalukang		AM: Peanut Butter		
	Fried Tanigue	1 stice small fish	Chinese Cabbage		Manok		Sandwich	1 piece loaf	
-	fried Egg	1 piece	and Cauliflower		- Chicken leg,	2 preces		bread and 1	
à	Adobong Kangkong	1 cup	LeanBoof	2 matchbox sizes	medium	l		Tbsp. Peanut butter	
3	Rico	1 cup	Vegetables	1 cup	- Vegetables	1 cup			
	1		Rice	1 cup	Rice	1 cup	PM: Banana Cue	1 piece,	
	i	1	Lansones	8 pieces, 4x2 cm each	Pamela	3 segments, 8x4x3 cm each	<b>{</b>	9 1/2 x 4 cm each	

Based on the Food Exchange List (FEL) in Mea	l Planning:
1 cup of nce = 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	1 slice of fish = 35 g
1 small chicken leg - 30 g	1 madium size fish + SS g
1 medium chicken leg - 45 g	

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

•	Breakfast •		Lunch -		Supper -		1	Snacks
	1	1 piece, 9x3cm	Chicken Tinola		Fried Galungong Pinakbet	2 pieces small size	AM:Suman sa	2 pieces, 8x4x2
7	Lakatan		1	3	Rice		1.005	cm each
	Fried Bangus	2 slices	- Chicken leg	2 pieces	Watermelon	1 cup		l
Ā	Camote Tops Salad,	1 cup	small	1.	watermelon	1 slice, 12x6x3 cm	PM: Boiled	1 piece, 11 cm
_	with Tomatoes	1.	- Vegetables	1 cup	1	}	Camote	long x 4 1/2 cm
	Rice	1 cup	Rice	1 cup	1	i	1	diameter
	l	<u> </u>	Mango	1 slice, 12x7 cm	L	<u>.l</u>		<u> </u>
	Pineapple	1 slice of 10xbs2cm	Sinigang na Turcillo		Tofu Steak	2 pieces, 6x6x2 cm	AM: Bailed Corn	2 pieces, 12x4
	Chicken Adobo	ļ	- Turcitto	2 stices		each	l	cm each
~	- Oticken leg, small	2 pieces	- Vegetables	1 cup	Chopsuey	1 cup		
	Steamed Carrots		Rice	1 cup	Rice	1 cup	PM: Pansit	1 ար
۵	Sayote and Baguio	1 cup	Ра ра уз	1 slice, 10x6x2 cm	Dalanghita	2 pieces, 6 cm	Guisado	}
	Beans					diameter each	I	1
	Rice	1 cup		I	1	i	1	1
	Dalandan	2 pieces, 6 cm	Beef Steak	2 matchbox sizes	Tried Chicken leg,	2 pieces	AM:	4 pieces, 4 1/2
	1	diameter each	Adobong Sitaw	1 cup	medium	1	Kababayan	cm diameter # 1
	Tuna Sandwich		Rice	1 cup	Steamed Alugbati	1 cup		1/2 cm thickness
m	with Cabbage and	l	Pineapple	1 stice, 10x6x2 cm	and Saluyot	1		each
Š	Tomatoes		1	1	Rice	1 cup	I	1
ð	- Flaked Tuna	1/4 cup	1	1	Rambutan	8 pieces, 3 cm	PM: Kutsinta	2 pieces, 6 cm
	- Cabbage and	1 cup			Į.	diameter each	ł	diameter x 2 1/2
	Tomatoes			1	1	1	Į.	cm each
	- Loaf Bread	4 stres		1	į			1
	Papaya	1 slice of 10x6x2 cm	Ginataang Dalagang	<del></del>	Beef Bulalo	<del></del>	AM: Pan de Coco	Z preces, 7x6
	Homemade Pork	2 matchbux sizes	Bukid with Pachay	ł	- Lean Beef	2 matchbox sizes	,	cm each
4	Tacino		· Dalagang Bukid	2 pieces small size	-Vegetables	1 cup		
ż	Pako Salad	1 cup	- Pechay	1 cup		1	PM: Suman	1 piece, 15x3x2
Š	Rice	1 cup	Rice	1 cup	Rice	l cup	Cassava	Len
		1. 1.0	Red Guava	2 pieces, 4 cm	Latundan	1 piece, 9x3 cm		<b>L</b>
	}	ľ	1100 000 10	diameter each		prezz, saz em		
	Mango	1 slice of 12x7 cm	Pork Nilaga		Filed Tilapia	2 pieces small size	AM: Ensaymada	2 pieces, 8 1/2 cm
	Chicken Arroz Caldo	I since or rear con	- Lean Pork	2 matchbox sizes	Butanglang	1 cun	Trian Enisa Pina da	cm diameter = 2
	with Carrots and		- Vegetables	1 cup	Rice	1 cup	i	cm thick each
Š	Malunggay	ļ	. Adde conses	1 cup	Apple	1 piece, 6 cm	í	CIII (III)CK E a CII
ã		2 matchbox sizes	Rice	1 cup	Labora	diameter	PM: Puto, white	2 stices.
_	- Chicken Breast		Boiled Saba	11 giece, 10×4 cm	1	la rameter	rivi: Puto, writte	9 1/2 x 3 x 3 1/2 cm
	- Vegetables	1 cup	201160 3905	I prece, Iom cir	1	\$	1	
	- Rice	1 cup 11 slice, 12x 10x3 cm	Chicken Barbecue	<del> </del>	Porkchop	2 matchbox sizes	AM: Spanish	each 2 pieces, 10x4
		1 51100, 12% 10KG CM	- Chicken leg medium	2 pieces	Dinengdeng	1 cup	Bread	cm each
	Beef & Veggie Patty	1	Sauteed Carrots	1 cup	Rice	1 cup	Diege	rui encu
9	- Lean Ground Beef	4 Tbs.ps.	Sweet Corn, and	1. 000	Pear	1 piece, 6 cm	PM: Turon	1 piece,
à					Lear	diameter	PINI: TUTOR	9 1/2 x 3 1/2 x 1 cm
đ	- Vegetables	1 cup 4 small pieces, 17 g	Sayote	1 cup	1	arameter		12 1/2 K 2 1/2 K T CW
	Pan de Sal			1 piece, 6 cm	1		İ	1
		each	Indian Mango	diameter		1	ľ	1
	Latundan	1 piece of 9x3 cm	Stir-Fried beef with	manuale.	Sinampalukang	+	AM: Peanut Butter	<del> </del>
		1	1		1	i		1
	fried Tanigue	1 stice small size	Chinese Cabbage	l .	Manok	i.	Sandwich	2 pieces luaf
ŗ	Fried Egg	1 piece	and Cauliflower		- Chicken leg,	2 pieces	<b>\</b>	bread and 1
à	Adobong Kangkong	1 cup	- LeanBow!	2 matchbox sizes	medium	1	1	Tosp Peanut butter
٠	Rice	1 cup	- Vegetables	1 cup	- Vegetables	1 cup		
	Į.		Rice	1 cup	Rice	1 cup	PM: Banana Que	2 pieces
	1	1	Lansones	8 pieces, 4x2 cm each	Pomelo	3 segments, 8x4x3 cm each	1	9 1/2 x 4 cm each

Based on the Food Exchange List (FEL) in Mea	al Planning:	
1 cup of rice = 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	1 stice of fish = 35 g	
1 small chicken leg - 30 g	1 medium size fish = 55 g	
1 medium diicken leg + 45 g		

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

•	Breakfast •		Lunch -		S	upper •		Snacks
		T			Fried Galungong	2 pieces small size	AM:Suman sa	2 pieces, 8x4x2
	Lakatan	1 piece, 9x3cm	Chicken Tinola		Pinakbet	3/4 cup	ibos	cm each
-	Fried Bangus	2 stices	- Chicken leg	2 pieces	Rice	3/4 cup	l .	1
	Campte Tops Salad.	3/4 cu p	small		Watermelon	1 slice, 12x6x3 cm	PM: Boiled	1/2 piece, 11 cm
ä	with Tomatoes	1	- Vegetables	3/4 cup			Campte	long x 4 1/2 cm
	Rice	3/4 cup	Rice	3/4 cup	1	)	1	diameter
			Mango	1 slice, 12x7 cm		i	İ	
	Pineapple	1 slice of 10x6x2cm	Sinigang na Turcillo		Tofu Steak	2 pieces, 6x6x2 cm	AM: Boiled Corn	1 piece, 12x4
	Chicken Adobo		- Turcilla	2 stices	i	each	ı	cm each
7	- Chicken leg, small	2 pieces	- Vegetables	3/4 cup	Chapsuey	3/4 cup	ı	l
ğ	Steamed Carrots	ł	Rice	3/4 cup	Rice	3/4 cup	PM: Pansit	1/2 cup
8	Sayote and Baguio	3/4 cup	Papaya	1 stice, 10x6x2 cm	Dalanghita	2 pieces, 6 cm	Guisado	1
	Beans			1		diameter each		(
	Rice	3/4 cup	<b>!</b>		i			i
	Dalandan	2 pieces, 6 cm	Beef Steak	2 matchbox sizes	Fried Chicken leg,	2 preces	AM:	2pleces, 4 1/2
	i	diameter each	Adobong Sitaw	3/4 cup	medium		Kababayan	cm diameter x 1
	Tuna Sandwich		Rice	3/4 cup	Steamed Alugbati	3/4 cup		1/2 cm thickness
m	with Cabbage and	1	Pineapple	1 slice, 10x6x2 cm	and Saluyot			each
Ď.	Tomatoes		l l		Rice	3/4 cup		
ă	- Flaked Tuna	1/4 cup		1	Rambutan	8 pieces, 3 cm	PM: Kutsinta	1 piece, 6 cm
	- Cabbage and	3/4 cup	<b>\</b>	l .	1	diameter each	1	diameter x 2 1/2
	Tomatoes	1		1	}		1	cm each
	· Loaf Bread	3 stices			1		1	1
	Papaya	1 slice of 10x6x2 cm	Ginataang Dalagang		Beef Bulalo		AM; Pan de Coco	1 piece, 7x6
	Homemade Pork	2 matchbox sizes	<b>Bukid with Pechay</b>	ļ	- Lean Beef	2 matchbox sizes	1	cm each
4	Tocino	1	- Dalagang Bukid	2 pieces small size	-Vegetables	3/4 cup	ł	i
ρ	Pako Salad	3/4 cup	- Pechay	3/4 cup	1	1	PM: Suman	1/2 piece, 15±3±2
ă	Rice	3/4 cup	Rice	3/4 cup	Rice	3/4 cup	Cassava	cm
	ì	ŀ	Red Guava	2 pieces, 4 cm	Latundan	1 piece, 9x3 cm	1	•
				diametereach			l	<u> </u>
	Mango	1 slice, 12x7 cm	Pork Nilaga		Fried Tilapia	2 pieces small size	AM: Ensaymada	1 piece, 8 1/2 cm
	Chicken Arroz Caldo		- Lean Pork	2 matchbox sizes	Bulanglang	3/4 cup	1	cm diameter x 2
•	with Carrots and	1	- Vegetables	3/4 cup	Rice	3/4 cup	ŀ	cm thick each
6	Matunggay	i	i e	ł	Apple	1 piece, 6 cm		
-	- Chicken Breast	2 matchbox sizes	Rice	3/4 cup	<u>ļ</u>	diameter	PM: Puto, white	[1 slice.
	- Vegetables	3/4 cup	Boiled Saba	1 piece, 10x4 cm			1	9 1/2 x 3 x 3 1/2 cm
	- Rice	3/4 cup		<u> </u>	1		<u>.i</u>	each
	Melon	1 slice, 12x 10x3 cm	Chicken Barbecue	1.	Parkchap	2 matchbox sizes	AM: Spanish	1 piece, 10x4
	Beef & Veggie		- Chicken leg, medium	2 pieces	Dinengdeng	3/4 cup	Bread	cm each
	Patty	ł	Sauteed Carrots	3/4 cup	Aice	3/4 cup		1
ž	- Lean Ground Beef	4 Tbsps	Sweet Corn, and	l .	Pear	1 piece, 6 cm	PM: Turon	1 piece,
ā	- Vegetables	3/4 cup	Sayote	l	1	diameter	į	9 1/2 x 3 1/2 x 1 cm
	Pan de Sal	3 small pieces	Rice	3/4 cup	ł	1	i	1
	i .	each	Indian Mango	1 piece, 6 cm	l	1	1	
	<del> </del>		<del></del>	diameter	<del></del>	<del></del>	<del>                                     </del>	<del></del>
	Latundan	1 piece, 9x3 cm	Stir-fried beef with	1	Sinampatukang	1	AM: Peanut Butter	
	Fried Tanigue	1 slice small size	Chinese Cabbage	1	Manok	<b>\</b>	Sandwich	1 piece loaf
	Fried Egg	1 piece	and Cauliflower	1	- Chicken leg.	2 pieces	1	bread and 2
_		3/4 cup	- LeanBeef	2 matchbox sizes	medium	I	1	Tbsp. Peanut butter
4.7	Adobong Kangkong	3/ 4 cap						
ě.	Adobong Kangkong Rice	3/4 cup		3/4 cup	- Vegetables	3/4 cup	I	
ř.			- Vegetables Rice	3/4 cup 3/4 cup	- Vegetables Rice	3/4 cup	PM: Banana Cue	1 piece.

# Based on the Food Exchange List (FEL) in Meal Planning: 1 cup of rice + 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 1 small chicken leg + 30 g 1 medium size fish - 55 g

1 medium chicken leg = 45 8