

### Republic of the Philippines

### Department of Education

14 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

- 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.
- 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 8<sup>th</sup> 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 <u>less than</u> <u>10%</u> 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:

Product:				
Serving Size:				
Number of Serv	vings:			
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
D = d== l==ildi===	Fishes
Body-building	Shellfish
(Grow)	
	Small shrimps
	Lean meats
	Chicken without skin
	Nuts
<b>D</b> 1	Egg
Body-regulating	Fresh fruits, preferably those in season

	<u> </u>
(Glow)	Green, leafy, and yellow vegetables
UTIOW	Lireen leaw and vellow vegeranies
( GIOW)	dicen, leary, and yenow 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	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)
<b>Body-regulating</b>	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 drinks, flavoured mineral water, energy 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	Any jelly, ice crushes, and slushies
(Go)	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
Podu nagulatina	Deep-fried foods including fish balls, kikiams, etc.
Body-regulating (Glow)	Fruits canned in heavy syrup Sweetened fruits or vegetables or deep-fried
(GIOW)	Sweetened hates of vegetables of deep-fited

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.
- 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

- a. 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

r					
Age	Energy	(in kcal)	I	Range (% Energ	y)
	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 Laber

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		Nutrition I Serving Size 1 Servings Per Co	pouch (55g	)		
2.	Check calories		Amount Per S Calories 230	erving	Calories fr	om Fat 80	)
			<u></u>			%Daily Va	alue
			Total Fat 9g				14%
3.	Limit these nutr	rients	Saturated	Fat 4.5g			23%
			Trans Fat				
		<b>□</b> >	Cholesterol (	mg			0%
			Sodium 1690	mg			70%
			Total Carbohy	drates 34	g		11%
			Dietary Fil	per 3g			12%
				g			
4.	Get enough of th	1000	Protein 5g	9			
1.	Nutrients	iese	Vitamin A 0%			Vitamin C	0%
	Nutrients		Calcium 2%			Iron 7%	
5.	Footnote	$\Rightarrow$	*Percent Daily Values i Your daily values i your calorie needs	may be higher	or low er de	ending on	0.500
					Calories:	2,000	2,500
			Total Fat		Less than	_	80g
			Saturated F	-at	Less than	-	25g
			Cholesterol		Less than	_	300mg
			Sodium		Less than	_	2,400mg
			Total Carbohydra			300g	3756
			Dietary Fibe Calories per gra		·	25g	30g
		i .	Fat 9	Carbohydra	ate 4	Protein 4	

### 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

4		Breakfast		Lunch	Fried	Su		Supper Snacks AM.Suman sa 1/2 piece small size AM.Suman sa 1/2 piece small size
	alad,	1 piece of 9xkm 1/2 piece 1/2 cup	Chicken Tinola - Chicken Breast - Vegetables	1/2 matchbox size of 1/2 cup	Inspons kbet	1/2 cup	PM: Bolled	8x4x2 cm 1/4 piece of 11
	Rice	1/2 cup	Mango	1/2 slice of 12x7 cm	Watermelon	1/2 slice of 12x6x3 cm	Camore	cm tong x 4 1/2 cm diameter (see FEL)
1		1/2 slice of 10x6x2cm	Sinigang na Turcillo - Turcillo	1/2 slice	Tofu Steak Chopsusy	1/2 piece 1/2 cup	AM: Bolled Com	1/2 piece of 12x4 cm
	a is	1/2 matchbox size	· Vegetables Rice Papaya	1/2 cup 1/2 cup 1/2 slice of 10x6x2 cm	Dalanghita	1/2 cup 1 piece, 6 cm diameter	PM: Pansit Guisado	1/2 cup
1	Dalandan Tuna Sandwich with Cabbage and Tomatoes	1 piece, 6 cm diameter	Adobong Sitaw Rice Pineapple	1/2 matchbox size 1/2 cup 1/2 cup 1/2 slice of 10x6x2 cm	Fried Chicken Steamed Alugbati and Saluyot Rice	1/2 matchbox size 1/2 cup 1/2 cup	AM: Kababayan	1 piece, 4 1/2 cm diameter x 1 1/2 cm thickness
	- Flaked Tuna - Cabbage and Tomatoes - Loaf Bread	1 Thsp. 1/2 cup 2 stices			Rambutan	4 pieces, 3 cm diameter each	PM: Kutsinta	1/2 piece, 6 cm diameter x 2 1/2 cm
i i	Pork	1/2 slice of 10x6x2 cm 1/2 matchbox size 1/2 cup 1/2 cup	Ginatuang Dalagang Bukid with Pechay - Dalagang Bukid - Pechay Rice Red Guava	1/2 piece small size 1/2 cup 1/2 cup 1 piece, 4 cm diam eter	Beef Bulalo - Lean Beef - Vegetables Rice Latundan	1/2 matchbox size 1/2 cup 1/2 cup 1 piece of 9x3 cm	AM; Pan de Coco PM: Suman Cassava	1/2 piece, 7x6 cm 1/4 piece of 15x3x2 cm
	Mango Chicken Arroz Caldo with Carrots and Malunggay Chicken Breast Vegetables Rice	1/2 slice of 12x7 cm 1/2 matchbox size 1/2 cup 1/2 cup	Pork Nilaga - Lean Pork - Vegetables Rice Boiled Saba	1/2 matchbox size 1/2 cup 1/2 cup 1/2 piece of 10x4 cm	Fried filapia Bulangiang Rice Apple	1/2 piece small size 1/2 cup 1/2 cup 1/2 piece of 6 cm diameter	AM: Ensaymada PM: Puto, white	1/2 piece of 8 1/2 cm diameter x 2 cm thick 1/2 slice of 9 1/2x3x3 1/2 cm
i i	Melon Beef & Veggie Patty Lean Ground Beef - Veggetables Pan de Sal	(I/) slice of 12x10x3 cm 1 Thsp. ground bee! 1/2 cup 2 small pieces	Chicken Barbecue Chicken Barbecue Sautteed Carrots Sweet Corn, And Sayote Rice Rice Rice	1/2 matchbox size 1/2 cup  1/2 cup 1/2 piece of 6 cm diameter	Porkchop Dinengdeng Rice Pear	1/2 cub tchbox size 1/2 cub 1/2 cub 1/2 piece of 6 cm diameter	AM: Spanish Bread PM: Turon	1/2 place of 10x4 cm 1 piece 9 1/2x1 1/2x 1 cm
1	Latundan Fried Tanigue Adobong Kangkong Rice	1/2 piece of 9x3 cm 1/2 stice 1/2 cup	Stir-Fried beef with Crimese Cabbage and Cauliflower LeanBoef Vegetables Rice	1/2 matchboxsize 1/2 cup 1/2 cup 4 pieces, 4x2 cm each	Sinampalukang Manok - Chicken Breast - Vegetables Rice Pomelo	1/2 makchboxsize 1/2 cub 1/2 cup 2 segments, 8x4x3	AM: Peanut Butter Sandwich PM: Banana Cue	1 piece loar bread and 1 tsp peanut butter 1/2 piece. 9 1/2 x 4 cm
	Based on the Food Exchange List (F I cup of rice = 160 B I cup of cooked vegetables = 90 B I matchbox size of beef and pork = 1 small chicken leg = 30 B	Based on the Food Exchange List (FEL) in Meal Planning: 1 cup of nce = 160 B 1 mi 1 cup of cooked wagatables = 90 B 1 matchbox size of beef and pork = 30 R 1 smi 1 small chucken 1eg = 40 B 1 medium chicken 1eg = 45 B 1 medium chicken 1eg = 45 B	ning: I matchbox size of chicken breast = 30 I small size fish = 35 g I slice of fish = 35 g I medium size fish = 55 g	no breast = 30 gr				

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

	Br	Breakfast		Lunch	Fried Gallungong	Supper 1/2 piece small si	size
	Lakatan	1 piece of 9x3cm	Chicken Tinola	1/2 matchbox size of	Pinakbet	Ġ.	1/2 piece smail si 3/4 cup
ay 1	Camote Tops Salad,	3/4 cup	· Vegetables	3/4 cup	Watermelon	lon	lon 1 slice, 12x6x3 cm
	with Tomatoes Rice	3/4 cup	Rice Mango	1 stice, 12x7 cm			
	Pineapple Chicken Adoba	1 slice of 10x6x2cm	Sinigang na Turcillo	1/2 slice	Tofu Steak	ak	2/4 CUD 2/4 CU
/ 2	Chicken Breast	1/2 matchbox size	Vegetables	3/4 cup	Rice	***************************************	
Da	Sayote and Bagulo	5) # cap	Papaya	1 slice of 10x6x2 cm	Calangnia	1	diameter each
	Rice	3/4 cup					
	Dalandan	2 pieces, 6 cm diameter each	Beef Steak Adobong Sitaw	1/2 matchbox size of 3/4 cup	Breast	Fried Chicken Breast	Chicken 1/2 matchboxsize
3	Tuna Sandwich with Cabbage and		Pineapple	1 slice of 10x6x2 cm	Stea	Steamed Alugbati	med Alugbati 3/4 cup
Day	Tomatoes	T 500			and	and Saluyot	
1	Cabbage and Tomatoes	3/4 cup			Ram	Rambutan	mbutan 8 pieces, 3 cm diameter each
	Papaya Homemade Pork	1/2 matchbox size	Ginataang Dalagang Bukid with Pechay		90e	Beef Bulalo Lean Beef	
ay 4	Tocino Pako Salad	3/4 cup	Pechay	1/2 piece small size 3/4 cup	Rice	Vegetables Rice	etables
	,	1	Red Guava	2 pieces, 4 cm diameter each			7
	Mango Chicken Arroz Caldo	1 slice of 12x7 cm	Pork Nilaga Lean Pork	1/2 matchbox size	Bula	Fried Tilapia Bulanglang	nglang nglang
y 5	with Carrots and Malunggay		Rice	3/4 cup 3/4 cup	Apple		3/4 cup 1 piece, 6 cm
De	Chicken Breast Vegetables Rice	1/2 matchbox size 3/4 cup 3/4 cup	Boiled Saba	1 piece, 10x4 cm			
	Melon Beef & Veggie	1/2 slice of 12x10x3 cm	Chicken Barbecue Chicken Breast	1/2 matchbox size	Porkchop Dine ngde	Porkchop Dinengdeng	
Day 6	Lean Ground Beef Vegetables	1 Tbsp. 3/4 cup	Sweet Corn, And Sayote	3/4 cup	Pear		1 piece of 6 cm
	Pan de Sai	3 small pieces	Indian Mango	1 piece, 6 cm diameter			
	Latundan	1 piece of 9x3 cm	Stir-Fried beef with		Sina	Sinampalukang	mpalukang
	Fned Tanigue	1/2 stice	Chinese Cabbage		Manok	ıok	10k
7	Adobong Kangkong	3/4 cup	and Cauliflower		Ch:	Chicken Breast	cken Breast 1/2 matchbox size
Day	Rice	3/4 cup	LeanBeef	1/2 matchbox size	\ 6	Vegetables	getables
			Vegetables	3/4 cup	Rice	e	e 3/4 cup
			Rice	3/4 cup	Por	Pamelo	nelo 3 segments, 8x4x3
			Lansones	8 pieces, 4x2 cm each			cm each
	Based on the Food Exc	Based on the Food Exchange List (FEL) in Meal Planning:	nning:				
	1 cup of rice = 160 g		1 matchbox size of chicken breast =	en breast = 30 g			
	1 cup of cooked vegetables - 90 g	ables - 90 g	1 small size fish = 35 g				
	1 matchbox size of beef and pork = 30 g	efand pork = 30 g	1 slice of fish = 35 g				
	1 medium chicken leg ± 45 g	+ 45 8	Foregram offer upin - 72 gr	OF			
		0			L		

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

											Da	9y 7					Da	y 6				Da	y 5			D	ay 4	4			D	ay 3	3			D	ay	2	T		Day	/ 1		
1 medium chicken leg = 45 g	I small chicken lee - 30	1 matchbox size of beef and pork = 30 g	1 cup of cooked vegetables = 90 g	1 cup of rice = 160 g	160 2	Based on the Food Exch						Rice	Adobong Kangkong	Fried Tanigue	Latundan	Pan de Sal	Vegetables	Lean Ground Beef	Beef & Veggie Patty	Melon	- Vegetables - Rice	· Chicken Breast	Malunegay	Chicken Arroz Caldo		Rice	Pako Salad	Homemade Pork	Loaf Bread	Cabbage and	Flaked Tuna	Tomatoes	Tuna Sandwich	Dalandan	Rice	6	Steamed Carrots	Chicken leg, small	Pineapple	Rice	ops Salad,			Die.
45 e		and pork = 30 g	les = 90 g		,	Based on the Food Exchange List (FEL) in Meal Planning:						1 cup	1 cup	1 slice	1 piece of 9x3 cm	4 small pieces	1 cup	2 Tbsps.		1 slice of 12x10x3 cm	1 cup	1 matchbox size		T STI GO OF TAXY CITE		1 cup	1 cup	1 since of 10x6xz cm 1 matchbox size	4 slices	1 cup	2 Tbsps			2 pieces, 6 cm diameter each	1 cup	1 cup	-	1 prece	1 slice of 10x6x2cm	1 cup	1 cup	1 piece		Ciconiouc
1 100 CO WILLIAM 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	medium size fish : 55 g	1 slice of fish - 35 g	1 small size fish = 35 g	1 matchbox size of chicken breast =	1 marchbouring of chick	nning:			Lansones	Rice	Vegetables	LeanBeef	and Cauliflower	Chinese Cabbage	Stir-Fried beef with	Indian Mango	Sayote	Sweet Corn, and	Sauteed Carrots	Chicken Barbecue		Boiled Saba	Rice	Lean Pork	neo Goaya	Rice	- Pechay	Bukid with Pechay				Mineappie	Rice	Adobong Sitaw		Papaya	Rice	Vegetables	Sinigang na Turcillo	Mango	Vegetables	Chicken leg, small	Chicken Tipolis	
	2			en breast≒30 g	304		THE RESIDENCE OF THE PROPERTY AND PROPERTY OF THE PROPERTY OF	each	8 pieces, 4x2 cm	1cup	1 cup	1 matchbox size				1 piece, 6 cm diameter			1 cup			1 piece, 10x4 cm	1 cup	1 matchbox size	diameter each	1 cup	1 cup	1 piece small size				1 Since of 10x6x2 cm	1 cup	1 matchbox size		1 slice of 10x6x2 cm	1 cup	1 cup		1 slice, 12x7 cm	1 cup	1 piece		
							_]		Pomelo	Rice	Vegetables	small	Chicken leg,	Manok	Sinampalukang			Pear	Rice	Porkchop		100	Apple	Bulanglang		Latundan	Rice	Lean Beef	200	Rambutan	Rice	and Saluyot		small		Dalanghita	Rice	Chapsuev	Tofu Steak		Watermelon	Rice	Fried Galungong	ļ
								cm each	3 segments, 8x4x3	1 cup		1 сир	1 piece				diameter	1 piece of 6 cm	1 cup	1 matchbox size		diameter	1 cup	1 cup		1 piece, 9x3 cm	1 cup	1 matchbox	STORY CONTRACT	8 pieces, 3 cm	1 cup	1 cup	•	1 prece	grameter each	2 preces, 6 cm	cup	each	1 piece, 6x6x2 cm		1 slice, 12x6x3 cm	1 000	1 piece small size	C177
										PM: Banana Cue	•	****		Sandwich	AM: Peanut Butter			PM: Turon	bread	AM: Spanish	-	PM: Puto, white		AM: Ensaymada		Cassava	PM: Suman	AM; Pan de Coco			PM: Kutsinta			AM: Kababayan		Guisado	PM: Pansit		AM: Boiled Corn	S more	PM: Boiled	000	AM:Suman sa	
								each	9 1/2x4cm	2 pieces.		butter	Tbsp. Peanut	bread and 1	2 piece loaf		9 1/2x3 1/2x1 cm	1 piece,	cm each	2 pieces , 10x4	9 1/2x3x3 1/2 cm each	2 slices.	cm thick each	cm diameter x 2		cm	1 piece, 15x3x2	cm each	CHEGCH	diameter x 2 1/2	2 pieces, 6 cm	each	1/2 cm thickness	cm diameter x 1			1 cup	cm each	2 pieces, 12x4	diameter	1 piece of 11 cm	Cili eacil	2 pieces, 8x4x2	טוומנאט

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

	Bre	Breakfast ▼	-	Lunch	Suk	Supper		Snacks
	Lakatan	1 piece, 9x3cm			Fried Galungong Pinakbet	ops ces small size	AM:Suman sa ibos	1 piece, 8x4x2 cm
Day :	Camote Tops Salad, with Tomatoes	1.2 cups	Vegetables	1 2 cups	Watermelon	1 slice, 12x6x3 cm	PM: Boiled Carnote	1/2 piece of 11 cm long x4 1/2
	Rice		Rice Mango	2 cups 1 slice, 12x7 cm				cm diameter
	Pineapple Chicken Adobo	1 slice of 10x6x2cm	Sinigang na Turcillo Turcillo	2 slices	Tofu Steak	, 6x6x2 cm	AM: Boiled Corn	1 piece, 12x4 cm
ay 2	Chicken leg, small Steamed Carrots	2 pieces 1 2 cups	Vegetables	1.2 cups		2 cups	PM: Pansit	1/2 cup
D	Sayote and Baguio Beans		Papaya Papaya	2 cups 1 slice, 10x6x2 cm	Dalanghita	2 pieces, 6 cm diameter each	Gursado	
T	Rice	2 cups	Beef Steak	2 matchbox size	Fried Chicken, log		AM.	2 nieces 4 1/2
	Tuna Sandwich	diameter each	Adobong Sitaw	2 matchbox size  1 · 2 cups  2 cups	small	z pieces	Kababayan	cm diameter x 1 1/2 cm thickness
эу 3	with Cabbage and Tomatoes		apple	1 slice, 10x6x2 cm	Steamed Alugbati and Saluyot	1-2 cups		each
Da	Flaked Tuna	1/4 cup				2 cups	PM: Kutsinta	1 piece, 6 cm
	Cabbage and Tomatoes Loaf Bread	1-2 cups 8 slices			Rambutan	8 pieces, 3 cm diameter each		diameter x 2 1/2 cm
4	Papaya Homemade Pork Tocino	1 slice of 10x6x2 cm 2 matchbox sizes	Ginataang Dalagang Bukid with Pechay Dalagang Bukid	2 pieces small size	Beef Bulalo Lean Beef Vegetables	2 matchbox sizes 1-2 cups	AM; Pan de Coco	1 piece, 7x6 cm
Da	Rice	2 cups	Rice Red Guava	2 cups 2 pieces, 4 cm diameter each	Rice Latundan	2 cups 1 prece, 9x3 cm	Cassava	em tra presentanona
ry 5	Mango Chicken Arroz Caldo with Carrots and	1 slice of 12x7 cm	Pork Nilaga Lean Pork Vegetables	2 matchbox sizes 1-2 cups	Fried Tilapia Bulanglang Rice Apple	2 pieces small size 1-2 cups 2 cups 1 piece, ficm	AM: Ensaymada	1 piece, 8 1/2 cm diameter x 2 cm thick
Da	Chicken Breast Vegetables Rice	2 matchbox sizes 1 - 2 cups 2 cups	Rice Boiled Saba	2 cups 1 piece, 10x4 cm			ite	1 slice, 9 1/2x 3 x3 1/2 cm
	Melon Beef & Veggie	1 slice, 12x10x3 cm	Chicken Barbecue Chicken leg, small Sauteed Carrots	2 pieces 1-2 cups	Porkchop Dinengdeng Rice	2 matchbox sizes 1-2 cups 2 cups	AM: Spanish Bread	1 piece, 10x4 cm
Day 6	Lean Ground Beef Vegetables	4 Tbsps. 1 2 cups			Pear	1 piece, 6 cm diameter	PM: Turon	1 piece, 9 1/2 x 3 1/2 x 1 cm
	Pan de Sal	8 small pieces	Indian Mango	2 cups 1 piece, 6 cm dia meter				
-	Latundan	1 piece of 9x3 cm	Stir-Fried beef with		Sinampalukang		AM: Peanut Butter	1 prece loaf
	Fried Tanigue	1 slice	and Quliflower		Chicken log,	2 pieces	Sandwich	peanut butter
Day 7	Adobong Kangkong	1.2 cups	LeanBeef	2 matchbox sizes	small			
	Rice	2 cups	Vegetables	1.2 cups	Vegetables	1-2 cups		
			Rice	2 cups	Rice	2 cups	PM: Banana Cue	1 piece
								The state of the s
	Based on the Food Exch	Based on the Food Exchange List (FEL) in Meal Planning:	ning:					
	1 cup of rice = 160 g		1 matchbox size of chicken breast + 30 g	en breast + 30 g				
	1 cup of cooked vegetables = 90 g	bles = 90 g	1 small size fish = 35 g					
	1 matchbox size of beef and	fand pork = 30 g	1 slice of fish ± 35 g					
	1 small chicken leg = 30 g	36	1 medium size fish 4 55 g					
	1 medium chicken leg - 45 g	45 g			L			

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

1		Breaktast			ungong	1 piece	li size
1	Lakatan Fried Bangus	1 piece, 9x3cm 1 slice	Chicken Tinola - Chicken leg, small	1 piece	Pinakbet Rice		
Day :	Camote Tops Salad,	1-1 1/2 cups	- Vegetables	1-1 1/2 cups	Watermelon		1 slice, 12x6x3 cm PM: Boiled
	Rice	1 1/2 cups	Rice Mango	1 1/2 cups 1 slice, 12x7 cm			
2	Pineapple Chicken Adobo - Chicken leg, small	1 slice, 10x6x2cm	Sinigang na Turcillo - Turcillo - Vegetables	1 slice 1-1 1/2 cups	Tofu Steak Chopsuey Rice	:	1 piece, 6x6x2 cm AM: Boiled Corn 1-1 1/2 cups 1 1/2 cups
Day	Steamed Carrots Sayote and Baguio Beans	1-1 1/2 cups	Rice Рарауз	1-1 1/2 cups 1 slice, 10x6x2 cm	Dalanghita		2 pieces, 6 cm PM: Pansit diameter each Guisado
I	Rice	1 1/2 cups	Beef Creak	1 march hove class	Eried Chicken		
	Dalandan	diameter each	Adobong Sitaw	1-11/2 cups	small		
<b>y</b> 3	with Cabbage and		Pineapple	1 slice, 10x6x2 cm	and Saluyot	5000	
Day	Tomatoes - Flaked Tuna - Cabbage and	2 Tbsps. 1-1 1/2 cups			Rambutan		1 1/2 cups 8 pieces, 3 cm PM: Kutsinta
	- Loaf Bread	6 slices					
4	Papaya Homemade Pork Tocino	1 slice of 10x6x2 cm 1 matchbox size	Ginataang Dalagang Bukid with Pechay  Dalagang Bukid	1 piece small size	- Lean Beef	,	1 matchbox size 1-11/2 cups
Day 4	Pako Salad	1 - 1 1/2 cups	- Pechay	1-1 1/2 cups	Dire Geradore		
	;		Red Guava	2 pieces, 4 cm diameter each	Latundan		1 piece, 9x3 cm
y 5	Mango Chicken Arroz Caldo with Carrots and Malunggay	1 slice of 12x7 cm	Pork Nilaga - Lean Pork - Vegetables	1 matchbox size 1- 1 1/2 cups	Fried Tilapia Bulanglang Rice Apple	<u>ئ</u>	ia I piece small size AM: Ensaymada I-1 1/2 cups I 1/2 cups I piece - 6 cm
De	- Chicken Breast - Vegetables - Rice	1 matchbox size 1-1 1/2 cups 1 1/2 cups	Rice Boiled Saba	1 1/2 cups 1 piece, 10x4 cm			diameter PM: Puto, white
	Meion Beef & Veggie Patty	1 slice, 12x10x3 cm	Chicken Barbecue - Chicken leg, small Sauteed Carrots	1 piece 1-1 1/2 cups	Porkchop Dinengdeng Rice		1 matchbox size AM: Spanish 1-1 1/2 cups Bread 1 1/2 cups
Day 6	<ul> <li>Lean Ground Beef</li> <li>Vegetables</li> </ul>	2 Tbsps. 1-1 1/2 cups	Sweet Corn, and Sayote		Pear		1 piece, 6 cm PM: Turon dia meter
	Pan de Sal	6 pieces small size	Indian Mango	1 1/2 cups 1 piece, 6 cm diameter each			
	Latundan	1 piece of 9x3 cm	Stir-Fried beef with		Sinampalukang		AM: Peanut Butter
	Fried Tanigue	1 slice	Chinese Cabbage		Manok		Sandwich
ay 7	Rice	1 1/2 cups	- LeanBeef	1 matchbox size	small small		F U e c
D,			- Vegetables	1-1 1/2 cups	- Vesetables		1-1 1/2 cups
			Rice	1 1/2 cups	Rice		as 1-11/2 cups PM: Banana Cue
			Lansones	8 pieces, 4x2 cm each	Pomelo		3 segments, 8x4x3 cm each
	Based on the Food Ex	Based on the Food Exchange List (FEL) in Meal Planning:	nning:				
	1 cup of rice = 160 g		1 matchbox size of chicken breast = 30 g	en breast = 30 g			
	1 cup of cooked vegetables = 90 g	ables = 90 g	1 small size fish ≠ 35 g				
	1 matchbox size of beef and pork =	ef and pork = 30 g	1 slice of fish = 35 g				
	1 small chicken leg = 30 g	308	1 medium size fish = 55 g	80			
	Three didni chievani lag : 42 8	1 45 6					

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

	Day 7	Day 6	Day 5 Day 4	Day 3	Day 2	Day 1
Based on the Food Exchange List (Figure 160 g) 1 cup of rice - 160 g 1 cup of cooked vegetables - 90 g 1 matchbox size of beef and pork -	Fried Tanigue Fried Egg Adobong Kangkong Rice	ggie und Beef les	Homemade Pork Tocino Tocino Pako Salad Rice Ohicken Arroz Caldo With Carrots and Malunggay - Chicken Breast - Vegetables - Rice	Dalandan Tuna Sandwich with Cabbage and Tomatoes - Flaked Tuna - Cabbage and Tomatoes - Loaf Bread	dobo eg, small jarrots d Baguio	Bre- Lakatan Fried Bangus Camote Tops Salad, with Tomatoes Rice
Based on the Food Exchange List (FEL) in Meal Planning: 1 cup of rice + 160 g 1 cup of cooked vegetables - 90 g 1 srf 1 matchbox size of beef and pork - 30 g 1 srf 1 small chicken leg - 30 g 1 me	1 slice of fish 1 slice of fish 1 piece 1-1 1/2 cups 1 1/2 cups	1 slice, 12x10x3 cm 4 Tbsps 1-1 1/2 cups 6 pieces	2 matchbox sizes 1-11/2 cups 11/2 cups 11/2 cups 2 matchbox sizes 11/2 cups 11/2 cups	2 preces, 6 cm diameter each 1/4 cup 1-1 1/2 cups 6 slices of 10x6x2 cm	1 slice of 10x6x2cm 2 pieces 1-1 1/2 cups 1 1/2 cups	Breakfast  1 piece, 9x3cm 2 slices 1-11/2 cups 1-1/2 cups
tchboxsize of chick tall size fish = 35 g ce of fish = 35 g	Ohinese Cabbage and Guilflower -teanBeef -vegetables Rice Rice	Chicken deline - Chicken deline - Chicken leg, medium Sauteed Carrols Sweet Corn, and Sayote Rice Rice	Bukid with Pechay Calapang Bukid Pechay Rice Red Guava Pork Wilaga - Lean Pork - Vegetables Rice Boiled Saba	Beet Steak Adobong Sitaw Rice Pineapple Pineapple	Sinigang na Turcillo - Turcillo - Vegetables Rice Papaya	Chicken Tinola - Chicken leg small - Vegetables Rice Mango
en breast = 30 g	2 matchboxsizes 1-1 1/2 cups 1 1/2 cups 8 pieces, 4x2 cm each	2 pie ces 1-11/2 cups 1.1/2 cups 1.1/2 cups 1. pie ce, 6 cm diameter each	2 pieces medium size 1-1.1/2 cups 1-1/2 cups 2 pieces, 4 cm diameter each 2 matchbox sizes 1-1/2 cups 1 1/2 cups	2 matchbox sizes 1-11/2 cups 1-1/2 cups 1 slice, 10x6x2 cm	2 slices 1-1 1/2 cups 1-1 1/2 cups 1-1 1/2 cups 1 slice, 10x6x2 cm	2 pieces 2 pieces 1-1 1/2 cups 1 1/2 cups 1 slice, 12x7 cm
	Manok Manok - Chicken leg, medium - Vegetables Rice Pomelo	Pear Pear	- Lean Beef - Vegetables Rice - Latundan - Fried Tilapia - Bulanglang - Rice - Apple	rned Chicken leg, medium Steamed Alugbati and Saluyot Rice Rambutan	Tofu Steak Chopsuey Rice Dalanghita	Fried Galungong Pinakbet Rice Watermeion
	2 pieces 1-1 1/2 cups 1 1/2 cups 3 segments, 8x4x3 cm each	2 malchbox sizes 1-1 1/2 cups 1-1 1/2 cups 1 piece, 6 cm diameter	2 matchbox sizes 1-1.1/2 cups 11/2 cups 1 piece, 9x3 cm 2 pieces medium ize 1-1.1/2 cups 1 piece, 6 cm diameter	2 pieces 1-1 1/2 cups 1 1/2 cups 1 1/2 cups 6 pieces, 3 cm diameter each	2 pieces, 6x6x2 cm each 1-1 1/2 cups 1 1/2 cups 2 pieces, 6 cm diameter each	Supper  Disces medium size  1-1 1/2 cups  1 1/2 cups  1 1/2 cups  1 slice, 12x6x3 cm
	Sandwich Sandwich PM: Banana Cue	Bread PM: Turon	PM: Suman Cassava AM: Ensaymada PM: Puto, white	ANY: Kababayan PM: Kutsinta	AM: Boiled Corn PM: Pansit Guisado	AM:Suman sa ibos PM:Boiled Camote
	2 pieces 2 pieces 2 pieces 2 pieces	2 pieces, 10x4 cm each 1 piece, 9 1/2 x 3 1/2 x 1 cm	each  1 prece, 15x3x2  cm  2 preces, 8 1/2  cm diameter x 2  cm thick each 2 slices, 9 1/2 x 3 x 3 1/2 cm each	4 pieces, 4 1/2 cm diameter x1 1/2 cm thickness each 2 pieces, 6 cm diameter x 2 1/2 cm each 2 nieces, 76 cm	2 pieces, 12x4 cm each 1 cup	Snacks 2 pieces, 8x4x2 cm each 1 piece, 11 cm long x 41/2 cm diameter

id Exchange List (FEL) in Meal Planning:	Planning:
8	1 matchbox size of chicken breast = 30 g
egetables = 90 g	1 small size fish ≈ 35 g
of beef and pork = 30 g	1 slice of fish = 35 g
eg = 30 g	1 medium size fish = 55 g
n leg = 45 g	

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

*	Bre	Breakfast ▼	Lu	Lunch		Supper	
l		1 piece, 9x3cm	Chicken Tinola	7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	Pinakbet Pinakbet	2 pieces sman size	ibos
ay 1	Camote Tops Salad,	1 cup	small	* bieces	Watermelon	1 slice, 12x6x3 cm	PM: Boiled
Dr	Tomatoes		Vegetables	1 Cu p			Camote
	Rice	1 cup	Mango	1 cup 1 slice, 12x7 cm			
	Pineapple Chicken Adobo	1 slice, 10x6x2cm	Sinigang na Turcillo Turcillo	2 slices	Tofu Steak	2 pieces, 6x6x2 cm	AM: Boiled Corn
2	Chicken leg, small	2 pieces	Vegetables	1 cup	Chapsuey	1 cup	
Day	Steamed Carrots				Rice	1 cup	PM: Pansit
С	Sayote and Baguio	1 cup	Rice	1 stice, 10x6x2 cm	Dalanghita	2 pieces, 6 cm	Guisado
	Rice	1 cup	марауа	1 Stice, 10x8x2 cm		diameter each	
	Dalandan	2 pieces, 6 cm	Beef Steak	2 matchbox sizes	Fried Chicken leg,	2 pieces	AM:
	1	diameter each	Adobong Sitaw	1 cup	Steamed Aluebati	T CEN	Kababayan
3	with Cabbage and		Pineapple	1 slice, 10x6x2 cm	and Saluyot	Trop	
ay	Tomatoes				Rice	1 cup	
D	Flaked Tuna	1/4 cup			Rambutan	8 pieces, 3 cm	PM: Kutsinta
	Cabbage and	1 cup				diameter each	
	Loaf Bread	4 slices					
	Papaya Homemade Pork	1 slice of 10x6x2 cm	Ginataang Dalagang Bukid with Pechay		Beef Bulalo	2 matchbox sizes	AM; Pan de Coco
4	Tacino		Dalagang Bukid	2 pieces small size	Vegetables	1 cup	
Day	Pako Salad	1 cup	Pechay	1 cup			PM: Suman
	ļ	9	Guava	2 pieces, 4 cm	Latundan	1 piece, 9x3 cm	
	Mango	1 slice of 12x7 cm			Fried Tilapia	2 pieces small size	AM: Ensaymada
5	with Carrots and		Vegetables	1 cup	Rice	1 cup	
Эау !	Malunggay				Apple	1 piece, 6 cm	
	Vegetables	1 cup	Borled Saba	1 piece, 10x4 cm		diameter	PM: Puto, white
	Rice	1 cup					
	Melon	1 slice, 12x10x3 cm		) nieces	Porkchop	2 matchbox sizes	AM: Spanish
	Patty		Sauteed Carrots	1 cup	Rice	1 cup	on and o
ау б	Lean Ground Beef	4 Tbsps	Sweet Corn, and		Pear	1 piece, 6 cm	PM: Turon
C	0	1	Rice	1 cup			
	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 slice small fish	Chinese Cabbage		Manok		Sandwich
7	fried Egg	1 piece	and Cauliflower		Chicken leg,	2 pieces	
Day	Adobong Kangkong	1 cup	LeanBeef	2 matchbox sizes	medium		
D	Rice	1 cup	Vegetables	1 cup	Vegetables	1 cup	
			Rice	1 cup	Rice	1 cup	PM: Banana Cue
			Lansones	8 pieces, 4x2 cm each	Pomeio	3 segments, 8x4x3 cm each	
			tans unes		College	- 10	
	Based on the Food Exc	Based on the Food Exchange List (FEL) in Meal Planning:	nning:				
	1 cup of nice = 160 g		1 matchbox size of chicken breast = 30	n breast = 30 g			
	1 cup of cooked vegetables = 90 g	bles = 90 g	1 small size fish = 35 g				
	1 matchbox size of beef and pork	ef and pork = 30 g	1 slice of fish ≠ 35 g				
	1 small chicken leg = 30 g	30 g	1 medium size fish = 55 g	5			
	medium chicken in	45 8					

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

									Day	7					Da	y 6					Da	y 5					Day	y 4					Day	/ 3					Day	2				Da	y 1		I	4
1 small chicken leg ≈ 30 g	I matchbox size of beef and pork = 30 g	1 cup of cooked vegetables = 90 g	1 cup of rice = 160 g	Based on the Food Exch				Rice	Adobong Kangkong	Fried Egg	Fried Tanigue	Latundan		Pan de Sal	es	- Lean Ground Beef	Party Severage in	Melon			- Chicken Breast	Malunggay	Chicken Arroz Caldo	Mango			Pako Salad		Homemade Pork	- Loaf Bread		· Cabbase and		with Cabbage and	Tuna Sandwich	Dalandan		and Baguio		- Chicken leg, small	Chicken Adobo			with Tomatoes		Lakatan	9	Bre
era .	and pork = 30 g	les = 90 g		Based on the Food Exchange List (FEL) in Meal Planning:				1 cup	1 cup	1 piece	1 stice small size	1 piece of 9x3 cm	e a cri	4 small pieces, 1/8	;	4 Tbsps.		1 slice, 12x 10x3 cm	1 cup	1 cup	2 matchbox sizes			1 slice of 12x7 cm		1 0 0 0	1 cup		2 matchbox sizes	4 slices		1 cup	1/4 000			diameter each	1 cup	1 cup		2 pieces	T SHICE OF TOXOXECTE	1 11 12 11 10 10 10 10 10 10 10 10 10 10 10 10	1 cup	T	2 slices	1 piece, 9x3cm		Breakfast v
1 medium size fish = 55 g	1 slice of fish + 35 g	1 small size fish = 35 g	1 matchbox size of chicken breast = 30 g	ining:		Lansones	Rice	- Vegetables	- LeanBeef	and Cauliflower	Chinese Cabbage	Stir-Fried beef with	nanan wango	Rice	Sayote	Sweet Corn, and	Sauteed Carrots	Chicken Barbecue		Boiled Saba	Rice	4 6 5 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6		Pork Nilaga		Red Guava	Rice	- Dalagang Bukid	Bukid with Pechay	Cinata and Dalagand				apple		Adobone Sitaw		Papaya	Rice	- Vegetables	- Turcitlo	Mango	Rice	- Vegetables	- Chicken leg	Chicken Tinola		
014			en breast ± 30 g			8 pieces, 4x2 cm each	1 cup	1 cup	2 matchbox sizes				diameter	1 cup	•		1 cup			1 piece, 10x4 cm	1 cup	7	Z III a CHIDOX SIZES		diameter each	2 pieces, 4 cm	1 cup	2 pieces small size						1 stice, 10x6x2 cm	1 cup	1 cup		1 slice, 10x6x2 cm	1 cup	1 cup	2 slices	1 slice, 12x7 cm		1 cup	2 pieces			Lunch
					J	Pomelo	Rice	- Vegetables	medium	- Chicken leg,	Manok	Sinampalukang				Pear	Rice	Porkchop			1	Apple	Burgustang	Fried Tilapia		Latundan	R. Ce	-Vegetables	- Lean Beef	Brof B.			Rice	and Saluyot	Steamed Alugbati	medium	A Constant of the Constant of	Dalanghita	Rice	Chopsuey	1010 0000	Total Stant		* o known to 10 in	Rice	Pinakbet	Fried Galungong	
						3 segments, 8x4x3 cm each	1 cup	1 cup		2 pieces					diameter	1 piece, 6 cm	1 cup	2 matchbox sizes			diameter	1 piece, 6 cm	1 000	2 pieces small size		1 piece, 9x3 cm	1 010	1 cup	2 matchbox sizes			diameter each	8 pieces, 3 cm	•	1 cup	z pieces	oraline mach	2 pieces, 6 cm	1 cup	1 cup	each	7 5 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6		A DITTOR, ARADAD CITY		1 cup	2 pieces small size	nner -
							PM: Banana Cue				Sandwich	AM: Peanut Butter		-		PM: Turon	9	AM: Spanish			PM: Puto, white	Ten ad a		AM: Ensaymada		0.000	Cassawa		ANT PAR GE COCO	AKA B. J. Co.			PM: Kursinta		-	Kababayan		Guisado	PM: Pansit		Airi. Dolled Com	AMABATA		Campte	DNA: BOILE	ibos	AM-Suman sa	
						9 1/2 x 4 cm each	2 pieces		Tosp. Peanut butter	bread and 1	2 pieces loaf				9 1/2 x 3 1/2 x 1 cm	1 piece,	0.00	2 pieces, 10x4	each	9 1/2 x 3 x 3 1/2 cm	2 slices,	CIT CITICS MACE	cm diameter x z	2 preces, 8 1/2 cm		-	1 piece, 15x3x2		cm each	3	cm each	diameter x 2 1/2	) nieras 6 cm	each	1/2 cm thickness	a pieces, 4 1/2			1 cup		cm each	13.4	diameter	lone x 4 1/2 cm		cm each	Dieres 8x4x2	Spacks

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

	Bre	Breakfast •	Lu	Lunch	Sup	Supper		Snacks
	Lakatan	1 piece, 9x3cm	Chicken Tinola		Fried Galungong Pinakbet	ces small size	AM:Suman sa ibos	2 pieces, 8x4x2
y 1		2 slices	- Chicken leg	2 pieces	Watermelon	1 slice 12x6x3 cm	PM: Boiled	1/2 5 11 5 11
Da	with Tomatoes	4 (2)	· Vegetables	3/4 cup		Silver, Adams on	Carnote	long x 4 1/2 cm
		3/4 cup	Rice	3/4 cup 1 slice, 12×7 cm				diameter
T	Pineapple	1 slice of 10x6x2cm	g na Turcillo	) elicae	Tofu Steak	2 pieces, 6x6x2 cm	AM: Boiled Corn	1 piece, 12×4
2	- Chicken leg, small	2 pieces	· Vegetables	3/4 cup	Chapsuey	3/4 cup		n a c
Day	Steamed Carrots	3/4 cup	Rice	3/4 cup 1 slice, 10x6x2 cm	Rice	3/4 cup 2 nieces, 6 cm	PM: Pansit Guisado	1/2 cup
	Beans	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	10000	# 00000 CTT	600	diameter each	6 6	
	Rice	3/4 cup						
	Dalandan	2 pieces, 6 cm		2 matchbox sizes	Fried Chicken leg,	2 pieces	AM:	2pieces, 41/2
	Tuna Sandwich	diameter each	Adobong Sitaw	3/4 cup	Steamed Alusbati	3/4 cup	Kababayan	cm diameter x 1
3	with Cabbage and		Pineapple	1 slice, 10x6x2 cm	and Saluyot	4 66		each
ау					Rice	3/4 cup		
D;	nua	1/4 cup			Rambutan	8 pieces, 3 cm	PM: Kutsinta	1 piece, 6 cm
	<u>.</u>	3/4 cup				diameter each		diameter x 2 1/2
	- Loaf Bread	3 slices						
	Papaya Homemade Pork	1 slice of 10x6x2 cm 2 matchbox sizes	Ginataang Dalagang Bukid with Pechay		Seef Bulalo - Lean Beef	2 matchbox sizes	AM; Pan de Coco	1 piece, 7x6 cm each
y 4	Tocino			2 pieces small size	-Vegetables	3/4 cup	DNA: Suman	1/3 5:500 15:323
Da	Rice	3/4 cup		3/4 cup	Rice	3/4 cup	Cassava	cm
			Red Guava	2 pieces, 4 cm diameter each	Latundan	1 piece, 9x3 cm		
1	Mango	1 slice, 12x7 cm	Pork Nilaga	T matchbox sizes	Fried Tilapia	2 pieces small size	AM: Ensaymada	1 piece, 8 1/2 cm
5	with Carrots and		- Vegetables	3/4 cup	Rice	3/4 cup		cm thick each
Day	Malunggay				Apple	1 piece, 6 cm		
	- Chicken Breast	2 matchbox sizes	Rice Sit			diameter	PM: Puta, white	1 slice.
	- Vegetables	3/4 cup	Boiled Saba	1 piece, 10x4 cm				each
1	Melon	1 slice, 12x 10x3 cm	Chicken Barbecue		Parkchap	2 matchbox sizes	AM: Spanish	1 piece, 10x4
	Beef & Veggie		edium	2 pieces	Dinengdeng		Bread	cm each
6	Patty	4 Thans	Sweet Corn, and	3/4 cup	Pear	1 piece, 6 cm	PM: Turan	1 piece
Day		3/4 cup	Sayote		-	diameter		9 1/2 x 3 1/2 x 1 cm
		3 small pieces		3/4 cup				
		each	Indian Mango	diameter				
	Latundan	1 piece, 9x3 cm	Stir-fried beef with		Sinampalukang		AM: Peanut Butter	
	Fried Tanigue	1 slice small size	Chinese Cabbage		Manok		Sandwich	1 piece loaf
7	Fried Egg	1 piece	and Cauliflower		- Chicken leg,	2 pieces		bread and 2
 Эау	Adobong Kangkong	3/4 cup	- LeanBeef	2 matchbox sizes	medium			Tbsp. Peanut butter
	Rice	3/4 cup	- Vegetables	3/4 cup	- Vegetables	3/4 cup		
			Rice	3/4 cup	Rice	3/4 cup	PM: Banana Cue	1 piece.
	The same of the sa		Lansones	8 pieces, 4x2 cm each	Pomelo	3 segments, 8x4x3 cm each		9 1/2 x 4 cm each
	Based on the Food Exch	Based on the Food Exchange List (FEL) in Meal Planning:	ning:	TO STATE OF THE PARTY OF THE PA				
	1 cup of rice = 160 g		1 matchbox size of chicken breast = 30 g	en breast = 30 g				
	1 cup of cooked vegetables = 90 g	bles = 90 g	1 small size fish = 35 g					
	1 matchbox size of beef and pork =	fand pork = 30 g	1 slice of fish = 35 g					
	1 cmall chicken lea = 30	1	1 medium size fish = 55 s					
	T Small chicken reg = 30 g	00	Tuedidin arte ilan : 228					