PINGGANG PINOY®

A food guide using a food plate model to show the recommended proportion by food group in every meal.

GO ENERGY GIVING

Go for rice, root crops, pasta, bread, and other carbohydrate-rich foods, which provide energy to support bodily functions and physical activity

Choose whole grains like brown rice, corn, whole wheat bread, and oatmeal which contain more fiber and nutrients than refined grains and are linked to lower risk of heart disease, diabetes, and other health problems.

GLOWBODY REGULATING

Enjoy a wide variety of fruits and vegetables, which are packed with vitamins, minerals and fiber needed for the regulation of body processes.

GROWBODY BUILDING

Eat fish, shellfish, lean meat, poultry, eggs, and dried beans and nuts needed for the growth and repair of body tissues.

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

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

WATER

Drink lots of water every day for adequate hydration.

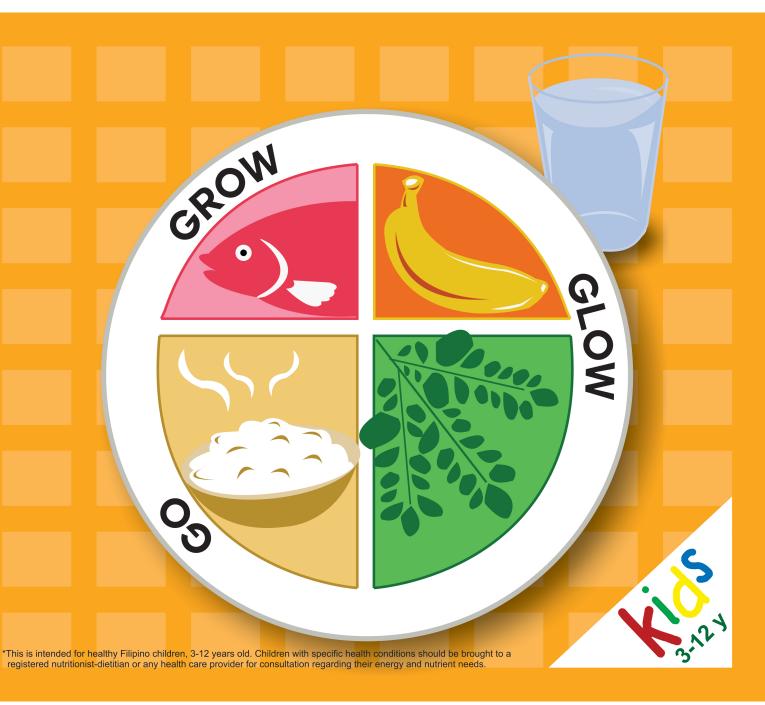
Limit intake of sugar-sweetened beverages to reduce the risk of obesity and tooth decay.

P HEALTH TIPS:

Eat less salty, fried, fatty and sugar-rich foods to prevent chronic diseases. Prepare a good breakfast to have enough fuel to get through the day. Get creative when cooking meals for kids. Serve healthy snacks.

Understand nutrition information on product labels to make smart food choices.





HOW TO FILL UP YOUR KID'S PLATE

GO Rice & alternatives

Any of the following:

- 2 slices of small loaf bread
 ½ cup of cooked noodles (ex. pansit)
 ½ medium piece of root crop (ex. kamote)

- 3 pieces of small pandesal
 3 slices of small pandesal
 3 slices of small loaf bread
 4 cup of cooked noodles (ex. pansit)
 4 medium piece of root crop
 (ex. kamote)

- (ex. pansit)1 medium piece of root crop

GROW Fish & alternatives



- ½ piece (small size) medium variety of fish (ex. galunggong)
 ½ slice of large variety of fish (ex. bangus)
 ½ serving of lean meat, 15 g
- (ex. chicken, pork, beef) ½ piece of tokwa
- ½ piece of small chicken egg

- Any of the following:
 ½ piece (small size) medium variety of fish (ex. galunggong)
 ½ slice of large variety of fish (ex. bangus)
- ½ serving of lean meat, 15 g (ex. chicken, pork, beef)
 ½ piece of tokwa
- ½ piece of small chicken egg

Any of the following:

- 1 piece (small size) medium variety of fish (ex. galunggong)
- 1 slice of large variety of fish (ex. bangus)
 1 piece of small chicken leg
- 1 serving of lean meat, 30 g
- (ex. chicken, pork, beef)

 1 piece of tokwa, 6 x 6 x 2 cm

 1 piece of small chicken egg

GLOW Vegetables



1/2 cup of cooked vegetables

(ex. malunggay, saluyot, gabi leaves, talinum, ampalaya, kalabasa, carrots, sitaw)

3/4 cup of cooked vegetables

(ex. malunggay, saluyot, gabi leaves, talinum, ampalaya, kalabasa, carrots, sitaw)

3/4-1 cup of cooked vegetables

(ex. malunggay, saluyot, gabi leaves, talinum, ampalaya, kalabasa, carrots, sitaw)

GLOW Fruits

Any of the following:

- (ex. saging, dalanghita, mangga)
 ½ 1 slice of big fruit

- (ex. saging, dalanghita, mangga)

 1 slice of big fruit



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SAMPLE ONE-DAY MEAL PLAN*

Breakfast

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

Fried Egg Camote Tops Salad with Tomatoes Rice Banana

Lunch

Chicken Tinola with Green Papaya and Malunggay Rice Mango

Dinner

Fried Galunggong Pinakbet Rice Watermelon

Snack

A.M Snack Suman

P.M Snack Boiled Camote











5 or more glasses of water throughout the day



1 glass of milk daily

*based on a 1300-calorie diet















glasses of water throughout the day



1 glass of milk daily *based on a 1500-calorie diet

















mvc@fnri.dost.gov.ph • mar_v_c@yahoo.com

1 glass of milk daily

*based on a 2000-calorie diet



(02) 837 2934 or (02) 839 1839 nhttp://www.fnri.dost.gov.ph

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