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 other health problems.

GLOW BODY REGULATING

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

Take green, leafy vegetables, which have high iron and folate content to support the increased requirement for these critical nutrients

GROW BODY BUILDING

Eat fish, shellfish, lean meat, poultry, eggs, and dried beans and nuts needed to support growth and muscle development.

Have enough animal-based protein foods, which provide more absorbable iron.

Include fatty fish in the diet like 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.

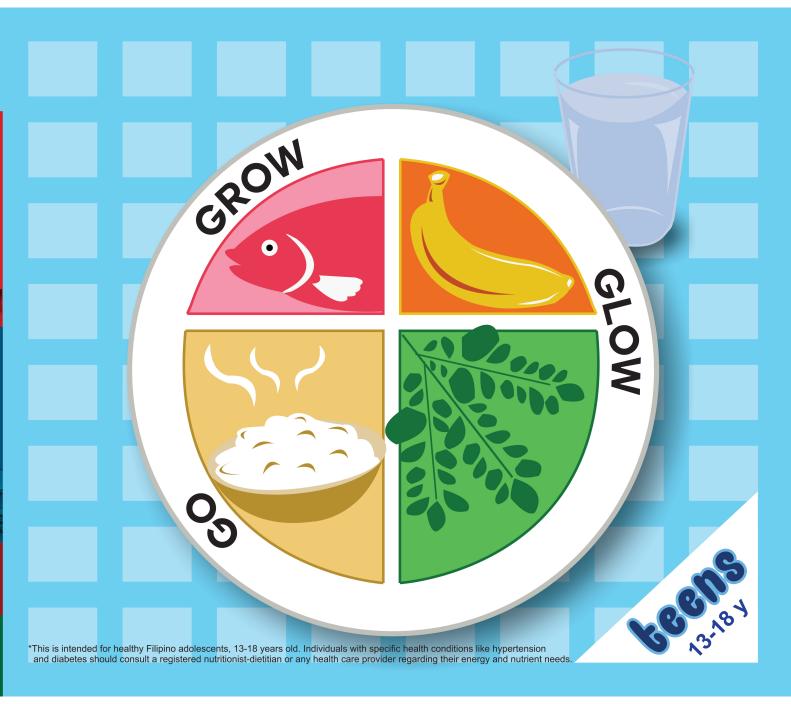
Limit intake of sugar-sweetened beverages to reduce the risk of obesity and tooth decay.

HEALTH TIPS: Eat less salty, fried, fatty and sugar-rich foods to prevent chronic diseases. Do not skip breakfast. Select healthy snacks Get enough rest and sleep.

Do not smoke and drink alcoholic beverages.

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





HOW TO FILL UP YOUR PLATE

GO Rice & alternatives



- (ex. pansit)2 medium pieces of root crop (ex. kamote)

- Any of the following:

 1 ½ cups of cooked rice

 6 pieces of small pandesal

 6 slices of small loaf bread

 1 ½ cups of cooked noodles

GROW Fish & alternatives

Any of the following:

- · 2 pieces (small size) medium variety of fish
- (ex. galunggong)2 slices of large variety of fish (ex. bangus)
- 2 pieces of small chicken leg
- 2 servings of lean meat, 30 g each (ex. chicken, pork, beef)
- 2 pieces of tokwa, 6 x 6 x 2 cm each
- 1 piece of small chicken egg and 1 piece of any food items mentioned above

- 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 cups of cooked vegetables

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

1- 1 ½ cups of cooked vegetables (ex. malunggay, saluyot, gabi leaves, talinum, ampalaya, kalabasa, carrots, sitaw)

GLOW Fruits



- 1 medium size fruit (ex. saging, dalanghita, mangga)
 1 slice of big fruit (ex. papaya, pinya, pakwan)

Any of the following:

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



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

SAMPLE ONE-DAY MEAL PLAN*

Breakfast

Fried Bangus Camote Tops Salad with Tomatoes Rice Banana

Lunch

Chicken Tinola with Green Papaya and Malunggay Rice Mango

Fried Galunggong Pinakbet Rice Watermelon

Snack

A.M Snack Suman

P.M Snack Boiled Camote















12 or more glasses of water



based on a 2850-calorie diet

9 or more

glasses of water throughout

















*based on a 2220-calorie diet







