

PIGGANG 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.

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 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.

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.



**STAY
PHYSICALLY
ACTIVE!**



teens
13-18 y

*This is intended for healthy Filipino adolescents, 13-18 years old. Individuals with specific health conditions like hypertension and diabetes should consult a registered nutritionist-dietitian or any health care provider regarding their energy and nutrient needs.

HOW TO FILL UP YOUR PLATE

MALE

FEMALE

GO Rice & alternatives



Any of the following:

- 2 cups of cooked rice
- 8 pieces of small *pandesal*
- 8 slices of small loaf bread
- 2 cups of cooked noodles (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 (ex. *pansit*)
- 1 ½ medium pieces of root crop (ex. *kamote*)

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



Any of the following:

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

Any of the following:

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

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

Dinner

Fried *Galunggong*
Pinakbet
Rice
Watermelon

Snack

A.M Snack
Suman
P.M Snack
Boiled *Camote*



12 or more
glasses of
water
throughout
the day

1 glass of
milk daily

*based on a 2850-calorie diet

MALE
13 - 18 YEARS OLD



9 or more
glasses of
water
throughout
the day

1 glass of
milk daily

*based on a 2220-calorie diet

FEMALE
13 - 18 YEARS OLD



PINGGANG PINOY®



Department of Science and Technology
Food and Nutrition Research Institute

Printed with the permission of the DOST - Food and Nutrition Research Institute
Copyright and Trademark Owner of Pinggang Pinoy.

✉ mvc@fnri.dost.gov.ph • mar_v_c@yahoo.com
☎ (02) 837 2934 or (02) 839 1839 🏠 <http://www.fnri.dost.gov.ph>
📘 [facebook.com/DOST.FNRI](https://www.facebook.com/DOST.FNRI) 🐦 twitter.com/DOST_FNRI