

## TALKING POINTS



**45<sup>TH</sup> NUTRITION MONTH**  
**JULY 2019**



**Kumain nang Wasto  
at Maging Aktibo...  
Push Natin 'to!**

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## 2019 NUTRITION MONTH TALKING POINTS

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**1. What is Nutrition Month?**

Presidential Decree 491 in 1974 declared that Nutrition Month shall be held every July to create greater awareness on the importance of nutrition among Filipinos. The law mandates the National Nutrition Council (NNC) to coordinate and lead the nationwide campaign.

**2. What is the theme of the 2019 Nutrition Month?**

The 2019 Nutrition Month theme is **“Kumain nang wasto at maging aktibo... push natin ‘to!’ (Eat healthy and do physical activity ... let’s push this!)**

The theme encourages everyone to advocate and realize the importance of healthy diets, increased physical activity and reduced sedentary behavior. Pushing the advocacy means that each and every one can contribute to better nutrition and physical activity for better health.

The Nutrition Month logo for the theme shows the balance that needs to be achieved through healthy diet as symbolized by the leaf of a vegetable and physical activity by moving figures of people.

**3. What are the objectives of the 2019 Nutrition Month?**

The campaign aims to catalyze actions to:

- a. promote the consumption of healthy diets, increased physical activity, and reduced sedentary behavior through activities of daily living among individuals and families;
- b. encourage the food industry including farmers, manufacturers, distributors and food establishments to produce and make available healthier food options; and
- c. advocate for the enactment of national and local legislation/policies and policies at the workplace, school and other venues that are supportive of an enabling environment for healthy diets and physical activity.

While Nutrition Month is observed during July, actions to achieve the objectives are expected to be sustained.

**4. What is the rationale for promoting nutrition and physical activity?**

- a. Physical activity and diet are two modifiable risk factors to non-communicable diseases.
- b. Regular physical activity protects against coronary heart disease, type 2 diabetes, some cancers, hypertension, obesity, clinical depression, and other chronic disorders.
- c. Sedentary behavior (prolonged sitting) may be a distinct risk factor, independent of physical activity, for multiple adverse health outcomes in adults.
- d. There is some evidence that suggests that nutrition and physical activity have complementary and interactive effects on many physiological parameters including energy balance, lipid balance, and glucose balance. Improving both nutrition and physical activity can result to better health outcomes.

**5. What are the key messages of Nutrition Month?**

- a. Have ONE hour or more of physical activity every day.
- b. Reduce screen time to TWO hours or less each day.
- c. Eat the THREE food groups every day for variety.

**6. What is physical activity?**

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure.<sup>1</sup> This includes walking, sports, active forms of recreation (zumba, yoga, etc.) and tasks in the house (cleaning, carrying, etc.). Exercise, on the other hand, is a form of physical activity that is planned, structured, repetitive, and purposive that aims to improve or maintain one or more components of physical fitness.<sup>2</sup> Exercise is performed during leisure time with the primary purpose of improving or maintaining physical fitness, physical performance, or health.

There are four types of physical activity: aerobic, muscle-strengthening, bone-strengthening, and stretching.<sup>3</sup>

- a. Aerobic activity, also called endurance activity, involves the use of large muscles such as those in the legs and arms. This activity is the type that benefits one's heart and lungs the most. Examples of aerobic activities are running, swimming, walking, cycling, dancing, and doing jumping jacks.

- b. Muscle-strengthening activities such as pushups, sit-ups, lifting weights, climbing stairs, and digging in the garden improve the strength, power, and endurance of muscles.
- c. Bone-strengthening activities are activities that makes bones strong. In this activity, the feet, legs, or arms support the body's weight, and the muscles push against the bones. Examples of bone-strengthening activities are running, walking, jumping rope, and lifting weights.

Muscle-strengthening and bone-strengthening activities can also be aerobic depending on whether they make your heart and lungs work harder than usual. Running is both an aerobic activity and a bone-strengthening activity.

- d. Stretching activities such as yoga helps improve one's flexibility and ability to fully move the joints.

## 7. What is physical inactivity and sedentary behavior?

**Physical inactivity** refers to a level of activity that is lower than that required to maintain good health or lower than recommended guidelines. It is different from **sedentary behavior** which is defined as any waking behavior characterized by an energy expenditure  $\leq 1.5$  metabolic equivalents, such as when a person sits or lies down for long periods.<sup>1</sup>

A person can do enough physical activity to meet the guidelines and still be considered sedentary if he or she spends a large amount of the day sitting or lying down at work, at home, school, or during leisure times. Examples of sedentary behavior include sitting or lying down while watching television or playing electronic games, sitting while driving a vehicle or while travelling, and sitting or lying down to read, study, write, or work at a desk or computer.<sup>4</sup>

## 8. What are the benefits of physical activity?

- a. Regular physical activity has numerous health benefits:
  - 1) Prevention, delay or management of non-communicable diseases
    - a) Physical activity reduces the risk, prevents, delays or is used in the management of type 2 diabetes, heart disease, high blood pressure, stroke and certain cancers. Physical activity can help people with diabetes achieve increased cardio-respiratory fitness, increased vigor, improved glycemic control, decreased insulin resistance, improved

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lipid profile, reduction of blood pressure and maintenance of weight loss.<sup>5</sup>

- b) There is substantial evidence that higher levels of physical activity are linked to lower risks of several cancers. Epidemiologic studies that examined the association between physical activity and colon cancer risk found that the most physically active individuals had lower risk of colon cancer than those who were the least physically active. Studies also show that physically active women have a lower risk of breast cancer than inactive women. Physical activity may also benefit cancer patients in terms of several aspects of cancer survivorship such as weight gain, quality of life, cancer recurrence or progression, and prognosis.<sup>6</sup> Studies have shown that exercise is not only safe and possible during cancer treatment, but it can improve physical function and quality of life of a cancer patient. Cancer patients are urged to be as physically active as possible during treatment to prevent muscle wasting, improve blood flow to legs and lower the risk of blood clots, and keep or improve physical activities.<sup>7</sup>
- c) When done regularly, moderate-intensity and vigorous-intensity aerobic activity can lower the risk for coronary heart disease (CHD). Physical activity can lower blood pressure and triglycerides and raise HDL cholesterol. For people who have CHD, regular aerobic activity helps the heart work better and may reduce the risk of a second heart attack in people who already had one. However, vigorous aerobic activity may not be safe for people who have CHD.<sup>8</sup>

## 2) Weight management

Physical activity is an integral part of maintenance of weight or weight loss. In order to maintain weight, energy balance should be achieved which means that one should burn the same amount of energy consumed in order to maintain weight. On the other hand, to achieve weight loss, more calories should be burned than consumed. This can be done by increasing physical activity and reducing caloric intake. Most weight loss occurs because of decreased caloric intake. However, evidence shows that the only way to maintain weight loss is to be engaged in regular physical activity as well.<sup>9</sup>

## 3) Muscle and bone strength

Strength training (such as with the use of weights or resistance bands) helps build and maintain muscle mass and strength, which leads to strong bones. Weight-bearing physical activity causes new bone tissue to form making bones stronger.<sup>10</sup> Weight-bearing activities includes

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walking, jogging, running, climbing the stairs, jumping rope, dancing, hiking, lifting weights and playing sports such as tennis, basketball or soccer. Increasing muscle strength and endurance and improving flexibility and posture also helps prevent back pain.

4) Mental health

Physical activity prevents depression and anxiety disorders, increases self-reported happiness, lowers levels of sadness and loneliness, reduces stress and risk of cognitive decline. These benefits of physical activity are attributed to the production of 1) endorphins and endocannabinoids, which are chemicals that help a person relax, feel more pleasure, feel less pain, and reduces the amount of stress hormone cortisol produced by the body; and 2) dopamine and serotonin, which are chemicals that make one feel happy.<sup>11</sup>

5) Better sleep

Exercise improves sleep for people with sleep disorders such as insomnia and obstructive sleep apnea. People who engage in at least 30 minutes of moderate aerobic exercise may see a difference in sleep quality that same night. Although the effects of aerobic exercise on sleep appear to be similar to those of sleeping pills, more research is needed to compare physical exercise to medical treatments for insomnia.<sup>12</sup>

6) Sport can help reduce infant, child and maternal mortality and improve post-natal recovery by increasing personal fitness of mothers.<sup>13</sup>

7) Promotes overall well-being

Physical activity supports Sustainable Development Goal number 3, "Ensure healthy lives and promote well-being for all at all ages." Sport, in particular, encourages individuals to adopt active lifestyles and has a positive impact on child and healthy adolescent development and well-being.<sup>13</sup>

b. Regular physical activity also benefits society and the economy:

- 1) People who exercise regularly tend to have bigger social networks and stronger relationships with friends and family. Physical activity is also a means to establish new friendships and develop a support network.
- 2) Helps prevent and control risk behaviors such as the use of tobacco, alcohol and other substances, unhealthy diet, and violence.

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- 3) Enables people to become more productive both in school and at work because of better health.<sup>14</sup>
- 4) Prevents NCDs thus enables people to save on healthcare costs that would have been spent to manage the diseases or on financial loss due to absenteeism.

**9. What are the consequences of physical inactivity?**

- a. Physical inactivity increases the risk of many adverse health conditions, including coronary heart disease, type 2 diabetes, and cancers of the breast and colon. Physical inactivity can add to feelings of anxiety and depression and is linked to shortened life expectancy. The Lancet estimates that physical inactivity causes 6% of the burden of disease from coronary heart disease, 7% of type 2 diabetes, 10% of breast cancer, and 10% of colon cancer. In addition, physical inactivity causes 9% of premature mortality, or more than 5.3 million of the 57 million deaths that occurred worldwide in 2008.
- b. According to the WHO, estimates from both high-income, as well as low- and middle-income countries indicate that between 1–3% of national health care expenditures are attributable to physical inactivity. The Lancet estimates that physical inactivity cost health care systems international \$ (INT\$) 53.8 billion worldwide in 2013.

**10. What is a healthy diet?**

A healthy diet is one that is able to maintain energy balance to carry out everyday tasks and ensure proper functioning of the body. Apart from energy balance, a healthy diet provides all the nutrients in the right amount needed by the body to function properly. Having a healthy diet protects against malnutrition and non-communicable diseases.

Healthy diet can be started early in life through exclusive breastfeeding during the first six months of life. Starting on the sixth month of the child, appropriate complementary food should be introduced while continuing breastfeeding up to two years and beyond.

For adults, a healthy diet consists of the following:

- a. Vegetables, fruits, legumes, nuts, and whole grains;
- b. At least 400 grams of vegetables and fruits per day excluding starchy roots such as potatoes, sweet potatoes, and cassava;
- c. Less than 10% of total energy intake from free sugars, which is equivalent to 50 grams or about 12 level teaspoons for a person of healthy body weight

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consuming about 2000 calories per day. However, WHO recommends a reduction to 5% of total energy intake for additional health benefits. Free sugars are sugars added to foods or drinks by the manufacturer, cook or consumer. It also includes sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates;

- d. Less than 30% of total energy intake from fats with less than 10% of total energy intake from saturated fats and less than 1% of total energy intake from trans-fats. Saturated fats are found in fatty meat, butter, palm and coconut oil, cream, cheese, and lard while trans fats are found in fried, baked, or pre-packaged foods such as frozen pizzas, pies, cookies, biscuits, wafers, spreads, shortening and margarine; and
- e. Less than 5 grams of salt equivalent to about one teaspoon intake per day.<sup>15</sup>

*Pinggang Pinoy* is a food plate guide that will help guide Filipinos on what kinds of food and the recommended proportion consumed per meal. According to the *Pinggang Pinoy*, one's plate per meal should consist of Go (rice, bread, corn, oats, sweet potatoes, etc.), Grow (fish, egg, legumes, chicken, meat) and Glow foods (vegetables and fruits) in the right portions (See Appendix for portions of food recommended per age or population group). One's plate should look like the image below:

Figure 1. Pinggang Pinoy



Source: DOST-FNRI. 2015.

### 11. What is the relationship among physical activity, healthy diet and health?

Two areas of healthy living that people have control over are diet and physical activity, which go hand in hand. The risk of coronary heart disease, stroke, type 2 diabetes, cancers of the breast, colon, prostate and other organs increase steadily with increasing body mass.<sup>16</sup> Healthy diet combined with regular physical activity helps achieve and maintain normal body mass index (BMI). These two are also important in the management of certain diseases like diabetes and heart disease.

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Having a healthy meal plan and being active helps keep one's blood glucose level, blood pressure and cholesterol in a healthy range.

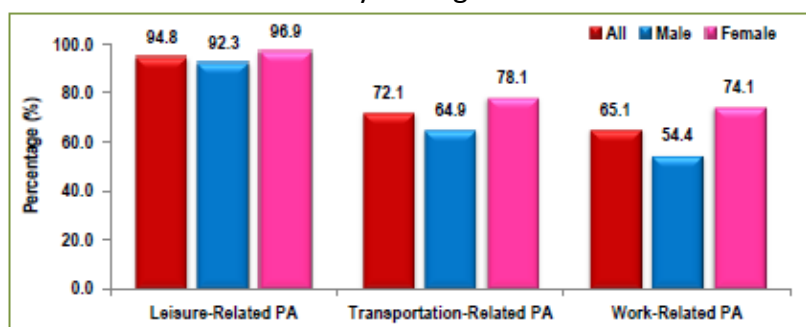
When trying to lose weight, eating a healthy diet alone does not guarantee weight loss. Nor does physical activity alone guarantee that a person will lose weight. Much consideration must be given to achieving negative energy balance. The amount of calories burned should be more than that consumed to lose weight and to sustain weight loss. Combining proper diet and physical activity makes weight loss more successful. It is suggested that diet may have a stronger effect on weight loss than physical activity, while the latter has a stronger effect in preventing weight regain after weight loss.<sup>17</sup>

**12. What is the current status of physical inactivity among Filipinos?**

According to the latest data from FNRI-DOST (2018), less than half (40.6%) of the adult population was insufficiently physically active. Significantly more females (46.6%) were observed to be physically inactive compared to males (32.9%). Older adults are the least physically active.

In 2015, majority (94.8%) of adults spent less time on leisure-related activities such as basketball, swimming, jogging, ballroom dancing, and other recreational activities. Regarding transportation-related activities, seven in 10 adults spent less than 30 minutes per day for biking or walking to and from places. For work-related physical activity, about seven in 10 adults were not engaged in work with moderate or vigorous intensity such as farming, carpentry, nursing, caregiving, and the like.

Figure 2. Percentage of low leisure-related, travel-related, and work-related physical activity among adults



Source: The Philippine Nutrition Facts and Figures 2015, FNRI-DOST

There are many possible reasons for physical inactivity. Some common personal barriers to physical activity include:

- lack of time
- inconvenience
- lack of self-motivation
- non-enjoyment or boredom
- fear of high cost

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- lack of confidence in ability to be physically active
- fear of being injured
- recent injury
- lack of goals
- lack of support from family or friends
- lack of social network engaged in physical activity
- lack of knowledge on how to incorporate physical activity in daily routine
- lack of commitment

Some environmental barriers to physical activity include:

- non-availability or inaccessibility of parks, sidewalks, bicycle trails and similar infrastructure or facilities
- lack of or unsuitable programs
- crime or violence
- pollution
- community spirit

**13. What are recommended guidelines for physical activity?**

a. World Health Organization guidelines on physical activity

1) **Infants (less than 1 year) should:**

- **Be physically active several times a day in a variety of ways**, particularly through interactive floor-based play; more is better. For those not yet mobile, this includes **at least 30 minutes in prone position** (tummy time) spread throughout the day while awake.
- **Not be restrained for more than 1 hour at a time** (e.g. prams/strollers, highchairs, or strapped on a caregiver's back). Screen time is not recommended. When sedentary, engaging in reading and storytelling with a caregiver is encouraged.
- Have 14–17h (0–3 months of age) or 12–16h (4–11 months of age) of good quality sleep, including naps.

2) **Children 1-2 years of age should:**

- **Spend at least 180 minutes in a variety of types of physical activities at any intensity**, including moderate-to-vigorous-intensity physical activity, spread throughout the day; more is better.

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- **Not be restrained for more than 1 hour at a time** (e.g., prams/strollers, highchairs, or strapped on a caregiver’s back) or sit for extended periods of time. **For 1-year-olds, sedentary screen time (such as watching TV or videos, playing computer games) is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour; less is better.** When sedentary, engaging in reading and storytelling with a caregiver is encouraged.
  - **Have 11-14 hours of good quality sleep**, including naps, with regular sleep and wake-up times.
- 3) **Children 3-4 years of age should:**
- **Spend at least 180 minutes in a variety of types of physical activities** at any intensity, of which at least 60 minutes is moderate- to vigorous-intensity physical activity, spread throughout the day; more is better.
  - **Not be restrained for more than 1 hour at a time** (e.g., prams/strollers) or sit for extended periods of time. **Sedentary screen time should be no more than 1 hour; less is better.** When sedentary, engaging in reading and storytelling with a caregiver is encouraged.
  - **Have 10–13h of good quality sleep**, which may include a nap, with regular sleep and wake-up times.
- 4) **For children and young people ages 5-17 years old**
- Accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily.
  - Amounts of physical activity greater than 60 minutes provide additional health benefits.
  - Most of the daily physical activity should be aerobic.
  - Incorporate vigorous-intensity activities, including those that strengthen muscle and bone, at least 3 times per week.
- 5) **For adults ages 18-64 years old**
- Engage in moderate-intensity aerobic physical activity at least 150 minutes throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate-intensity and vigorous-intensity activity.

- Perform aerobic activity in bouts of at least 10 minutes duration.
- For additional health benefits, increase moderate-intensity aerobic physical activity to 300 minutes per week or engage in 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate-intensity and vigorous-intensity activity.
- Do muscle-strengthening activities involving major muscle groups on 2 or more days a week.

Moderate-intensity physical activity requires a moderate effort and noticeably accelerates the heart rate. Examples of moderate-intensity exercise are brisk walking, dancing, gardening, household chores, walking domestic animals and carrying moderate loads of less than 20 kilograms. On the other hand, vigorous-intensity activity requires a large amount of effort and causes rapid breathing and a substantial increase in heart rate. Examples of vigorous-intensity activity are running, walking or climbing briskly up a hill, fast cycling, aerobics, fast swimming, competitive sports, and carrying or moving heavy loads more than 20 kilograms.

b. Philippine National Guidelines on Physical Activity (PNGPA)

The DOH developed the PNGPA in consultation with experts in 2010. The recommendations are as follows:

Age group	Duration and Form of Physical Activity
1. Children, 5-12 years old	At least 60 minutes daily consisting of any one or a combination of the following physical activities: <ol style="list-style-type: none"> <li>a. Active daily task – active travel (walking, cycling, stair climbing) and daily tasks, e.g., household and school chores, e.g., scrubbing/mopping floors, fetching water in a pail, raking leaves, bathing the dog, cleaning the car, rearranging household furniture, etc.</li> <li>b. Exercise, dance or sports – programmed physical activity for 20-30 minutes daily (sports and/or active games).</li> <li>c. High impact play (unstructured spontaneous play) on most, if not all, days of the week – running, jumping, hopping, skipping, indigenous games (<i>luksong tinik</i>, <i>patintero</i>, <i>tumbang preso</i>, <i>agawan</i> base, etc.), walking, stair climbing, and playground activities such as jungle bars and ropes.</li> </ol>
2. Adolescents to young adults, 13-20 years old	At least 60 minutes of daily physical activity consisting of any one or a combination of the following physical activities: <ol style="list-style-type: none"> <li>a. Active daily task – active travel (walking, cycling, stair climbing) and daily tasks, e.g., household and school chores, e.g., scrubbing/ mopping floors, fetching water in a pail, raking leaves,</li> </ol>

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Age group	Duration and Form of Physical Activity
	<p>bathing dog, cleaning the car, rearranging household furniture, etc.</p> <p>b. Exercise, dance or sports – at least 40 minutes of programmed physical activities such as fitness related, rhythmic or sports activities. For fitness goals, should have continuous 20-30 minutes minimum for at least 3-5 times a week.</p> <p>c. High impact play (unstructured spontaneous play) – at least 20 minutes of sustained moderate to vigorous physical activities resulting in rapid breathing, e.g., brisk walking, jogging, indigenous games (<i>tumbang preso, agawan base, taguan</i>, etc.) and dancing.</p> <p>d. Muscle strengthening and flexibility activities – at least 2-3 times a week of activities that build muscle and bone strength and flexibility such as weight bearing calisthenics and other load bearing exercises involving major muscle groups.</p>
<p>3. Adults, 21-45 years old</p>	<p>Accumulate 30 to 60 minutes of daily physical activity consisting of any one or a combination of the following physical activities:</p> <p>a. Activities for daily living – active travel (walking, cycling, stair climbing) and daily tasks such as household chores, e.g., scrubbing/ mopping floors, cleaning rooms, general carpentry, fetching water in a pail, raking leaves, bathing the dog, cleaning the car, rearranging household furniture, etc.</p> <p>b. Exercise, dance and recreational activities – moderate-intensity aerobic physical activity resulting in a noticeable increase in heart rate and breathing (still able to carry on normal conversation), e.g. brisk walking, dancing, cycling, swimming done continuously for a minimum of 30 minutes or accumulated bouts of 10 minutes or longer.</p> <ul style="list-style-type: none"> <li>• For more active people with no risk factors, vigorous-intensity aerobic activity resulting in fast breathing and a substantial increase in heart rate (beyond normal conversation pace; talking becomes more challenging), e.g., jogging, vigorous dancing, ballgames done continuously, done at least thrice a week with a future goal of being able to do it 5-6 times a week.</li> <li>• For fitness purposes, adults should work towards 20-30 minutes continuous physical activity for a minimum of three days per week.</li> </ul> <p>c. Muscle strengthening and flexibility activities – perform activities using all major muscles of the body that maintain or increase muscular strength and endurance, e.g., weight bearing calisthenics, stair climbing, weight training done at least twice a week, on non-consecutive days. A light load allowing for a set of 10-15 repetitions resulting in momentary muscle fatigue. Perform gentle stretches to the point of tension after aerobic exercises or</p>

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Age group	Duration and Form of Physical Activity
	<p>at cooldown. At least 20 seconds per position per muscle group; minimum 4 times per week.</p> <p>d. Activities in the workplace – employees should have opportunities to be active at work and through activities organized, with provision of necessary facilities and/or equipment, by their workplace. Two-minute physical activities (walking, stair climbing, stretching) for every hour of sitting is highly encouraged.</p>
<p>4. Older adults, 46-59 years old</p>	<p>Accumulate at least 30 minutes daily physical activity consisting of any one or a combination of the following physical activities:</p> <p>a. Activities for daily living – active travel (walking, cycling, stair climbing) and active daily tasks (household chores).</p> <p>b. Exercise, dance and recreational activities – moderate intensity aerobic physical activity resulting in a noticeable increased heart rate and breathing (still able to carry on normal conversation), e.g., brisk or race walking, dancing, cycling, rowing or swimming done continuously for a minimum of 30 minutes or accumulated bouts of 10 minutes or longer.</p> <ul style="list-style-type: none"> <li>• For more active people with no risk factors, low to moderate intensity of aerobic activity resulting in fast breathing and a substantial increase in heart rate (beyond normal conversation pace; talking becomes more challenging), e.g., jogging, vigorous dancing, ballgames done continuously for a minimum of 20 minutes, and done at least thrice a week with a future goal of being able to do it 5-6 times a week.</li> </ul> <p>c. Muscle strengthening and flexibility activities – perform activities using all major muscles of the body that maintain or increase muscular strength and endurance, e.g., weight bearing calisthenics, stair climbing, weight training done at least twice a week, on non-consecutive days. A set of 8-12 repetitions with a load resulting in momentary muscle fatigue. Perform gentle stretches to the point of tension after aerobic exercises or at cooldown. At least 20 seconds per position per muscle group. This should be done for a minimum of 4 times a week.</p> <p>d. Balance and coordination – specific activities for balance and coordination 2-4 days a week, e.g., walking, gentle yoga, tai-chi, dance, aquatic activities.</p> <p>e. Activities in the workplace – employees should have opportunities to be active at work and through activities organized, with provision of the necessary facilities and/or equipment, by their workplace. Two-minute physical activities (walking, stair climbing, stretching) for every hour of sitting is highly encouraged.</p>

Age group	Duration and Form of Physical Activity
<p>5. Young old, 60-69 years old</p>	<p>Accumulate at least 30 minutes daily physical activity consisting of any one or a combination of the different types of physical activities:</p> <ol style="list-style-type: none"> <li>a. Activities for daily living – active travel (walking, stair climbing) and active daily tasks (household chores and yard work).</li> <li>b. Exercise, dance and recreational activities – moderate intensity aerobic physical activity resulting in a noticeable increased heart rate and breathing (still able to carry on normal conversation). Any rhythmic and continuous physical activity that uses large muscle groups with special stress on load bearing activities to arrest rate of osteoporosis and to maintain bone density. Examples are moderate to brisk walking, dancing, biking, calisthenics, swimming, rowing and stair-climbing; done continuously for a minimum of 30 minutes or accumulated bouts of 10 minutes or longer. <ul style="list-style-type: none"> <li>• For more active people with no risk factors, low to moderate intensity of aerobic activity resulting in fast breathing and a substantial increase in heart rate (beyond normal conversation pace; talking becomes more challenging). Examples are jogging, brisk or race walking, vigorous dancing, step-aerobics, swimming, done continuously for a minimum of 30 minutes, and done 3-5 times per week.</li> </ul> </li> <li>c. Muscle strengthening and flexibility activities – perform activities using all major muscles of the body that maintain or increase muscular strength and endurance, e.g., body weight bearing calisthenics, stair climbing, weight training done at least twice a week, on non-consecutive days. A light load allowing for a set of 10-20 repetitions resulting in momentary muscle fatigue. Perform gentle stretches to the point of tension after aerobic exercises or at cooldown. At least 20 seconds per position per muscle group; done for a minimum of 4 times per week.</li> <li>d. Balance and coordination – perform simple but dynamic movements that challenge postural and positional stability, e.g., single-leg stands or supports, exercise ball-sitting, and weight shifting. Take up specific activities for balance and coordination such as walking, gentle yoga, tai-chi, dance, aquatic activities, 2-4 days per week.</li> <li>e. Activities in the workplace – employees should have opportunities to be active at work and through activities organized, with provision of the necessary facilities and/or equipment, by their workplace. Two-minute physical activities (walking, stair climbing, stretching) for every hour of sitting is highly encouraged.</li> </ol>



Age group	Duration and Form of Physical Activity
6. Middle old, 70-79 years old	<p>Accumulate at least 30 minutes daily physical activity consisting of any one or a combination of the different types of physical activities:</p> <ol style="list-style-type: none"> <li>a. Activities for daily living – active travel (walking, assisted stair climbing) and mild, easy daily tasks (household chores), such as mild yard and garden work, dusting furniture, folding clothes and sweeping inside the house.</li> <li>b. Exercise, dance and recreational activities – light intensity aerobic physical activity such as a leisurely walk around the neighborhood, parks and malls. Any rhythmic and continuous light physical activity that uses large muscle groups while standing independently or assisted, seated, reclined or lying down, e.g., stationary biking, calisthenics, swimming done for a total of 30 minutes continuously, three times weekly or accumulated bouts of 10 minutes or longer. <ul style="list-style-type: none"> <li>• For more active and apparently healthy people with no risk factors, low to moderate intensity of aerobic activity resulting in slight elevation of breathing rate and heart rate (a pace that will still allow normal conversation pace). Examples are walking, no impact aerobic dancing, social dancing and swimming done continuously for at least 30 minutes, and done three times per week, on non-consecutive days.</li> </ul> </li> <li>c. Muscle strengthening and flexibility activities – perform activities using all major muscles of the body that maintain or increase muscular strength and endurance, e.g., mild calisthenics, light weight training, elastic band exercises done at least twice a week, on non-consecutive days. A light load allowing for a set of 10-20 repetitions resulting in light challenge to the muscle. Perform gentle stretches to the point of tension after aerobic exercises or at cooldown done at least eight times per direction and done three times per week.</li> <li>d. Balance and coordination – challenge postural and positional stability by performing simple and dynamic movements of the lower and upper extremities while sitting on the exercise ball or standing on one leg, and weight-shifting while standing, all with support or spotting. Take up specific activities for balance and coordination, e.g., walking, gentle yoga, tai-chi, dance, aquatic activities two to four days per week.</li> </ol>

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Age group	Duration and Form of Physical Activity
7. Vintage old, 80 years old and above	<p>Accumulate at least 30 minutes daily physical activity consisting of any one or a combination of the different types of physical activities:</p> <ol style="list-style-type: none"> <li>a. Activities for daily living – active travel (assisted walking and stair climbing) and mild, easy daily tasks such as mild garden or yard work, dusting furniture, folding clothes and sweeping inside the house.</li> <li>b. Exercise, dance and recreational activities – continuous and light intensity physical activity such as a leisurely walk around the neighborhood, yard or living area. Any rhythmic and continuous physical activity that uses large muscle groups while standing assisted, seated, reclined or lying down, e.g., stationary biking, calisthenics, swimming done for a total of 20 minutes continuously, three times weekly or accumulated bouts of 10 minutes or longer.</li> <li>c. Muscle strengthening and flexibility activities – perform resistance exercises using major segments of the body including shoulders, arms, thighs and legs, that maintain or increase muscular strength and endurance. Examples are mild calisthenics, light weight training and elastic band exercises done at least twice a week, on non-consecutive days. A light load allowing for a set of 10-15 repetitions resulting in light challenge to the muscle. Perform gentle full range of motion exercises after exercises or during cooldown done at least eight times per direction, and done two to three times per week, on non-consecutive days.</li> <li>d. Balance and coordination – perform simple but dynamic movements while standing or sitting on the exercise ball with a spotter. Take up specific activities for balance and coordination, e.g., walking, gentle yoga, tai-chi, slow dancing, mild aquatic activities done at least three days per week.</li> </ol>

The 10 guidelines of the PNGPA are as follows:

1. An evaluation of physical activity readiness must be made before engaging in any physical activity and clearance from a physician is recommended for people who want to engage in more rigorous physical activity.
2. To ensure safety, clearance from a physician is also needed for people with illnesses that may contraindicate exercise.
3. If deemed healthy, exercise should progress slowly and within comfortable effort levels—over exertion is not recommended.
4. Stop if dizziness, nausea, shortness of breath, and chest pains occur.
5. Reduce the intensity of the exercise or stop totally if there are physical or verbal manifestations of severe fatigue, cramps, and joint and muscle pains.
6. Keep a daily record of physical activity for monitoring.

“Kumain nang wasto at maging aktibo... push natin ‘to!”

7. For implementing personnel, allow the participant to stop when he requests at any point to do so.
8. Drink 250 ml of fluid every 15 to 20 minutes of activity to ensure proper hydration.
9. Wear proper attire and footwear for thermal stress management and prevention of injuries.
10. Allow ample recovery time after physical activities.

People with any special health condition or illness or even those who suspect they have one should consult a physician before referring to the guidelines above. Persons with disabilities should work with their health care provider to determine the types and amounts of physical activity appropriate for their condition.

People who currently have very limited physical activity should start with small amounts of activity and gradually increase duration, frequency and intensity over time.

**14. What actions can be done to promote healthy diets at various levels?**

Individual/Family

- a. Eat a variety of foods every day with special attention to fruits and vegetables, legumes and those with complex carbohydrates
- b. Grow fruits and vegetables at home
- c. Cook healthy foods for the family, one that is low-fat, low salt and high in carbohydrates
- d. Choose healthy foods when eating away from home
- e. Care for pregnant women should include proper nutrition
- f. Practice appropriate infant and young child feeding practices including exclusive breastfeeding for 6 months and thereafter giving appropriate complementary foods while continuing breastfeeding for two years and beyond
- g. Learn more about proper nutrition

Community

- a. Plant and maintain fruits and vegetables gardens in vacant lots
- b. Advocate for healthy food options in *carinderias* and restaurants to serve fruits and vegetables, limit fried foods, avoid serving high-fat foods, limit salt in cooked foods, provide small, medium and large serving portion options

Schools

- a. Implement school policies that promote healthy diets, e.g., DepEd Order no. 13 s. 2017
- b. Grow fruit trees and vegetables in schools
- c. Advocate for *sari-sari* stores, food retailers, *carinderias* and other food outlets near the vicinity of the school to sell healthy food options to school children

Local Government

- a. Formulate local policies to support consumption of healthy diets and promote good nutrition
- b. Support communities in implementing programs promoting healthy diets and good nutrition as suggested above

Workplace

- a. Serve nutritious foods/snacks in the office cafeteria and during meetings and conferences
- b. Conduct seminars/lectures on healthy diet

Nongovernment organizations/private sector/civil society

- a. Advocate and conduct public education for healthy diets
- b. Form networks and groups to promote availability of healthy foods
- c. Share best practices in promoting healthy diets

National Government

- a. Develop and implement food and agriculture policies that enable adequate production and domestic supply of fruits, vegetables and whole grain cereals that are affordable to all segments of the population
- b. Review and implement policies to promote positive effects of agriculture and trade policies on nutrition and health
- c. Employ measures to regulate the use of hydrogenation of oils and fats intended for dietary consumption or manufacture of food products; encourage the reduction of use of salt
- d. Review and update dietary and nutritional guidelines
- e. Watch over media to ensure that food and beverage advertising does not encourage unhealthy food practices and false nutrition claims
- f. Ensure that foods used in food distribution/subsidy programs should be healthy

Food industry

- a. Make low sodium and low-fat foods available in the market and lower the sodium content of regularly consumed foods like bread and noodles
- b. Food establishments to offer healthier foods including fruits and vegetables
- c. Reformulate recipes and menu that are high in fat, salt, and sugar which will produce healthier and less energy-dense products
- d. Use advertising and marketing strategies to promote and support healthy diet or eating
- e. Implement nutrition labeling of food products for processed foods or provide information on the nutrient content of foods offered in eating places
- f. Introduce new products with better nutritional value
- g. Provide consumers with adequate and understandable product and nutrition information

**15. How do we encourage physical activity in various settings?**

a. At home

- 1) Involve the entire family in doing household chores such as helping in preparing and cooking food, washing dishes, doing the laundry, cleaning the house or watering the plants. Make a schedule to make sure that every member will have something to do each day. Instead of sitting on the couch while watching television, exercise or do chores while watching.
- 2) Give children toys that will promote physical activity such as balls, kites, or badminton rackets. Encourage them to play outdoor indigenous games such as *patintero*, *piko*, *luksong tinik* or *sipa*.
- 3) Regulate screen time of children to no more than two hours a day to keep them active.
- 4) Have bonding activities with the family such as food gardening, walking together, playing games or going to parks.

b. At school

- 1) Include activities that will enable children to move and learn at the same time such as skits, problem-solving games or board games. Students can be grouped together and have their outputs posted on the walls of the classroom. The class can walk around the room to discuss output posted by each group. Do regular short breaks for stretching or jumping to also keep the students awake.
- 2) Encourage students to become active by ensuring safe playgrounds, holding sports clinics or by supporting students who compete. Hold school-wide daily physical activity during a certain period of the day to ensure participation of all students. Make physical education classes more interesting to students to encourage students to practice what they learn.

c. At work

- 1) Monitor daily activities at work or while going to work and identify when physical activity can be incorporated such as walking or riding the bike to work. When commuting, get off the vehicle at a certain distance from the building to give some time to walk to work. Use the stairs for one or two flights instead of using the elevator.
- 2) Form groups at work such as clubs that focus on certain sports or physical activity to keep employees interested in engaging in physical activity.

- 3) Companies can ensure physical activity in the workplace through the following:
  - a) allow employees a few minutes a day for physical activity
  - b) conduct seminars or distribute educational materials about the benefits of physical activity and how to incorporate it at the workplace
  - c) encourage employees to use the stairs or having walking meetings
  - d) organize regular physical activities before or after work such as dance classes
  - e) allot a room with equipment for exercise and provide access to showers or changing rooms
  - f) encourage stretch or walk breaks
  - g) set up print stations, bins, lunchrooms and other facilities away from workstations to encourage employees to get up from their chairs and walk

**16. What are strategies to promote physical activity and healthy diet?**

- a. Communication campaigns on physical activity and healthy diet spearheaded by the national and local government, government agencies, or private companies or organizations will 1) enhance awareness, knowledge, understanding and appreciation for healthy diet and physical activity, 2) influence attitudes and beliefs, and 3) eventually result in behavior change. Messages can be communicated through newspapers, brochures, manuals, radio, television, billboards, websites, social media or a combination of these.
- b. An enabling environment supportive of health and wellbeing should be provided, such as through the following:
  - 1) Better access to nutrition counselling, nutrition assessment and counselling on physical activity by trained health workers. This will enable people to have a more personalized approach to nutrition and physical activity based on their needs;
  - 2) Infrastructural initiatives that will promote mobility such as bike or jogging paths, open spaces, recreational spaces, sports facilities, playgrounds, etc. Convenient and safe footbridges will allow pedestrians to safely and easily cross busy streets or to navigate around the community. Dedicated bike lanes or trails will give people the option for an alternate active transport system without the fear of accidents or collisions. Infrastructures should be well-lit, well-maintained, safe and accessible even to persons with disabilities to maximize utilization; and

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- 3) Encouragement of food establishments to provide meals compliant to *Pinggang Pinoy* recommendations. This will enable consumers to have access to healthier options when they eat away from home. Cafeterias in schools or at the workplace should also be encouraged to provide meals that are compliant to *Pinggang Pinoy* recommendations since these establishments are the main source of food of those eating away from home especially to those who do not have time or the facilities to prepare and store their own food.
- c. Policies at the national or local level, schools or workplaces aimed at increasing physical activity and consuming a healthy diet should be created, implemented and monitored such as:
- 1) Policies that will enable regular community-led or community-based physical activity such as sports and recreational activities appropriate for different age groups;
  - 2) Policies that will promote increased physical activity in the workplace such as increasing incidental physical activity during the workday (ex. encouraging the use of stairs instead of elevators), having regular exercises for employees organized by the human resources division or employee's association, etc.;
  - 3) Policies that will encourage food establishments to provide healthier meals such as *Pinggang Pinoy* compliant meals;
  - 4) Policies that will make food manufacturers reformulate their products to make them healthier especially in terms of sugar, sodium, cholesterol, saturated, and trans-fatty acid content;
  - 5) Health education policies that will aim to help students and the general public to develop knowledge and skills needed to make informed choices and practice healthy behavior related to healthy diet and physical activity.
- d. Partnership or collaboration among different stakeholders should be encouraged. Stakeholders include food producers, manufacturers or retailers; health, agricultural, employment sectors, government agencies, sports industry, etc. Different stakeholders should be involved because they bring different perspectives, skills, understanding, and resources.



**17. What are policies and programs that promote healthy diet and physical activity?**

a. Department of Education Order No. 13, Series 2017

“Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepED Offices” issued on 14 March 2017 establishes the guidelines to promote healthy diets and positive eating behaviors and provide healthy eating environment to learners, teaching, and non-teaching personnel. It introduced a system of categorizing locally available foods and drinks as a guide in selling and marketing of foods and drinks in schools and DepEd offices, including purchasing of foods for school feeding. Packaged food, canteen-cooked foods or those without nutrition facts are categorized as green, yellow or red. Those under the green category should always be available in the canteen since these contain a wide range of nutrients and are generally low in saturated and trans fats, sugar and salt. Foods in the yellow category may be served once or twice a week only since these contain some nutrients but at the same time contain large amounts of saturated or trans fats, and/or sugar, and/or salt. If eaten in large amounts, foods in the yellow category may contribute to excess calories. The red category includes foods and drinks that should not be sold in school canteens because these contain high amounts of saturated fat, sugar or salt. These also provide excess calories.

b. Philippine Plan of Action for Nutrition (PPAN) 2017-2022

The PPAN 2017-2022 is the country’s blueprint of action to improve the nutritional status of Filipinos. It has eight nutrition-specific programs that were planned and designed to produce nutritional outcomes, namely:

- 1) Infant and Young Child Feeding
- 2) Integrated Management of Acute Malnutrition
- 3) National Dietary Supplementation Program
- 4) National Nutrition Promotion Program for Behavior Change
- 5) Micronutrient Supplementation
- 6) Mandatory Food Fortification
- 7) Nutrition in Emergencies
- 8) Overweight and Obesity Management and Prevention Program

c. 1987 Constitution of the Republic of the Philippines

Physical activity, particularly sports, is a priority of the government. Article II Section 17 of the Philippine Constitution states that "The State shall give priority to education, science and technology, arts, culture, and sports to foster patriotism and nationalism, accelerate social progress, and promote total human liberation and development." In addition, Article XIV Section 19

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states that “The State shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry. All educational institutions shall undertake regular sports activities throughout the country in cooperation with athletic clubs and other sectors.”

d. Five-year Sports Development Plan (Second Cycle) 2017-2022

Stakeholders in the Philippines recognize the need for a sporting culture that nurtures healthy, disciplined and peaceful citizens and one that will develop athletes who are as good as the world's best. But beyond honing great athletes, healthy living, community development, self-discipline and national unity are also major reasons for promoting and improving the quality of sports in the country. The Five-Year Sports Development Plan Second Cycle 2017-2022 aims to foster growth in the individual and within the community through sports.

Projects under the six mission statements of Philippine sports include nationwide research on sports, fitness and wellness practices within communities for collation of data to aid in program/project/policy formulation; Institutionalization of a support mechanism program to draw families and communities to a culture of fun and play, giving emphasis to the promotion of a sporting culture to marginalized sectors (women, differently-abled, street children and migrant youth); Grassroots Athlete Development Program; and Sports Education Program.

e. Executive Order No. 64, s. 1993

The National Policy of “Sports for All” was adopted by all concerned government and private entities based on the Sports Covenant forged during the 1st Philippine Sports Summit held from 23 to 27 October 1992, in Baguio City. The EO mandated government agencies and the private sector to 1) make accessible to all, regardless of age, gender, talent, and capabilities, a program of physical fitness and sports in consonance with established national policy of “SPORTS FOR ALL”; 2) identify, develop, harness, and utilize resources for the optimal, efficient, and effective implementation of the Program; and 3) preserve and promote the desirable traditional and universal values in physical fitness and sports. Furthermore, the EO urged all private associations, clubs and NGOs, including the Philippine Olympic Committee and the various national sports associations to actively participate and assist the National Government in the promotion and development, not only of elite sports for international sports competitions, but also of the National Policy and Program for physical fitness and sports development in the country.

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f. Republic Act No. 10588

It is the policy of the State to promote physical education and encourage sports programs, league competitions and amateur sports to foster self-discipline, teamwork and excellence for the development of a healthy and alert citizenry through the institutionalization of the *Palarong Pambansa* as the country's premier national sporting event. Thus, through the *Palarong Pambansa* Act of 2013, it was declared policy of the State to support programs that will improve and promote the *Palarong Pambansa* as the primary avenue for providing in-school sports opportunities to improve the physical, intellectual and social well-being of the youth.

g. Healthy lifestyle campaign

The Department of Health spearheads the nationwide healthy lifestyle campaign called "**Pilipinas Go 4 Health**" which aims to inform and engage the youth and young adults in forming healthy habits and practicing a healthy lifestyle through the promotion of physical activity, proper nutrition, and the prevention and cessation of smoking and alcohol consumption. Pilipinas Go 4 Health has four (4) components:

- GO smoke-free;
- GO slow *sa tagay*;
- GO *sustansiya*; and
- GO *sigla*

**18. What are ways to celebrate 2019 Nutrition Month?**

The 2019 Nutrition Month celebration should highlight the importance of healthy diet and physical activity among different age groups. The celebration should be done all year-round to ensure healthy lifestyle among all age groups. Here are some ways to celebrate Nutrition Month:

- a. Hang streamers or posters about the Nutrition Month celebration;
- b. Conduct seminars and other fora to discuss the Nutrition Month theme;
- c. Help promote and disseminate correct information on healthy diet and physical activity through print, social media, TV and radio programs, and other media;
- d. Conduct physical activities appropriate for audience intended;
- e. Participate in activities related to Nutrition Month celebration at the national, regional or local level;
- f. Conduct other activities that would highlight and promote healthy diet and physical activity.

**For comments, suggestions and more information, contact**

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## Pinggang Pinoy for Kids, 3-12 years old

FOOD GROUPS	FOOD ITEMS	RECOMMENDED AMOUNTS		
		3-5 years old	6-9 years old	10-12 years old
GO (Rice and alternatives)	Rice	½ cup	¾ cup	1 cup
	<i>Pandesal</i>	2 pieces, small	3 pieces, small	4 pieces, small
	Loaf Bread	2 slices, small	3 slices, small	4 slices, small
	Noodles, cooked (ex. <i>pansit</i> )	½ cup	¾ cup	1 cup
	Root crop (ex. <i>kamote</i> )	½ medium piece	¾ medium piece	1 medium piece
GROW (Fish and alternatives)	Medium variety of fish (ex. <i>galunggong</i> )	½ piece, small size	½ piece, small size	1 piece, small size
	Large variety of fish (ex. <i>bangus</i> )	½ slice	½ slice	1 slice
	Lean meat (ex. chicken, pork, beef)	½ serving, 15g	½ serving, 15g	1 serving, 15g
	Chicken egg, small	½ piece	½ piece	1 piece
	Tokwa, 6 x 6 x 2 cm	½ piece	½ piece	1 piece
	Chicken leg, small size	½ piece	½ piece	1 piece
GLOW (Vegetables)	Cooked vegetables ( <i>malunggay, talbos ng kamote, saluyot, gabi leaves, talinum</i> or Phil. spinach, <i>ampalaya, kalabasa, carrots, sitaw</i> )	½ cup	¾ cup	¾-1 cup
GLOW (Fruits)	Fruit medium size ( <i>saging, dalanghita, mangga</i> )	½-1 piece	1 piece	1 piece
	Fruit big size ( <i>papaya, pinya, pakwan</i> )	½-1 slice	1 slice	1 slice

Source: DOST-FNRI.

## Pinggang Pinoy for Teens, 13-18 years old

FOOD GROUPS	FOOD ITEMS	RECOMMENDED AMOUNTS	
		MALE TEENS 13-18 years old	FEMALE TEENS 13-18 years old
GO (Rice and alternatives)	Rice	2 cups	1 ½ cups
	<i>Pandesal</i>	8 pieces, small	6 pieces, small
	Loaf Bread	8 slices, small	6 slices, small
	Noodles, cooked (ex. <i>pansit</i> )	2 cups	1 ½ cups
	Root crop (ex. <i>kamote</i> )	2 medium pieces	1 ½ medium pieces
GROW (Fish and alternatives)	Medium variety of fish (ex. <i>galunggong</i> )	2 pieces, small size	1 piece, small size
	Large variety of fish (ex. <i>bangus</i> )	2 slices	1 slice
	Lean meat (ex. chicken, pork, beef)	2 servings, 30g each	1 serving, 30g each
	Chicken egg, small	1 piece and 1 piece of any Grow food item mentioned	1 piece
	Tokwa, 6 x 6 x 2 cm	2 pieces	1 piece
	Chicken leg, small size	2 pieces	1 piece
GLOW (Vegetables)	Cooked vegetables ( <i>malunggay, talbos ng kamote, saluyot, gabi leaves, talinum or Phil. spinach, ampalaya, kalabasa, carrots, sitaw</i> )	1-2 cups	1-1 ½ cups
GROW (Fruits)	Fruit medium size ( <i>saging, dalanghita, mangga</i> )	1 piece	1 piece
	Fruit big size (ex. <i>papaya, pinya, pakwan</i> )	1 slice	1 slice

Source: DOST-FNRI.

## Pinggang Pinoy for Adults, 19-59 years old

FOOD GROUPS	FOOD ITEMS	RECOMMENDED AMOUNTS	
		ADULT MALE 19-59 years old	ADULT FEMALE 19-59 years old
GO (Rice and alternatives)	Rice	1 ½ cups	1 cup
	<i>Pandesal</i>	6 pieces, small	4 pieces, small
	Loaf Bread	6 slices, small	4 slices, small
	Noodles, cooked (ex. <i>pansit</i> )	1 ½ cups	1 cup
	Root crop (ex. <i>kamote</i> )	1 ½ medium pieces	1 medium piece
GROW (Fish and alternatives)	Medium variety of fish (ex. <i>galunggong</i> )	2 pieces, small size	2 pieces, small size
	Large variety of fish (ex. <i>bangus</i> )	2 slices	2 slices
	Lean meat (ex. chicken, pork, beef)	2 servings, 30g each	2 servings, 30g each
	Chicken egg, small	1 piece and 1 piece of any Grow food item mentioned	1 piece and 1 piece of any Grow food item mentioned
	Tokwa, 6 x 6 x 2 cm	2 pieces	2 pieces
	Chicken leg, small size	2 pieces	2 pieces
GLOW (Vegetables)	Cooked vegetables ( <i>malunggay, talbos ng kamote, saluyot, gabi leaves, talinum</i> or Phil. spinach, <i>ampalaya, kalabasa, carrots, sitaw</i> )	1-1 ½ cups	¾ - 1 cup
GROW (Fruits)	Fruit medium size ( <i>saging, dalanghita, mangga</i> )	1 piece	1 piece
	Fruit big size (ex. <i>papaya, pinya, pakwan</i> )	1 slice	1 slice

Source: DOST-FNRI.



## Pinggang Pinoy for the Elderly (60 years old and above)

FOOD GROUPS	FOOD ITEMS	RECOMMENDED AMOUNTS	
		ELDERLY MALE 60 years old and above	ELDERLY FEMALE 60 years old and above
GO (Rice and alternatives)	Rice	1 cup	¾ cup
	<i>Pandesal</i>	4 pieces, small	3 pieces, small
	Loaf Bread	4 slices, small	3 slices, small
	Noodles, cooked (ex. <i>pansit</i> )	1 cup	¾ cup
	Root crop (ex. <i>kamote</i> )	1 medium piece	¾ medium piece
GROW (Fish and alternatives)	Medium variety of fish (ex. <i>galunggong</i> )	2 pieces, small size	2 pieces, small size
	Large variety of fish (ex. <i>bangus</i> )	2 slices	2 slices
	Lean meat (ex. chicken, pork, beef)	2 servings, 30g each	2 servings, 30g each
	Chicken egg, small	1 piece and 1 piece of any Grow food item mentioned	1 piece and 1 piece of any Grow food item mentioned
	Tokwa, 6 x 6 x 2 cm	2 pieces	2 pieces
	Chicken leg, small size	2 pieces	2 pieces
GLOW (Vegetables)	Cooked vegetables ( <i>malunggay, talbos ng kamote, saluyot, gabi leaves, talinum</i> or Phil. spinach, <i>ampalaya, kalabasa, carrots, sitaw</i> )	¾ - 1 cup	¾ cup
GROW (Fruits)	Fruit medium size ( <i>saging, dalanghita, mangga</i> )	1 piece	1 piece
	Fruit big size (ex. <i>papaya, pinya, pakwan</i> )	1 slice	1 slice

Source: DOST-FNRI.

## Pinggang Pinoy for Pregnant and Lactating Women

FOOD GROUPS	FOOD ITEMS	RECOMMENDED AMOUNTS	
		PREGNANT	LACTATING
GO (Rice and alternatives)	Rice	1 ½ cups	1 ½ cups
	<i>Pandesal</i>	6 pieces, small	6 pieces, small
	Loaf Bread	6 slices, small	6 slices, small
	Noodles, cooked (ex. <i>pansit</i> )	1 ½ cups	1 ½ cups
	Root crop (ex. <i>kamote</i> )	1 ½ medium pieces	1 ½ medium pieces
GROW (Fish and alternatives)	Medium variety of fish (ex. <i>galunggong</i> )	2 pieces, small size	2 pieces, small size
	Large variety of fish (ex. <i>bangus</i> )	3 slices	3 slices
	Lean meat (ex. chicken, pork, beef)	3 servings, 30g each	3 servings, 30g each
	Chicken egg, small	1 piece and 1-2 pieces of any Grow food item mentioned	1 piece and 1-2 pieces of any Grow food item mentioned
	Tokwa, 6 x 6 x 2 cm	3 pieces	3 pieces
	Chicken leg, medium size	2 pieces	2 pieces
GLOW (Vegetables)	Cooked vegetables ( <i>malunggay, talbos ng kamote, saluyot, gabi leaves, talinum</i> or Phil. spinach, <i>ampalaya, kalabasa, carrots, sitaw</i> )	1-1 ½ cups	1-1 ½ cups
GROW (Fruits)	Fruit medium size ( <i>saging, dalanghita, mangga</i> )	1 piece	1 piece
	Fruit big size (ex. <i>papaya, pinya, pakwan</i> )	1 slice	1 slice

Source: DOST-FNRI.