

# 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.

## 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

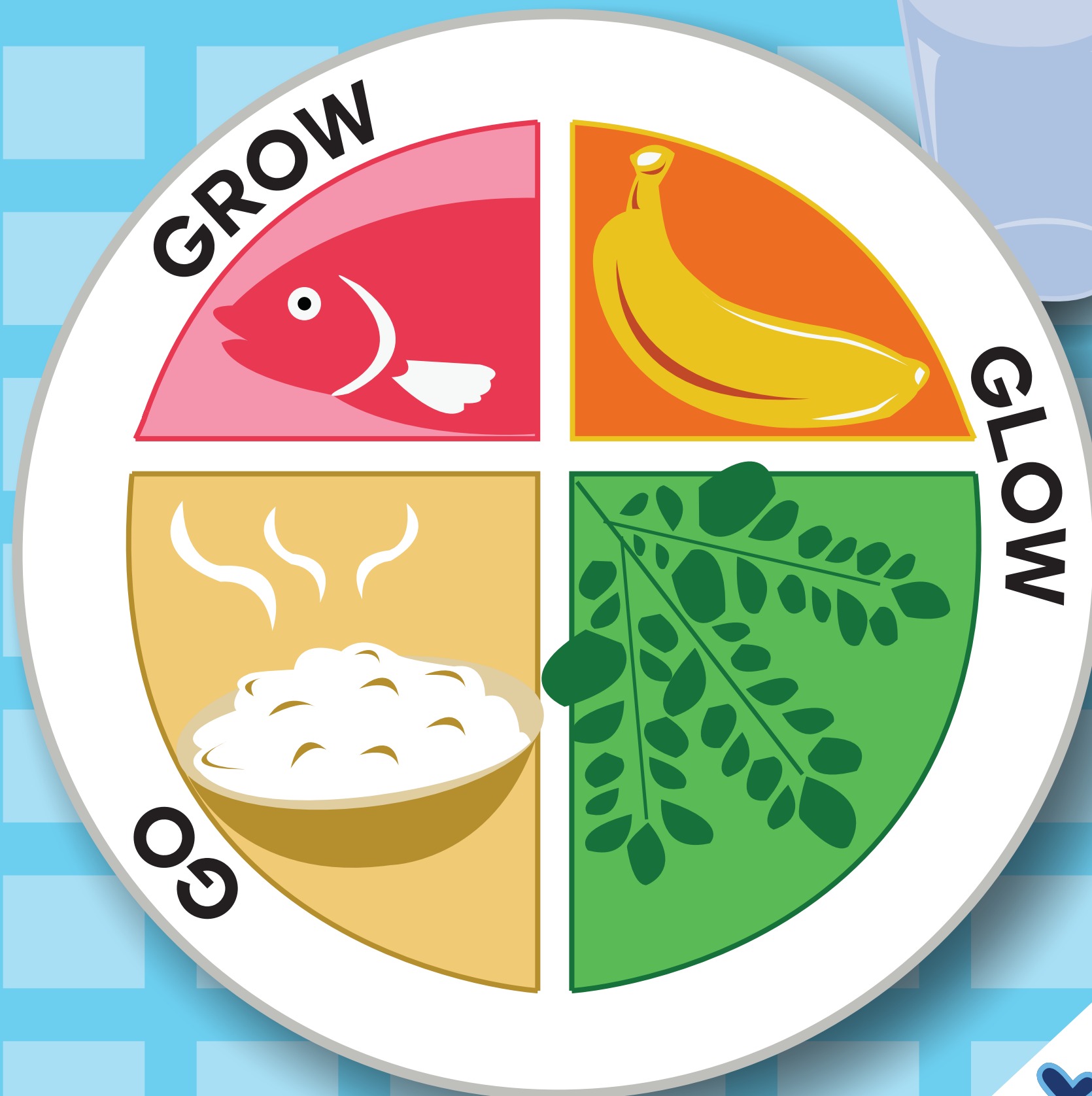
**Drink** lots of water every day for adequate hydration.

**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



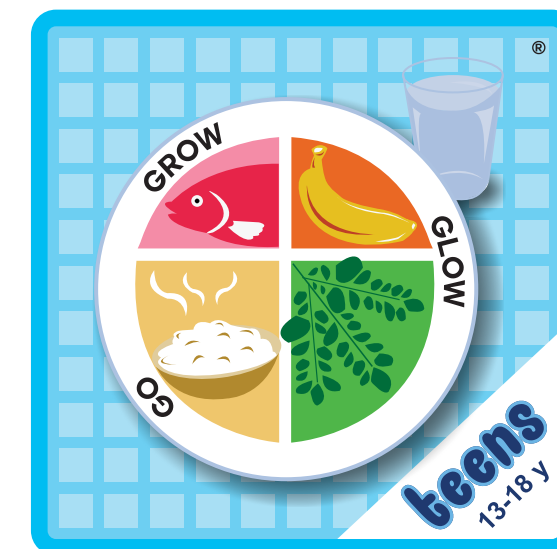
9 or more  
glasses of  
water  
throughout  
the day



1 glass of  
milk daily

\*based on a 2220-calorie diet

## PINGGANG PINOY®



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