



## Food and Nutrition Information Resource Station DOST-FNRI Publication of the Month 2024

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### Snacking patterns of Filipino Children: Frequency and Contribution to Energy and Dietary Intakes

The study examined the snacking patterns and their impact on the energy and dietary intakes of Filipino children aged 3-12 years, finding that snacking is already integrated into their daily diet and contributes significantly to their energy and nutrient needs. The study also highlighted the need to promote healthier snack choices, such as fruits and other nutrient-dense foods, and to develop guidance for healthcare providers, parents, and caregivers on healthy snacking for children.

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