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 body functions and physical activity.

GROW
BODY BUILDING
Eat fish, shellfish, lean meat, poultry, eggs, and dried beans and nuts needed for the growth and repair of body tissues.

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.

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 milk and small shrimp for strong bones and teeth.

GROW
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.

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.

HEALTH TIPS:
Eat less salty, fried, fatty and sugar-rich foods to prevent chronic diseases.
Prepare a good breakfast to have enough fuel to get through the day.
Get creative when cooking meals for kids.
Serve healthy snacks.
Understand nutrition information on product labels to make smart food choices.

Encourage kids to be active!

*This is intended for healthy Filipino children, 3-12 years old. Children with specific health conditions should be brought to a registered nutritionist-dietitian or any health care provider for consultation regarding their energy and nutrient needs.
HOW TO FILL UP YOUR KID’S PLATE

GO Rice & alternatives
Any of the following:
- ½ cup of cooked rice
- 2 pieces of small pandesal
- 2 slices of small loaf bread
- ½ cup of cooked noodles (ex. pancit)
- ½ medium piece of root crop (ex. kamote)

GROW Fish & alternatives
Any of the following:
- ⅛ piece (small size) medium variety of fish (ex. pangas) ⅛ slice of large variety of fish (ex. bangus)
- ⅛ slice of lean meat, 15 g (ex. chicken, pork, beef)
- ⅛ piece of fish
- ½ piece of small chicken egg

SAMPLE ONE-DAY MEAL PLAN*

Breakfast
Fried Egg
Carnote Topped 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 Carnote

GLOW Vegetables
Any of the following:
- ¼ cup of cooked vegetables (ex. malunggay, saluyot, gabi leaves, talakm, ampalaya, kababai, carrots, sitaw)

GLOW Fruits
Any of the following:
- ¼ - 1 medium size fruit (ex. sapang, kalabasa, mango)
- ⅛ - 1 slice of big fruit (ex. papaya, pinya, pawpaw)

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

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