DEVELOPMENT OF 2017 FNRI MENU GUIDE CALENDAR (MGC):
ADDRESSING THE ENERGY AND NUTRIENT NEEDS OF PREGNANT
AND LACTATING WOMEN THROUGH PINGGANG PINOY

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BACKGROUND

Pregnancy is the period from conception to birth. It is a vulnerable condition for both the mother
and the baby during gestation and lactation. In the first 1,000 days, maternal nutrition is very
crucial in ensuring the baby's health. The well-being of the baby is dependent on the well-
being of the mother.

OBJECTIVE
To develop a calendar to help address the nutrient
needs of pregnant and lactating women through
Pinggang Pinoy.

MATERIALS AND METHODS
A Focus Group Discussion (FGD) by purposive
sampling of ten participants from the FNRI was
initially conducted to determine perception, taste
and food preferences during pregnancy and
lactation. Participants were 7 females who were
either currently pregnant or lactating or have
experienced pregnancies, while the 3 males were
fathers. Based on the results, a two-level recipe
development process (n=11, N=50) was conducted
considering the Pinggang Pinoy recommendations
for pregnant and lactating women. Sensory
evaluation using 9 point hedonic rating scale was
conducted to assess acceptability of the recipes.
Energy and nutrient content of the recipes were
estimated using the updated FCT + Menu Eval
Software. Photo-documentation and formulation of
4-week cycle menus were also done. The calendar
underwent 2-stage pre-testing and received both
very satisfactory ratings from the respondents that
included nutritionists, Barangay Nutrition Scholars,
Barangay Health Workers, and pregnant and
lactating mothers.

RESULTS
The MGC 2017 highlights 19 photo-documented
recipes incorporated in the 4-week cycle menus and
health and nutrition tips for pregnant and lactating
women. The wall calendar was printed in full colors.

CONCLUSION AND RECOMMENDATIONS
The calendar illustrates how healthy eating can
be sustained during pregnancy and lactation by
emphasizing the Pinggang Pinoy recommendations.
It provides easy-to-understand concepts on food
groups, portion size and healthy cooking to maintain
nutritional well-being of both the mother and infant
during pregnancy and lactation. The calendar
can serve as an easy daily reference material for
homemakers and nutrition educators in homes and
in the community.