

DOST presents the latest PHL Nutrition Situation

✍ Nichole M. Bristol, Senior Science Research Specialist, DOST-FNRI



The DOST-FNRI convened policymakers, health professionals, researchers, and advocates at the 2024 National Nutrition Summit, held at the Dusit Thani Manila Hotel on December 10, 2024.

With the theme “Halfway Point to 2030: Key Findings of the 2023 National Nutrition Survey (Part 1)”, the Summit presented critical insights to drive collective action toward achieving the nutrition targets of the United Nations Sustainable Development Goals (SDGs).

The 2023 National Nutrition Survey (NNS) highlights both advancements and persistent

challenges in addressing food security, malnutrition, anemia, and risky health behaviors.

Key findings of the 2023 NNS include:

-While there has been a slight improvement in food insecurity, 3 in every 10 households (31.4%) still experience moderate to severe food insecurity, and 3 in 100 (2.7%) households face severe food insecurity. Further, it was noted that severe food insecurity experienced by the households increased as compared to previous years.

- Stunting continues to affect 2 in every 10 (23.6%) children under five years old while

wasting remains a concern at 5.6%. Two in every 10 (15.1%) children are underweight.

- Among adults, the prevalence of obesity remains alarmingly high at 4 in every 10 (39.8%), with a significantly higher prevalence among women (45.4%) and urban dwellers (44.5%).

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Director's Message



It has been a productive and engaging last quarter of 2024 for the DOST-FNRI. Before the year 2024 ended, various activities, events, seminars and conferences were conducted and attended by DOST-FNRI personnel in achieving its vision of optimum nutrition for all Filipinos.

A pre-planning workshop was conducted by the Institute in preparation for its 2025 projects and activities. The 2025 Planning Workshop: "Huddle, Analyze, Build and Innovate (HABI): Expanding Concepts and Advancing Progress in Food and Nutrition R&D and S&T" held on October 21-24, 2024 at Hotel Lucky Chinatown in Binondo was attended by all the Institute's Divisions/Group/Unit. The workshop served as a way to see the overall activities of the Institute and how each Divisions/Group/Unit is an important part of the DOST-FNRI in achieving its goals and objectives. The planning workshop was attended by DOST USec. Maridon O. Sahagun, Undersecretary for Scientific and Technical Services as she shared an inspirational message with the attendees. She emphasized that the planning workshop is a call to action, and it will open new possibilities in R&D and S&T to efficiently implement the projects in meeting the needs of the nation.

Adding to the Institute's credibility, the DOST-FNRI was recognized at the 2024 DOST Intellectual Property Awards (IPA) Awarding Ceremony held on November 25, 2024 at the Vivere Hotel, Alabang, Muntinlupa City. There were 25 international publications by DOST-FNRI, five of which received

the highest impact factor recognition. This achievement provided encouragement to the Institute to continue and improve its research and development efforts in food and nutrition.

Another important event of the Institute was the 2024 National Nutrition Summit held on December 10, 2024 at Dusit Thani Manila Hotel with the theme "Halfway Point to 2030: Key Findings of the 2023 National Nutrition Survey". Various policymakers, health professionals, researchers, food and nutrition advocates, and stakeholders attended the event for the updates and insights on the latest nutrition situation in the Philippines in support of making new policies and advocacies for a healthier Filipino nation.

Additionally, the Institute was involved in the following significant activities: signing of Memorandum of Understanding between DOST-FNRI and the National Commission on Indigenous People (NCIP), Oh My Gulay! sa FNRI in-house training on Enriched Potting Preparation, training on Decoding Diet Using Genomics, Key results of DOST-FNRI studies on anemia and obesity presented in the 2nd Southeast Asia Public Health Nutrition Conference (SEA-PHN) at Bangkok, Thailand, One Health Week 2024 of the Department of Education (DepEd) at Tagaytay City, 2024 National Science, Technology, and Innovation Week held at Cagayan de Oro City and other activities featured in the photo news section.

The year 2024 may be over but the fight for malnutrition with accurate data, correct information, and innovative technologies is a continuous advocacy of DOST-FNRI as the lead agency in food and nutrition research. May we all have a healthy and productive 2025.

Mabuhay po tayong lahat!

Lucieden G. Raz
Atty. Lucieden G. Raz

Deputy Director/Director III
Officer-in-Charge, Office of the Director

FNRI Digest Editorial Board

EDITORIAL STAFF

Milflor S. Gonzales, PhD
Editor-in-Chief

Idelia G. Glorioso
Managing Editor

Christelle Lois T. Bayalas
Issue Editor

.....

Nichole M. Bristol
Planning and Evaluation Unit Team
Franz Jayke P. Batallantes
Daniella Mae D. Tanquino
Dexter Y. De Leon

Kryztalyn Mae R. Dilag
Contributors

.....

John Mark M. Villanueva
Compositor

Dexter Y. De Leon
Shannen Faye Q. Arevalo
Proofreaders

John Mark M. Villanueva
Artist

Kryztalyn Mae R. Dilag
Circulation Staff

.....

ADVISERS

Atty. Lucieden G. Raz
Deputy Director/Director III
Officer-in-Charge, Office of the Director

Milflor S. Gonzales, PhD
Chief Science Research Specialist, TDSTSD

Charmaine A. Duante
Chief Science Research Specialist, NAMD

Rosemarie J. Dumag
Chief Science Research Specialist, NFRDD

Alexis M. Ortiz
Chief Administrative Officer, FAD

Leah C. Dajay
Supervising Science Research Specialist, SLG

Jovy S. Medina
Administrative Officer V, FAD
and EA, President

.....
FNRI Building, DOST Comp., Gen. Santos Ave.,
Bicutan, Taguig City 1631
837-2934 or 837-3164
dostfnri47@fnri.dost.gov.ph
fnri.dost.gov.ph



/DOST.FNRI @DOST.FNRI @fnri.dost

News Flash

2025 Planning Workshop: “Huddle, Analyze, Build and Innovate: Expanding Concepts and Advancing Progress in Food and Nutrition R&D and S&T”

✍ Planning and Evaluation Unit (PEU) Team

The DOST-Food and Nutrition Research Institute held its Annual Planning Workshop to help prepare for its 2025 plans, activities, and projects. The pre-planning workshop took place on September 25, 2024, in the DOST Executive Lounge, followed by the planning session on October 21-24, 2024. The session was conducted in the heart of Manila, at the Hotel Lucky Chinatown in Binondo.



Pre-planning Workshop, September 25, 2024

The first part of the pre-planning activity featured a participatory discussion and workshop led by Ms. Riz Angeline D. Mapa, Supervising Economic Development Specialist from the Innovation Community and Partnerships Division from Innovation Staff, National Economic Development Authority (NEDA). She covered the topics of Huddle, Analyze, Build and Innovate (HABI) design thinking, futures thinking exercises, and prioritization and target-setting. Ms. Mapa emphasized the importance of Design Thinking and the HABI process in fostering innovation in the Philippines in general and the DOST-FNRI in particular. By taking a human-centered approach, the Design Thinking framework fosters cooperation and creativity, both of which are critical for tackling the nation's concerns. Integrating the Filipino innovation mentality, which emphasizes empathy, critical thinking, cooperation, creativity, and imagination, is vital for advancing

inclusive development and ensuring a robust and secure future for all Filipinos. The ideas offered underline the need of a collaborative effort in innovation, since no one organization has all of the answers. The focus on convergence and cooperation among many stakeholders demonstrates a modern approach to issue resolution. The exercises meant to involve participants in detecting change signals and drivers promote a proactive mentality, preparing them to negotiate the complexity of future circumstances. This interactive method boosts creativity while also instilling a feeling of ownership and dedication to the innovation process. To increase the effect of Design Thinking, Ms. Mapa suggested that enterprises and government institutions emphasize the creation of venues for ongoing cooperation among various stakeholders. Regular seminars and training sessions should be held to promote the Filipino innovation attitude in all industries. Furthermore, using the Futures Wheel tool may help

with strategic planning by enabling teams to envision probable outcomes of their actions and adjust appropriately. The Philippines can efficiently chart its way to a resilient and prosperous future by cultivating an innovative culture that is inclusive and sensitive to community needs.

The second phase of the pre-planning process included exchanging ideas and viewpoints from two notable former DOST-FNRI officials, Dr. Aida R. Aguinaldo and Dr. Cecilia Cristina S. Acuin, on the role DOST-FNRI should play during the next five years.

Dr. Aguinaldo emphasized the DOST-FNRI's substantial success in improving research and development, community participation, and financing during the last five years. The Institute's focus on quality infrastructure, international standard compliance, and targeted R&D projects showed its dedication to improve food and nutrition for the Filipino

DOST-FNRI recognized at the 2024 DOST IPA Awarding Ceremony

✍ Nichole M. Bristol, Senior Science Research Specialist, DOST-FNRI



The DOST-FNRI was recognized for its 25 international publications during the 2024 DOST Intellectual Property Awards (IPA) Awarding Ceremony held on November 25, 2024 at the Vivere Hotel, Alabang, Muntinlupa City.

Five (5) of DOST-FNRI publications were included in the list of DOST publications with the highest impact factor. These are:

1. Gibney, M. J., Angeles-Agdeppa, I., Mognard, E. L., Khusun, H., Poulain, J. P., Ducay, A., ... & Hopkins, S. (2024). The International Breakfast Research Initiative—Evaluation and Comparison of Breakfast Nutrient Intakes in Indonesia, Malaysia and the Philippines with a View to Proposing a Harmonised Nutrient-Based Breakfast Recommendation. *Nutrients*, 16(14), 2180.
2. Hurrell, R., Trinidad, T., Mallillin, A., Sagum, R., Foman, J., Li, Q., Zeder, C., Kastenmayer, P., Rytz, A., Sabatier, M., & Egli, I. (2022). Iron Bioavailability from Ferrous Ammonium Phosphate, Ferrous Sulfate, and Ferric Pyrophosphate in an Instant Milk Drink—A Stable Isotope Study in Children. *Nutrients*, 14 (8) , 1640
3. Johnson Curtis, C., Marklund, M., Saxena, A., Goyena, E., Desnacido, J., Koon, A. D., ... & Angeles-Agdeppa, I. (2023). Considerations for modelling a broad food tax in the Philippines and other low-income and middle-income countries. *BMJ Global Health*, 8(SUPPL_8).
4. Zumaraga, M. P. P., Rodriguez, M. P., Aman, A. Y. C., Deguit, C. D. T., Biwang, J. H., Melegrito, J. B., ... & Nevado, J. B. (2022). Nutritional and genetic determinants of essential hypertension among adult respondents of the 2013 national nutrition survey, Philippines: a preliminary observational study. *The Journal of Nutritional Biochemistry*, 110, 109152.
5. -Zumaraga, M. P., Borel, P., Bott, R., Nowicki, M., Lairon, D., & Desmarchelier, C. (2023). The Interindividual Variability of Phytofluene Bioavailability is Associated with a Combination of Single Nucleotide Polymorphisms. *Molecular Nutrition & Food Research*, 67(2), 2200580.

DOST Intellectual Property Awards is part of DOST program, through NAST PHL, that aims to: (1) give incentives to DOST researchers and technology developers to encourage them to publish on international refereed journals; (2) register their developed technologies; and (3) boost the publication, patent and utility models outputs of DOST and its agencies.

The award also supports the goal of DOST to institute measures to improve the performance of Research and Development (R&D) institutions and to monitor and evaluate their R&D results. ■

Writers Pool Corner

Poor feeding among infants and young children persists - DOST-FNRI

✍ Franzis Jayke P. Batallantes, Science Research Specialist I, DOST-FNRI



Poor feeding practices of mothers and caregivers for Filipino infants and young children remain a challenge, the 2021 Expanded National Nutrition Survey (ENNS) of the DOST-FNRI revealed.

However, the same survey reported that 7 in 10 infants below 6 months of age were timely breastfed one hour after birth, while 6 in 10 infants below 6 months of age were exclusively breastfed.

Exclusive breastfeeding means that the infant receives only breast milk for the first six months.

No other liquids or solids are given – not even water – with the exception of oral rehydration solution, or drops and syrups of vitamins, minerals or medicine, as prescribed only by the doctor, as per World Health Organization (WHO) guidelines.

The survey further revealed that 6 in 10 infants were breastfed for 1

year, but only 4 in 10 were reported to have been continuously breastfed for two years.

Majority or 80% of infants at 6 months of age received timely complementary food, the survey also reported.

In spite of the presence of complementary foods, the survey found that both infants 6 to 11 months old and young children 1 to 2 years old have a high inadequacy of energy intake.

Majority of their energy and protein intakes comes from milk, rice, *lugaw* or rice gruel, cereals, egg, and chicken which is a diet lacking in diversity.

When these young children reach 3 to 5 years old or preschool age, their nutritional and energy needs significantly increase.

Despite the need for these nutrients and energy, the survey found a high prevalence of energy and micronutrient inadequacy, but with a low percentage of protein inadequacy.

The WHO recommends exclusive breastfeeding for the first six months for babies to achieve optimal growth and development, which must be followed by continuous breastfeeding with the addition of appropriate, adequate, and safe complementary foods at six months of age.

Related to this, the DOST-FNRI warns that if children are not given the necessary nutrients, the

number of malnourished children will continue to rise.

In response, the Institute developed food technologies supplemented with vegetables and coconut as complementary food.

The DOST-FNRI's Rice-Mongo Instant Blend and Rice-Mongo-



Sesame Blend are complementary food technologies developed to help combat malnutrition among Filipino children 6 months to 3 years old.

These complementary food blends are high in protein, energy, and minerals.

Prepared by simply adding boiled water, adjusting the consistency, and adding flavors, like mashed fruits or boiled and mashed vegetables to improve nutritional value, they provide a young child with 15% of the recommended energy and 27% of the recommended protein intake for the day.

The DOST-FNRI also developed coco-complementary food products that help address the energy gap

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DOST-FNRI iTrain: Empowering Filipinos through Food and Nutrition Education

✍ Daniella Mae D. Tanquino, Project Technical Assistant II, DOST-FNRI

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E-learning has innovatively revolutionized the approach to learning and acquiring new skills. It is currently the fastest-growing market in the education industry, according to Oxford College (2024). With this advancement, learners from various backgrounds can access learning materials and upskill in remote places.

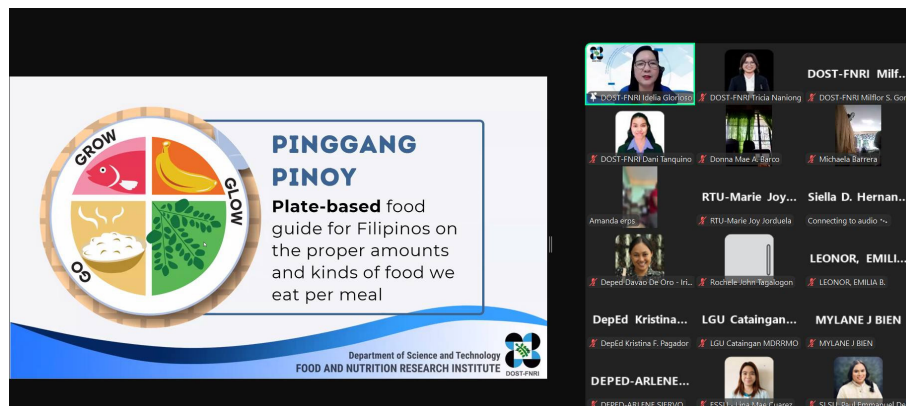
With this, the iTrain platform, of the DOST-FNRI aims to guide Filipinos through food and nutrition education and awareness through e-learning platform. It is designed to provide convenient learning opportunities to a broad audience - from health professionals and educators to individuals who want to gain nutrition-related knowledge remotely. iTrain is DOST-FNRI's official online training portal that offers a variety of food and nutrition-related educational resources. Further, it offers a range of services, including enrollment in

training programs, webinars, and archives of educational materials.

To utilize these resources, users are encouraged to create an account on the iTrain platform and browse the available webinars, on-site training, and online content.

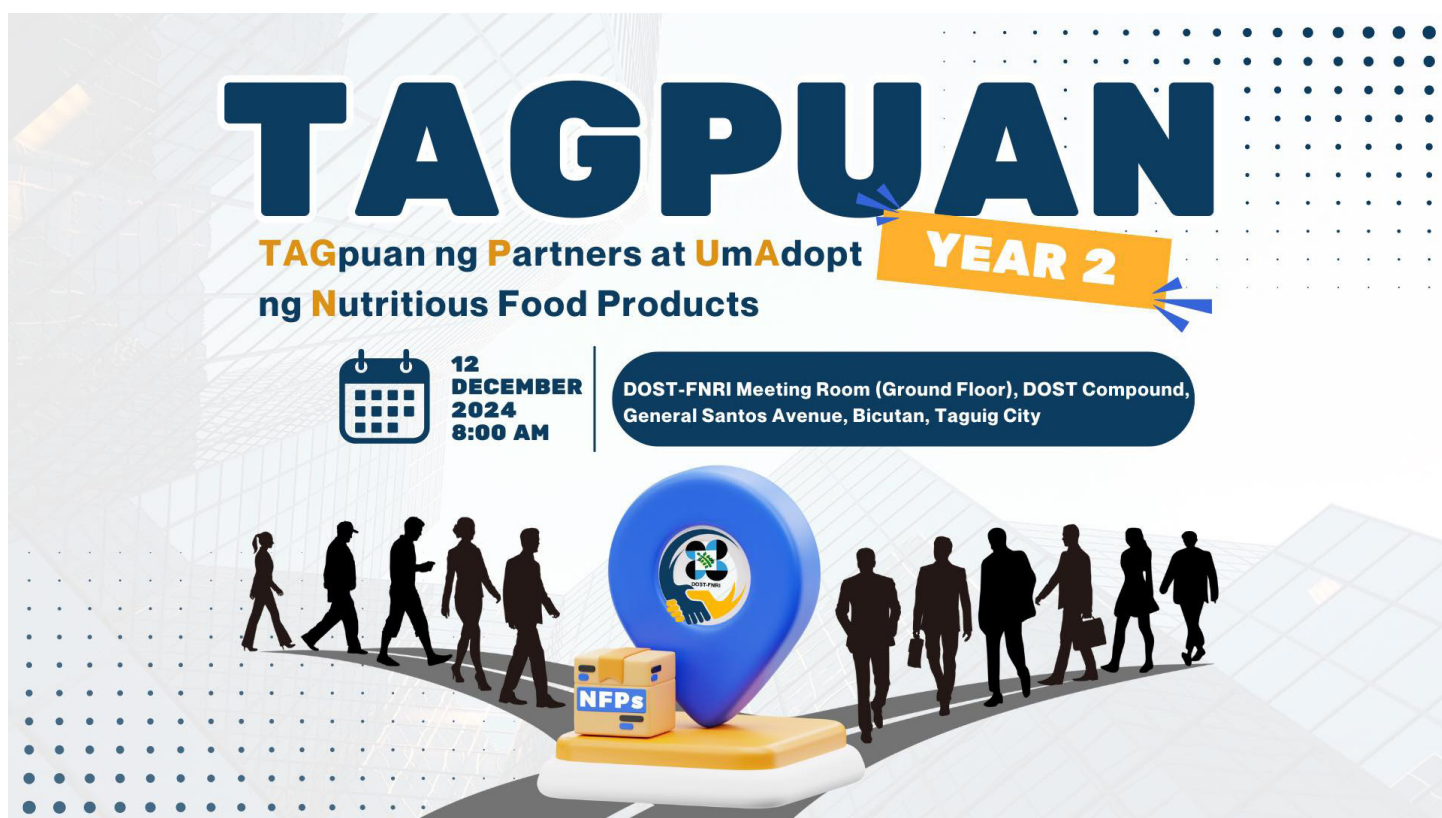
Learning starts right after registering on the user's preferred course. The three key features of the iTrain platform include Train Live, Train On-site, and Train

Now. Live webinars conducted by expert nutritionist-dietitians and researchers with certificates upon completion are available on the Train Live feature. While the Train On-site contains specialized courses and customized training programs. To check upcoming training, an account should be created and login to <https://trainings.fnri.dost.gov.ph/home>. Under "Reservation Tab", check upcoming trainings for 2025.



DOST-FNRI successfully held TAGPUAN Year 2

✍ Franzis Jayke P. Batallantes, Science Research Specialist I, DOST-FNRI



The DOST-FNRI successfully held “TAGPUAN Year 2: TAGpuan ng Partners at UMaDopt ng Nutritious Food Products (TAGPUAN)” on December 12, 2024, at the DOST-FNRI Building, DOST Compound, Bicutan, Taguig City.

Strengthening collaboration between DOST-FNRI, government institutional partners, and other stakeholders regarding the supply and demand of Nutritious Food Products (NFPs), was the main goal of TAGPUAN Year 2. The event gathered representatives from Department of Education (DepEd), Department of Social Welfare and Development (DSWD), National Nutrition Council (NNC), National Dairy Authority (NDA), Philippine Carabao Center (PCC), Philippine Coconut Authority (PCA), and DOST Regional and Provincial Offices.

Building on last year’s TAGPUAN’s success, TAGPUAN Year 2 aimed to: (1) familiarize partners on DOST-FNRI’s R&D Programs and S&T service, (2) present DOST-FNRI’s Nutritious Food Products and Licensees-suppliers’ production capacity for NFPs, and (3) engage government institutional partners and stakeholders through discussions on operational guidelines for feeding programs, and challenges encountered and corresponding solutions.

The participating offices shared their operational guidelines and discussed the challenges encountered in implementing their feeding-related programs. These insights helped clarify their respective functions and outlined collaborative opportunities.

Notably, Mr. Ted C. Pinto, Technical Assistant II of the Bureau of Learner

Support Services (BLSS) of DepEd, presented the highlights of the DepEd School-Based Feeding Program (SBFP), Ms. Carina H. Regalado, Nutritionist-Dietitian III of DSWD’s Program Management Bureau, shared the status and highlights of their Supplementary Feeding Program, and Ms. Enah Eunice R. Calanog, Nutrition Officer II of the NNC, discussed the *Tutok Kainan* Dietary Supplementation Program, which targets pregnant women and children under two years old.

Other presentations were made by Mr. Dan Adrian D. Guban, Division Chief III of NDA, who discussed the agency’s operations and functions, Ms. Ma. Theresa R. Sawit, Senior Science Research Specialist of PCC, who highlighted various programs such as the Milk Feeding Program, Carabao-based

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Photo News



DOST-FNRI booth at the 2024 Handa Pilipinas Mindanao Leg with the theme "Innovate, Empower, and Collaborate: Building a Disaster-Resilient Mindanao" on October 2-4, 2024 at the KCC Convention Center, General Santos City.



DOST-FNRI joins the AOAC SEA 3rd Annual Conference with the theme "Bringing together government, industry, and academia to advance analytical excellence for food safety" on Oct 16-17, 2024 at the Acacia Hotel Manila.



DOST-FNRI was one of the invited speakers for the International Life Sciences Institute (ILSI) - Southeast Asia Region Philippine Country Committee hosted a webinar titled "Front-of-Pack Labeling System: What We Need to Know" on October 23, 2024 via Zoom.



DOST-FNRI at the 5th Philippine Dietary Reference Intakes (PDR) Expert Committee Meeting and Workshop on the Appraisal of Guidelines for Research and Evaluation (AGREE) II Tool held in Quezon City Sports Club, Quezon City, on October 29, 2024.



The DOST-FNRI represented by Mr. Carl Vincent D. Cabanilla, the project leader of the "Bioequivalence of Virgin Coconut Oil (VCO) among Healthy Filipino Male Adults: An Exploratory Pharmacokinetic Study" received a Certificate of Recognition from De La Salle Medical and Health Sciences Institute (DLSMHSI) as a research collaborator during the Clinical Trial Summit and the Research Partner's Gala Night on November 11-15, 2024 at Dasmariñas, Cavite.



During the Philippine Export Development Plan (PEDP) forum, hosted by the Department of Trade and Industry, the DOST-FNRI presented the various programs and services of the institute for Micro, Small, and Medium-scale Enterprises (MSMEs) on November 15, 2024 at the Best Western Plus, Metro Clark, Angeles City, Pampanga.



The 2024 National Science, Technology and Innovation Week (NSTW) F&N Talks Forum presents the DOST-FNRI's food and nutrition innovations and solutions to address food security and support the Green Economy held on November 29, 2024, at Luxe Hotel, Cagayan de Oro City.



The DOST-FNRI is represented at the launch of the DOST Program PROPEL on December 4, 2024, at The Manila Hotel.



Empowering Educators and Canteen Staff: Webinar on Meal Management and Safe Food Handling via the DOST-FNRI's iTrain platform conducted on December 5, 2024, was attended by 450 participants all over the country.



The DOST-FNRI through the Nutrition Counseling Task Force participated in the PNP Health Service Monitoring of Police Overall Wellness (EMPOW) 3 "Serbisyong Pangkalusugan Para sa Pulis AVSEGROUP" held on December 3, 2024 at the AVSEGROUP Gymnasium, NAIA Complex, Pasay City.



The DOST-FNRI conducted a briefing orientation of the Institute's programs and services, the Information Resource Station and Oh My Gulay! (OMG) sa FNRI to the Greenfield Montessori School of Tanay, Rizal on December 4, 2024.



A training workshop on the Nutrition Care Process (NCP) was conducted on December 6, 2024. The resource speakers are experts in clinical nutrition with the lecture session by Ms. Juvy M. Sy, MHA, CDE, RDN, RND, FAND and interactive workshop by Ms. Ilonah Jane B. Pomay, MSCN, RDN, RND.

Soil scientist trains DOST-FNRI garden lovers on Enriched Potting Preparation technology, aka “SuperPaso”

✍ Dexter Y. De Leon, Senior Science Research Specialist, DOST-FNRI



On November 6, 2024, the DOST-FNRI Technology Diffusion and S&T Services Division (TDSTSD) facilitated the Oh My Gulay! sa FNRI In-house Training on “Enriched Potting Preparation (EPP) for Urban Gardening” at the Meeting Room.

Atty. Lucieden G. Raz, DOST-FNRI Deputy Director/Director III and Officer-in-Charge of the Office of the Director, warmly welcomed the participants. Atty. Raz underscored that “Urban gardening is a way to connect with nature. It contributes to food security, promotes environmental sustainability, and enhances mental and physical well-being.”

Ms. Idelia G. Glorioso, DOST-FNRI Supervising Science Research Specialist of the Knowledge Diffusion Section of TDSTSD, introduced the esteemed resource person. Ms. Glorioso mentioned the specializations of the resource person in soil chemistry; soil physics and soil conservation; sustainable land use systems; and agricultural

systems and simulation. She also stated the important positions held by the resource person, from being a former Department Chair of Soil Science at the University of the Philippines – Los Baños (UPLB) to being the President of the Philippine Society of Soil Science and Technology.

Dr. Eduardo P. Paningbatan, Jr., the resource person for the training, is a retired Professor of Soil Science, Agricultural Systems Cluster at UPLB and the Enriched Potting Preparation (EPP) Developer.

Dr. Paningbatan started his presentation by sharing why he started urban gardening. He shared that in 2007 he had a health crisis, and his doctor advised him to eat more fruits and vegetables. Dr. Paningbatan added that he considered the struggles of the elderly like him who need healthier sources of food to eat, and he used his soil knowledge and expertise in developing the EPP technology that can be used in urban gardening.

In the first part of the training, Dr. Paningbatan discussed the backyard container gardening or “SuperPaso”. He highlighted that “SuperPaso” is EPP technology and is designed to provide the plants’ needs in terms of balance proportion and adequate amount of water, air, and nutrients. “SuperPaso”, according to him, consists of the potting medium, the recycled “paso”, and compost soil extract (CSE). The CSE is a liquid mixture that contains all the essential nutrients (i.e. nitrogen, phosphorus, potassium, and other trace elements) needed by the



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plants to grow and produce well. Dr. Paningbatan also enumerated the vegetables and herbs that can be grown using the “SuperPaso”. He stressed during his presentation that vegetables and herbs planted in the “SuperPaso” should receive at least two hours of full sunlight.

In the second part, Dr. Paningbatan demonstrated how to make the “paso” from a 1.5-liter plastic bottle of soda. He also showed how to plant different vegetables and herbs in the “SuperPaso”. Dr. Paningbatan also shared tips and techniques in setting-up the “SuperPaso”.

After his demonstration, Dr. Paningbatan enthusiastically responded to engaging questions

posed by participants during the open forum.

Dr. Milflor S. Gonzales, DOST-FNRI Chief Science Research Specialist of the TDSTSD, delivered a heartfelt Closing Remarks. Dr. Gonzales expressed gratitude to Dr. Paningbatan by saying that “We consider you us a blessing for us kasi mapagayayaman pa po namin lalo ang aming Oh My Gulay! sa FNRI”.

The OMG In-house Training was attended by 30 DOST-FNRI staff from the different Divisions and Groups.

To know more about Oh My Gulay! sa FNRI garden and DOST-FNRI, visit our website at www.fnri.dost.gov.ph. Please like, share, and follow our social media accounts, Facebook, Instagram, X, YouTube, and TikTok. ■



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Business Improvement Network, and Enhance Partnership Against Hunger and Poverty, and Engr. Rosella B. Villaruel, Department Manager II of the PCA, discussed their role in developing coconut-related technologies.

After these presentations, participants actively engaged in a Q&A session, raising concerns and seeking clarifications on adopting DOST-FNRI technologies and procuring nutritious food products from MSMEs who adopted the Institute's food technologies,

partnerships, and the support offered by various institutes and offices. Hence, challenges and proposed solutions were identified.

To conclude the event, Dr. Milflor S. Gonzales, Chief Science Research Specialist of the Technology Diffusion and S&T Services Division (TDTSTD) of the DOST-FNRI, outlined the ways forward to sustain the story of partnerships and expressed gratitude for the fruitful discussions in her closing message.

The DOST-FNRI, together with its government partners and stakeholders, is hopeful that TAGPUAN Year 2 signifies the sustained momentum of continued collaboration. This event paves the way for future events that foster the alignment of ideas, open doors for partnerships, and strengthen relationships for the promotion of Nutritious Food Products in the fight against malnutrition. ■





- Among pregnant women, 2 in every 10 (19.1%) are nutritionally at risk of delivering low-birth-weight infants, while 5 in every 10 (51.1%) lactating women are overweight or obese.
- Anemia affects 1 in every 10 (10.9%) women of reproductive age and 2 in every 10 (17.2%) older persons.

The 2023 NNS covered 36,703 households and 115,651 individuals nationwide. The results provide vital data to guide the planning of nutrition programs and policy decisions at national and regional levels.

These findings emphasize the need for sustained and collaborative efforts across all sectors.

DOST Secretary Dr. Renato U. Solidum, Jr.'s Inspirational Message, delivered by Atty. Lucieden G. Raz, DOST-FNRI Deputy Director/Director III and Officer-In-Charge, Office of the Director, underscored the importance of sustained efforts to meet the nutritional needs of Filipinos, urging a unified approach to tackle the ongoing challenges.

“Updated and relevant data on food security, health, and other key nutrition indicators from the National Nutrition Survey are essential for tracking progress

and guiding necessary policy adjustments. These data, alongside existing datasets from agencies like the Department of Health (DOH), Philippine Statistics Authority (PSA), Department of Agriculture (DA), Department of Social Welfare and Development (DSWD), and Department of Education (DepEd), provide a strong foundation for evidence-based decision-making. These will guide the setting of new targets and interventions while empowering stakeholders to re-strategize and address the persistent triple burden of malnutrition and the escalating challenge of non-communicable diseases (NCDs)”, Atty. Raz, on behalf of Sec. Solidum, stated.

Meanwhile, Atty. Raz emphasized the need for innovative, science-driven solutions to bridge the country's nutrition gaps. She highlighted the crucial role of Research and Development (R&D) and the importance of collaboration with industry, academia, government, and international stakeholders in advancing science, technology, and innovation (STI) to address these pressing issues.

The National Economic and Development Authority (NEDA) Secretary, Dr. Arsenio M. Balisacan, gave the Keynote Address during the Summit, which was delivered by Dir. Girlie J. Casimiro-Igtiben, Director IV NEDA's Social Development Staff.

Sec. Balisacan emphasized the importance of integrating nutrition into the broader socio-economic development agenda.

Moreso, the summit featured a distinguished panel of experts, including Dr. Cecilia Cristina S. Acuin, Adjunct Associate Professor, University of the Philippines Los Baños, Ms. Cristina Murphy, Head of School Feeding and Nutrition, World Food Programme, Ms. Alice K. Nkoroi, Nutrition Manager, United Nations Children's Fund, Assistant Secretary Irene B. Dumlao, DSWD, Dr. Maria Corazon Dumlao, Chief, School Health Division, DepEd, Dr. Magdalena C. Meana, Nutrition Officer, Muntinlupa City, and Ms. Ellen Ruth F. Abella, OIC, Nutrition Planning and Policy Division, National Nutrition Council.

As we approach the halfway to 2030 and assess our progress toward achieving the Sustainable Development Goals (SDGs) for Nutrition, DOST-FNRI urges government agencies, local governments, non-governmental organizations, and private sector stakeholders to intensify collaborative efforts in enhancing the nation's nutrition landscape.

With the latest NNS results, DOST-FNRI aims to support informed decision-making and foster the development of innovative, sustainable solutions that will elevate the health and nutritional well-being of the Filipino people. Together, we can make significant strides toward a healthier future for all.

For more information about the 2024 National Nutrition Summit and the complete 2023 NNS results, please visit <https://enutrition.fnri.dost.gov.ph/>. ■

Poor feeding among infants... from p. 5

among children 6 months to 12 years old.

For instance, the Coco-blend is a good source of iron and zinc that can meet 7% and 12% of the recommended energy and nutrient intake for iron and zinc for the day. Moreover, a serving size can provide 120 kilocalories (kcal) of energy and 4 grams (g) of protein. The Coco-puff, on the other hand, contains 120 kcal and 4 g of protein per 30 g serving size, while the Coco-bisc contains 147 kcal and 2 g of protein for every 30 g serving size.

Both are excellent sources of dietary fiber and calcium, and also contain iron and zinc.

Thus, Message No. 2 of the Nutritional Guidelines for Filipinos (NGF) underscores complementary feeding practices, where mothers and caregivers can be guided on what foods to give their babies based on their ages.



The DOST-FNRI encourages parents and caregivers, frontline nutrition and health workers, and micro, small, and medium enterprises (MSMEs), as well as LGUs and schools, to refer to the NGF to learn more about an individual's nutritional needs.

The Institute also scouts for potential licensees of its complementary food blends and snacks and other fortified and nutritious technologies to help address malnutrition among children and other age groups, as well as provide jobs, income and local revenue. ■

DOST-FNRI: Empowering Filipinos... from p. 6

Additionally, individuals can gain access to a vast collection of webinar replays, cooking demonstrations, and informative modules available anytime for self-paced learning on the Train Now feature. The platform also ensures transparency by providing tools for verifying certificates.

With iTrain, Filipinos can learn anytime and anywhere about nutrition. Individuals can gain insights from highly qualified professionals in the field of nutrition and food science. Training programs are also offered for free or at minimal cost.

Just recently, DOST-FNRI offered a free webinar, "Empowering Educators and Canteen Staff:

Webinar on Meal Management and Safe Food Handling" through iTrain platform with over 530 participants from different regions in the country. Moreover, six CPD units were granted by the Professional Regulations Commission (PRC) to professional teachers upon completing the training.

iTrain is more than an online learning tool— it is a step towards a healthier Philippines. By making science-based nutrition education widely accessible, iTrain plays an important role in helping fight malnutrition, promote healthy eating habits, and empower individuals to make better dietary decisions.

Whether you are a health professional seeking to expand

your knowledge or someone aiming to improve your lifestyle, iTrain offers the tools and resources.

The DOST-FNRI customizes trainings and seminars based on the needs of the requesting party. Here is the link of DOST-FNRI training offerings <https://bit.ly/2025FNRITrainings>, for your reference and information.

Those interested in availing of the trainings offered by the DOST-FNRI can write or email Atty. Lucieden G. Raz, Deputy Director/ Director III and OIC of the Office of the Director at dostfnri47@fnri.dost.gov.ph, or contact Ms. Lhearnie M. Carranza, SRS II at landline number: 8837-8113 loc 321 and through email at: itrainfnri@gmail.com. ■

people, especially underprivileged populations. Furthermore, the need for proactive actions to address food consumption habits and nutritional concerns demonstrates a forward-thinking strategy that emphasizes public health.

From the perspective of a development partner, Dr. Acuin stressed the significance of a multisectoral approach to addressing nutrition concerns in the Philippines. Stunting and noncommunicable illnesses may be addressed effectively by stressing cooperation across sectors and concentrating on underprivileged people. The phases indicated in project conceptualization emphasize the need of detailed situational research, resource evaluation, and strategic partnerships in ensuring that interventions are both meaningful and cost efficient.

Dr. Acuin emphasized that treating nutritional issues requires a comprehensive plan that takes into account both current requirements and long-term sustainability. The focus on data consumption and monitoring will improve the efficacy of initiatives, ensuring that they are consistent with national objectives. Furthermore, the idea that DOST-FNRI investigate nutrigenomics and sophisticated data analysis represents a forward-thinking strategy that may give deeper insights into nutrition-related concerns. Overall, these measures provide a solid foundation for changing the nutritional landscape in the Philippines.

Planning Workshop, October 21-24, 2024

The four-day planning workshop was dedicated to an in-depth presentation of the 2025 programs and projects from the various

technical and administrative divisions/groups, specifically: 1) Nutrition and Food R&D Division, 2) Nutrition Assessment and Monitoring Division, 3) Technology Diffusion and S&T Services Division, 4) Service Laboratory Group, 5) Office of the Director, and 6) Finance and Administrative Division.

The majority of the projects received conceptual approval, accompanied by recommendations for enhancement. It may be necessary to reassess project objectives in relation to the committed outputs, and to ensure that inter-division activities are aligned for effective scheduling. Additional subjects will undergo further examination by the DOST-FNRI Technical Committee, including significant initiatives such as the Updating of Nutritional Status of Filipino Children and other Population Groups.

Given the constraints of available resources, it is imperative that budget requests for the majority of projects undergo thorough re-evaluation and are determined by Management, taking into account the articulated impact and quality of the proposed initiatives. It is essential to assess the potential for duplication as a significant factor in the approval of the proposed projects. The composition of the staff and the project's capacity are significant considerations in the decision to transition from an Institutional Contract of Service (ICOS) to a Contract of Service (COS). The agreements pertaining to the ongoing projects, along with the routine operations such as laboratory maintenance, were duly acknowledged as essential to facilitate the seamless execution and conclusion of the projects. The ongoing advancement of digital services is advocated to enhance

the efficacy of service delivery.

The committee's chair, Ms. Chairmaine A. Duante, presented the achievements of the Occupational Safety and Health (OSH) Program for 2024, along with the strategic plans for 2025 concerning the Gender Focal Point System (GFPS). The OSH Program is designed to protect the comprehensive well-being of employees—socially, economically, physically, and mentally—while adhering to RA 11058: An Act Strengthening Compliance with Occupational Safety and Health Standards and Providing Penalties for Violations Thereof. The GFPS was created as a direct response to Republic Act (RA) No. 9710, commonly referred to as the Magna Carta of Women. Its primary objective is to facilitate the integration of gender considerations within government agencies, local government units, and associated entities. The objective is to advance gender equality and enhance the empowerment of women. The necessity of allocating a budget for the execution of the plans proposed by both committees warrants careful consideration by the DOST-FNRI Management in order to adhere to the relevant government directives.

The annual DOST-FNRI Planning Workshop exercise underscored the significance of strategic thinking and collaboration among the divisions, reaffirming the Institute's commitment to its objectives over the next five years in pursuit of the DOST-FNRI's mission to combat malnutrition through precise data, accurate information, and innovative technologies. ■

CONGRATULATIONS!

Newly promoted and original appointment staff



October 9, 2024 (from left to right)
Jeff Mc Rowen A. Espulgar (Science Research Specialist I)
Trina Mae B. Santos (Science Research Specialist I)
Maricar D. Albao (Science Research Specialist II)



October 28, 2024 (from left to right)
Nichole M. Bristol (Senior Science Research Specialist)
Maria Stephanie N. Parani (Senior Science Research Specialist)
John Chris E. Rementilla (Science Research Specialist I)



October 31, 2024 (from left to right)
Avegail D. Apor (Science Research Specialist II)
Apple Joy D. Ducay (Science Research Specialist II)
Jovito A. Ysulat (Science Research Specialist I)



November 11, 2024
Marites E. Eguia
(Science Research Assistant)



December 9, 2024 (from left to right)
Gyle D. Tampil (Science Research Specialist I)
Micha Ella C. Vergara (Science Research Specialist I)
Mary Baby Joy A. Ricalde (Science Research Analyst)
Lea B. Landicho (Senior Science Research Specialist)

Library Acquisitions

✍ Kryztalyn Mae R. Dilag, Science Research Specialist II, DOST-FNRI

| Call number | Title/Authors | Publication/Year of Publication |
|--------------------------------------|--|---|
| FN TX 360.P6 G65 2024 | Sustainability of the Philippine food system/ Maria Julia Gollos-Gubat, Angelina R Felix, Nancy A. Tandang, Cecilia Cristina S. Acuin, Prudenciano U. Gordoncillo, and Charmaine A. Duante | Frontiers/ 2024 |
| FN QP 141.A1 F739b 2022 | 2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Basilan/ Food and Nutrition Research Institute | Food and Nutrition Research Institute/ 2022 |
| FN QP 141.A1 F739bi 2022 | 2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Biliran/ Food and Nutrition Research Institute Frances Pola S. Arias, Maylene P. Cajucom, Apple Joy D. Ducay, and Jamella Jeanne P. Victa | Food and Nutrition Research Institute / 2022 |
| FN RA 645.I7 H87 2022 | Iron Bioavailability from Ferrous Ammonium Phosphate, Ferrous Sulfate, and Ferric Pyrophosphate in an Instant Milk Drink—A Stable Isotope Study in Children / Richard F. Hurrell, Trinidad P. Trinidad, Aida C. Mallillin, Rosario S. Sagum, Jasmin Tajeri Foman, Qiaoji Li, Christophe Zeder, Peter Kastenmayer, Andreas Rytz, Magalie Sabatier, and Ines Egli | Nutrients/ 2022 |
| FN RA 645.H4 Z86 2022 | Nutritional and genetic determinants of essential hypertension among adult respondents of the 2013 national nutrition survey, Philippines: a preliminary observational study / Mark Pretzel P. Zumaraga, Marietta P. Rodriguez, Aimee Yvonne Criselle Aman, Christian Deo T. Deguit, Jessica H. Biwang, Jodelyn B. Melegrito, Charmaine A. Duante, Marilou L. Madrid, Mae Anne R. Concepcion, Jose B. Nevado | The Journal of Nutritional Biochemistry/ 2022 |
| FN QP 141.A1 F739c 2022 | 2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Cebu / Food and Nutrition Research Institute | Food and Nutrition Research Institute / 2022 |
| FN QP 141.A1 F739l 2022 | 2019 Expanded National Nutrition Survey monograph series: the food, health and nutrition situation of Lanao Del Norte/ Food and Nutrition Research Institute | Food and Nutrition Research Institute / 2022 |

Department of Science and Technology
FOOD AND NUTRITION RESEARCH INSTITUTE
 DOST Compound Gen. Santos Ave., Bicutan,
 Taguig City