



RURAL HEALTH UNIT
Naic, Cavite

FOOD CALORIES GUIDE

Recommendations and tips to improve nutrition

Calorie intake is important because it provides the energy needed for bodily functions and daily activities. Balancing calorie intake helps maintain a healthy weight and overall well-being.

BREAKFAST

6:30 AM - 9:30 AM
Suggested 300 to 350 calories

DISH	CALORIES	GRAMS/PIECES / CUP
FRIED RICE	128 Calories	140g
PLAIN RICE	205Calories	186g
FRIED EGG	120 Calories	1pc
SAUSAGE	130 Calories	1pc
HOTDOG	150 Calories	1pc

DISH	CALORIES	GRAMS/PIECES / CUP
OATS	154 Calories	81g
BREAD	98 Calories	37g / 1pc
PANDESAL	130 Calories	1pc
SPAM	180 Calories	16g per serving
TOCINO	190 Calories	per serving

LUNCH

11:00 AM - 3:00 PM
Suggested 500 to 700 calories

DISH	CALORIES	GRAMS/PIECES / CUP
FRIED RICE	128 Calories	140g
PLAIN RICE	205Calories	186g
CHICKEN ADOBO	345Calories	1 cup
TINOLA	319Calories	1 cup
FRIED CHICKEN	119Calories	1pc
SINIGANG NA BABOY	395Calories	1 cup
TORTANG TALONG	30Calories	1pc
PRITONG TILAPIA	129Calories	1pc
PRITONG GALUNGGONG	115Calories	1pc

DINNER

5:00PM - 7:00PM
Suggested 500 to 700 calories

DISH	CALORIES	GRAMS/PIECES / CUP
FRIED RICE	128 Calories	140g
PLAIN RICE	205Calories	186g
CHOPSUEY	282 Calories	1 cup
PINAKBET	256Calories	1 cup
AMPALAYA	150Calories	1 cup
GINISANG TOGE	149 Calories	1 cup
ADOBONG SITAW	946Calories	1 cup
GINATAANG KALABASA	220Calories	1 cup
GINISANG SAYOTE	226 Calories	1 cup
MUNGGO	232Calories	1 cup

SNACKS

4 hours between meals
Suggested 150-250 calories

DISH	CALORIES	GRAMS/PIECES / CUP
MIXED NUTS	813 calories	100g
POTATO CHIPS	536 calories	100g
CHICHARON	544 calories	100g

DISH	CALORIES	GRAMS/PIECES / CUP
Crackers	504 calories	100g
ICE CREAM	207 calories	1cup
FRENCH FRIES	312 calories	1cup
FISH BALL	90 Calories	1pc
BANANACUE	165Calories	1pc

CEREAL, GRAIN & PASTA

DISH	CALORIES	GRAMS/PIECES/ CUP
Cereal cooked	80 calories	1/2 cup
Cereal dry	80 calories	varies, see box
ice cooked white/brown	80 calories	1/2 cup
Pasta (all kinds)	80 calories	1/2 cup

DAIRIES

DISH	CALORIES	GRAMS/PIECES / CUP
Milk	122 calories	1 cup
Skim Milk	83 calories	1 cup

DISH	CALORIES	GRAMS/PIECES / CUP
Cheese	depends on slice	
Low fat yogurt	208calories	8 ounces

EGGS

DISH	CALORIES	GRAMS/PIECES / CUP
White Egg	52 calories	1pc
Brown Egg	70 calories	1pc
Quail Egg	14calories	1pc
Duck Egg	130 calories	1pc

FRUITS

DISH	CALORIES	GRAMS/PIECES / CUP
Acai Berry	59 calories	1 portion
Apple	96 calories	1pc
Avocado	354 calories	1pc
Asian Pear	116 calories	1pc
Banana	111 calories	1pc
Blueberries	14 calories	1 portion
Cantaloupe	45 calories	1 slice
Cherry	5 calories	1 per pc

Steps on How to know your suggested calorie intake per day

Step 1: Know your weight and height

Step 2: Next is to calculate for your BMI,

BMI helps you know if you're underweight, normal, overweight, or obese.

Formula:

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)}^2}$$

- If BMI is under 18.5, you're underweight.
- If BMI is 18.5–24.9, you're in the normal range.
- If BMI is 25 or more, you're overweight or obese.

Step 3: Next is to know your calorie intake based on your BMI result

Calculate Your Daily Calorie Needs

Multiply your current calories (from step 3) by your activity level:

- To lose weight (BMI over 25): Eat 500–1000 fewer calories.
- To maintain weight (BMI normal): Eat the same number of calories.
- To gain weight (BMI under 18.5): Add 250–500 calories.

NOTE:

All the food recommendations above are the most common dishes a Filipino Family have in their tables. We surely provided some of the dishes so that the people have idea about the number of calories they take a day.

SOURCE: <https://www.webmd.com/diet/healthtool-food-calorie-counter>