

# 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 bodily functions and physical activity.

**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.

## 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.

## GROW BODY BUILDING

**Eat** fish, shellfish, lean meat, poultry, eggs, and dried beans and nuts needed for the maintenance and repair of body tissues.

**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 *dilis* and small shrimps for strong bones and teeth.

## WATER

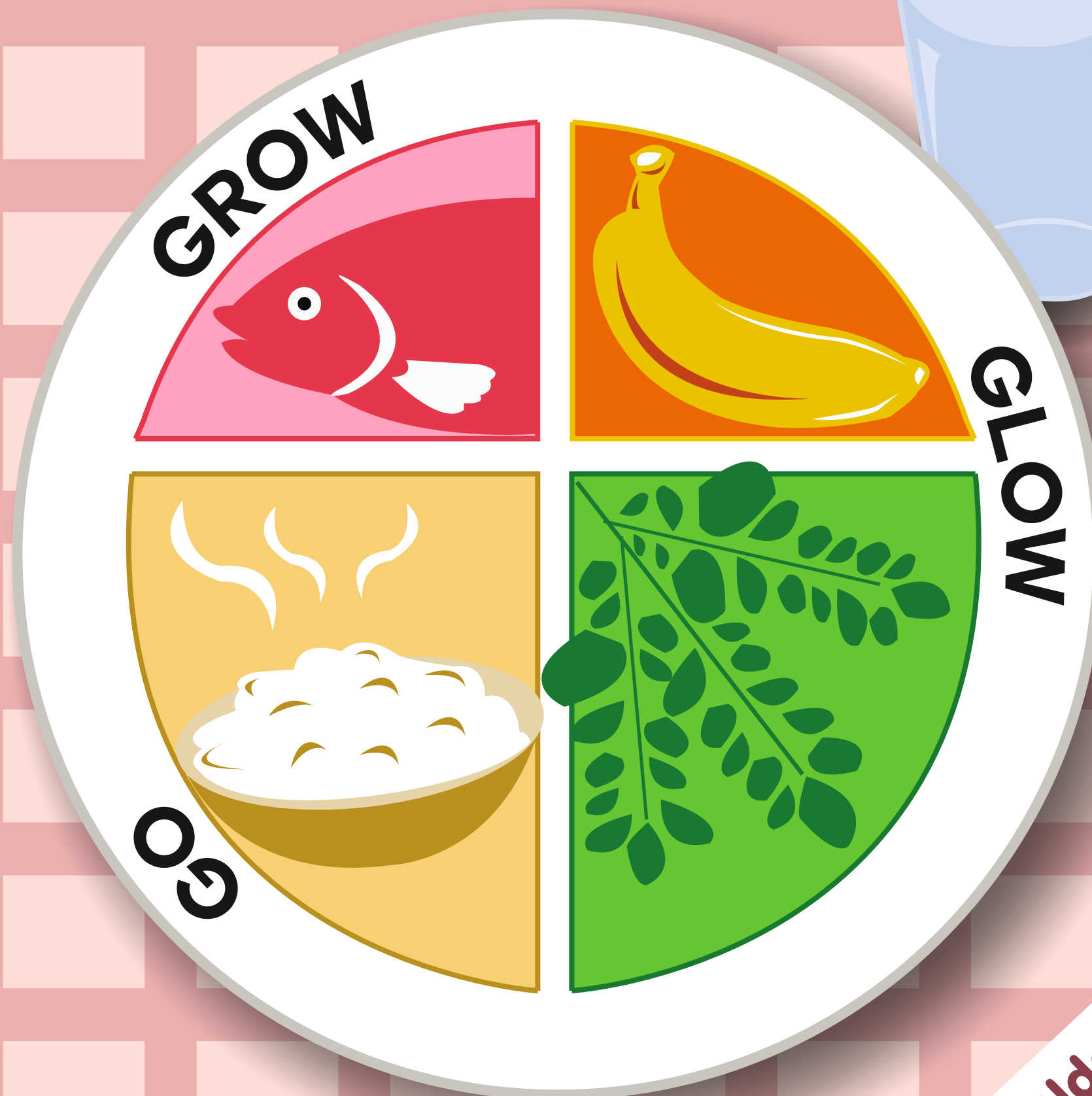
**Drink** lots of water every day for adequate hydration.

**Limit** intake of sugar-sweetened beverages to reduce the risk of obesity and tooth decay.

**HEALTH TIPS:**  
**Eat less** salty, fried, fatty and sugar-rich foods to prevent chronic diseases.  
**Understand** nutrition information on product labels to make smart food choices.



**STAY  
PHYSICALLY  
ACTIVE!**



**Older Persons  
60 y and  
above**

\*This is intended for healthy Filipino elderly, 60 years old and above. Individuals with specific health conditions like hypertension and diabetes should consult a registered nutritionist-dietitian or any health care provider regarding their energy and nutrient needs.



# HOW TO FILL UP YOUR PLATE

MALE

FEMALE

## GO Rice & alternatives



Any of the following:

- 1 cup of cooked rice
- 4 pieces of small *pandesal*
- 4 slices of small loaf bread
- 1 cup of cooked noodles (ex. *pansit*)
- 1 medium piece of root crop (ex. *kamote*)

Any of the following:

- ¾ cup of cooked rice
- 3 pieces of small *pandesal*
- 3 slices of small loaf bread
- ¾ cup of cooked noodles (ex. *pansit*)
- ¾ medium piece of root crop (ex. *kamote*)

## GROW Fish & alternatives



Any of the following:

- 2 pieces (small size) medium variety of fish (ex. *galunggong*)
- 2 slices of large variety of fish (ex. *bangus*)
- 2 pieces of small chicken leg
- 2 servings of lean meat, 30 g each (ex. chicken, pork, beef)
- 2 pieces of *tokwa*, 6 x 6 x 2 cm each
- 1 piece of small chicken egg and 1 piece of any food items mentioned above

Any of the following:

- 2 pieces (small size) medium variety of fish (ex. *galunggong*)
- 2 slices of large variety of fish (ex. *bangus*)
- 2 pieces of small chicken leg
- 2 servings of lean meat, 30 g each (ex. chicken, pork, beef)
- 2 pieces of *tokwa*, 6 x 6 x 2 cm each
- 1 piece of small chicken egg and 1 piece of any food items mentioned above

## GLOW Vegetables



¾-1 cup of cooked vegetables

(ex. *malunggay*, *saluyot*, *gabi* leaves, *talinum*, *ampalaya*, *kalabasa*, carrots, *sitaw*)

¾ cup of cooked vegetables

(ex. *malunggay*, *saluyot*, *gabi* leaves, *talinum*, *ampalaya*, *kalabasa*, carrots, *sitaw*)

## GLOW Fruits



Any of the following:

- 1 medium size fruit (ex. *saging*, *dalanghita*, *mangga*)
- 1 slice of big fruit (ex. *papaya*, *pinya*, *pakwan*)

Any of the following:

- 1 medium size fruit (ex. *saging*, *dalanghita*, *mangga*)
- 1 slice of big fruit (ex. *papaya*, *pinya*, *pakwan*)

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

## SAMPLE ONE-DAY MEAL PLAN\*

### Breakfast

Fried *Bangus*  
Camote Tops Salad  
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 *Camote*

MALE

FEMALE



8 or more  
glasses of  
water  
throughout  
the day



1 glass of  
milk daily

\*based on a 2000-calorie diet



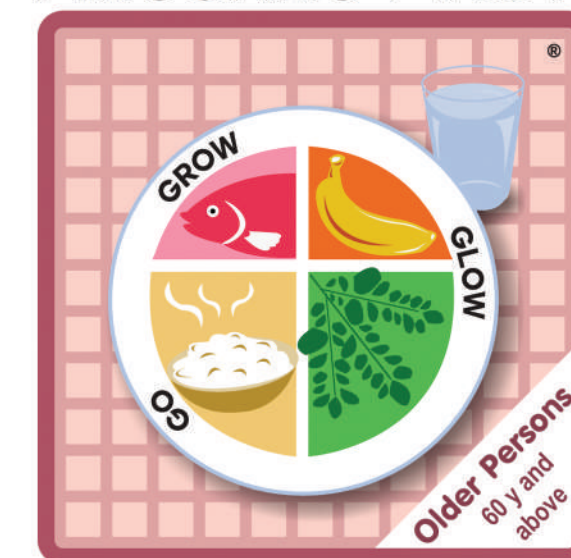
7 or more  
glasses of  
water  
throughout  
the day



1 glass of  
milk daily

\*based on a 1575-calorie diet

## PINGGANG PINOY®



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Food and Nutrition Research Institute

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