

Vegetables

Fresh Vegetables

Filipino Name	English Name
Alagaw, dahon	Fragrant premma, leaves
Ampalaya, dahon	Bittermelon/gourd, leaves
Artichoke	Artichoke
Broccoli	Broccoli
Carrot	Carrot
Gabi, dahon	Taro, leaves
Himbaba-o, bulaklak	Himbaba-o, flower
Himbaba-o, dahon	Himbaba-o, leaves
Kabuti, sariwa	Mushroom, fresh
Kadyos, bunga	Pigeon pea pod
Kalabasa, bunga	Squash, fruit
Kalabasa, dahon	Squash, leaves
Kamansi, bunga	Breadnut fruit
Katuray, dahon	Sesbania, leaves
Langka, hilaw	Jackfruit, unripe

Filipino Name	English Name
Malunggay, dahon	Horseradish tree, leaves
Paayap, bunga	Cowpea, pod
Patani, bunga	Lima bean, pod
Remolacha	Beet/Sugar beet
Rimas, bunga	Breadfruit
Saluyot, dahon	Jute, leaves
Sibuyas, ulo (Bombay, Tagalog)	Onion bulb (Bombay, Tagalog)
Singkamas, bunga	Turnip, pod
Sitaw, bunga	String/yard long bean, pod
Sitsaro	Snow/Sugar pea, pod
Toge	Mung bean sprout
Ubod, niyog	Coconut shoot
Yakon	Yacon

Processed Vegetables

English Name	Filipino Name	Weight (g) EP	Household Measure
Asparagus, cnd	Asparagus, de lata	100	1 cup
Baby corn/young corn, cnd	Mais, mura, de lata	75	2 pcs (8 × 1.5 cm)
Chickpea, cnd	Garbansos, de lata	15	1 Tbsp
Green peas (cnd, frozen)	Gisantes (de lata, frozen)	25	1 Tbsp
Mixed vegetables (carrot, peas and corn), frozen	Mixed vegetables (carrot, peas and corn), frozen	25	2 Tbsp
Mushroom (whole, sliced), cnd	Kabuti, de lata	110	¼ cup
Tomato, cnd	Kamatis, de lata	50	3 Tbsp
Tomato juice, cnd	Tomato juice, de lata	65	¼ cup
Water chestnut, cnd	Apulid, de lata	40	4 pcs (2 cm diameter)

Filipino Name	English Name
Abitsuwelas, bunga	Snap bean, pod
Alfalfa sprouts	Alfalfa sprouts
Alugbati, dahon	Malabar nightshade, leaves
Ampalaya, bunga	Bittermelon/gourd, fruit
Arugula	Arugula
Asparagus	Asparagus
Baby corn/young corn	Baby corn/young corn
Bataw, bunga	Hyacinth bean, pod
Bok choy	Bok choy/Pak choi
Cauliflower	Cauliflower
Kalabasa, bulaklak	Squash, flower
Kale	Kale
Kamatis	Tomato
Kamote, dahon	Sweet potato, leaves
Kamoteng kahoy, dahon	Cassava, leaves
Kangkong, dahon	Swamp cabbage, leaves
Katuray, bulaklak	Sesbania, flower
Labanos	Radish
Labong	Bamboo shoot
Letsugas, dahon at tangkay	Lettuce, leaves and petioles
Malunggay, bunga	Horseradish tree, pod
Mustasa, dahon	Mustard, leaves

Filipino Name	English Name
Okra	Okra
Pako, dahon	Fiddlehead fern, leaves
Papaya, bunga, hilaw	Papaya, fruit, unripe
Patola, bunga	Sponge gourd, fruit
Pechay Baguio	Chinese cabbage
Pechay, dahon	Pechay, leaves
Pipino	Cucumber
Puso ng saging, butuan	Banana heart, butuan
Repolyo (berde, pula)	Cabbage (green, red)
Sayote, bunga	Chayote, fruit
Sayote, dahon	Chayote, leaves
Seaweed (balbalulang, kulot, lato, lukot, pokpoklo)	Seaweed (balbalulang, kulot, lato, lukot, pokpoklo)
Sigarilyas, bunga	Winged bean, pod
Sili, lara	Pepper, sweet/bell
Singkamas, ugat	Turnip, tuber
Sitaw, talbos	String/yard long beans, leaves
Spinach, dahon	Spinach, leaves
Upo, bunga	Bottle gourd/white squash, fruit
Talinum, dahon	Philippine spinach, leaves
Talong	Eggplant

Fruits

Fresh Fruits

Filipino Name	English Name	Weight (g)		Household Measure	Dimension (EP)
		AP	EP		
Alimuran	Rattan fruit	119	50	13 pcs	2.5 cm diameter each (AP)
Atis	Sugar apple/sweetsop	100	50	1 pc	5 cm diameter (AP)
Balimbing	Starfruit	182	160	4 ½ pcs	6.5 × 3.5 cm each (AP)
Bayabas, pula	Guava, red	61	60	2 pcs	3.5 cm diameter each (AP)
Bayabas, puti	Guava, white	81	80	3 pcs	3.5 cm diameter each (AP)
Bignay	Bignay	299	200	2 cups	n/a
Blueberries	Blueberries	84	80	¼ cup	n/a
Camachili	Madras thorn	110	55	7 pods	10 cm each
Cherries, hinog	Cherries, sweet, ripe	76	70	7 pcs	3 cm diameter each
Chico	Sapodilla	54	45	1 pc	4 cm diameter (AP)
Dalandan, (Ladu/ Szinkom)	Orange, (Ladu/Szinkom)	344	155	3 pcs	6 cm diameter each (AP)
Datiles/Aratiles	Jamaica cherry	61	50	¼ cup or 25 pcs	1.5 cm diameter each
Dragon fruit	Dragon fruit	119	75	¼ cup or ¼ pc of	9 × 7.5 cm (AP)
Duhat	Black/Java plum	80	60	12 pcs	2 cm diameter each (AP)
Durian	Durian	150	30	2 segments	5.5 × 3.5 × 3 cm each
Granada	Pomegranate	182	80	½ pc of	8.5 cm diameter (AP)
Guyabano	Soursop	107	75	1 slice	8 × 6 × 2 cm (AP)
Kasuy, bunga	Cashew fruit	78	70	2 pcs	5.5 × 3 cm each
Kaymito, berde	Star apple, green	123	65	¼ pc of	7.5 cm diameter (AP)
Kaymito, murado	Star apple, purple	103	65	¼ pc of	7.5 cm diameter (AP)
Kiwifruit, berde	Kiwifruit, green	99	75	1 pc	5 × 6 cm (AP)
Langka, hinog	Jackfruit, ripe	118	40	1 ½ segments	5 × 3.5 cm
Lansones	Lanzon	118	80	5 pcs	3 × 3 cm each (AP)
Lechiyas/litchi	Lychee	77	50	4 pcs	3 cm diameter each (AP)
Longan	Longan	113	60	13 pcs	2.5 cm diameter each (AP)

Filipino Name	English Name	Weight (g)		Household Measure	Dimension (EP)
		AP	EP		
Mabolo	Ebony	100	60	¼ pc of	8 cm diameter (AP)
Makopa	Curacao apple	188	150	9 pcs	4.5 × 4 cm each (AP)
Mangga, Indiyana, hilaw	Mango, Indian, unripe	140	80	½ cup or 1 pc	6.5 cm diameter (AP)
Mangga, kalabaw, hilaw	Mango, Manila super, unripe	97	70	¼ cup or 1 slice	12 × 6.5 cm
Mangga, kalabaw, manibalang	Mango, Manila super, medium ripe	97	70	¼ cup or 1 slice	12 × 6.5 cm
Mangga, kalabaw, hinog	Mango, Manila super, ripe	104	70	¼ cup or 1 slice	8 × 7 cm
Mangga, paho/pahunan, hilaw	Mango, paho, unripe	79	60	9 pcs	4 × 2.5 cm each (AP)
Mangga, piko, hilaw	Mango, piko, unripe	82	60	1 slice	9.5 × 6 cm
Mangga, piko, hinog	Mango, piko, ripe	103	60	1 slice	10 × 5.5 cm
Mangga, piko, manibalang	Mango, piko, medium ripe	85	60	1 slice	9.5 × 6 cm
Mangga, supsupin, hinog	Mango, supsupin, ripe	94	50	1 pc	8 × 4.5 cm (AP)
Mangosteen	Mangosteen	212	55	2 pcs	6 cm diameter each (AP)
Mansanas, berde	Apple, green	97	75	1 pc	6 cm diameter (AP)
Mansanas, pula	Apple, red	99	75	1 pc	6 cm diameter (AP)
Marang	Jahore oak	121	35	10 pcs	n/a
Milon, honey dew	Melon, honey dew	119	100	¼ cup or 1 slice	14 × 4.5 × 4 cm
Milon, Kastila	Melon, cantaloupe	317	200	1 ¼ cup or 1 slice	16 × 6.5 × 2 cm
Milon, Tagalog	Melon, musk	278	200	1 ¼ cup or 1 slice	16 × 6.5 × 2 cm
Orange, Florida	Orange, Florida	135	100	¼ pc of	6.5 cm diameter (AP)
Orange, kiat kiat	Orange, kiat kiat	108	80	3 pcs	4.5 cm diameter each (AP)
Orange, ponkan	Orange, ponkan	108	80	1 pc	7 cm diameter (AP)
Pakwan	Watermelon	242	150	1 cup or 1 slice	11.5 × 2.5 × 9 cm
Papaya, hinog	Papaya, ripe	141	90	¼ cup or 1 slice	16 × 4.5 × 2 cm
Passion fruit	Passion fruit	125	65	¼ cup or 2 pcs	6 cm diameter each (AP)

Fruits

Filipino Name	English Name	Weight (g)		Household Measure	Dimension (EP)
		AP	EP		
Peras	Pear	130	95	¼ cup or ¼ pc of	7.5 cm diameter (AP)
Persimon	Persimmon	105	60	½ pc of	8 × 7.5 × 5.5 cm (AP)
Pinya	Pineapple	138	80	½ cup or 1 slice	14.5 × 2.5 × 4.5 cm
Rambutan	Rambutan	153	55	5 pcs	3.5 cm diameter × 4.5 cm each (AP)
Saging, bungulan	Banana, bungulan	60	40	½ pc of	15 × 3 cm (AP)
Saging, cavendish, hinog	Banana, cavendish, ripe	63	40	½ pc of	15 × 3 cm (AP)
Saging, gloria	Banana, gloria	65	40	½ pc of	13.5 × 4 cm (AP)
Saging, lakatan	Banana, lacatan	58	40	½ pc of	14 × 3.5 cm (AP)
Saging, latundan	Banana, latundan	55	40	½ pc of	12.5 × 3 cm (AP)
Saging, murado	Banana, violet	60	40	½ pc of	14 × 4 cm (AP)
Saging, saba	Banana, saba	70	40	½ pc of	12 × 4.5 cm (AP)
Sampalok, hinog	Tamarind, ripe	34	15	12 segments	n/a
Santol	Santol	110	65	1 pc	6 cm diameter (AP)
Singkamas, ugat	Turnip, tuber	230	200	1 cup or 1 ½ pcs	7 cm diameter (AP)
Singuwelas	Spanish plum	78	50	4 pcs	3 cm diameter each (AP)
Strawberry	Strawberry	168	165	1 ¼ cups	n/a
Suha	Pomelo	156	100	2 segments	9.5 × 2.5 × 4 cm each
Tiesa	Carristel	41	30	¼ pc of or 1 slice	11.5 × 5.5 cm (AP) 10.5 × 4 × 1.5 cm
Ubas	Grapes	69	55	5 pcs 12 pcs	2.5 cm diameter each 2 cm diameter each
Others (Fresh Juices):					
Lemon juice	Lemon juice		130	½ cup	n/a
Niyog, tubig	Coconut water		240	1 cup	n/a
Orange juice	Orange juice		90	⅓ cup	n/a
Passion fruit juice	Passion fruit juice		65	¼ cup	n/a

Processed Fruits

Food Item	Weight (g) EP	Household Measure	Dimension (EP)
Canned:			
Apple sauce, sweetened	60	4 Tbsp	n/a
Apple sauce, unsweetened	100	½ cup	n/a
Blackberries, heavy syrup, solids and liquids	45	¼ cup or 9 pcs	2.5 × 2 × 2 cm each
Blueberries, light syrup, drained	45	¼ cup or 29 pcs	n/a
Fruit cocktail, tropical, in syrup	45	¼ cup	n/a
Lychee in syrup	45	4 pcs	2.5 cm diameter
Peach halves in heavy syrup	65	1 pc	6 cm diameter
Pineapple crushed/tidbits/chunks	50	⅓ cup	n/a
Pineapple slice	40	1 ring	n/a
Strawberries, frozen, unsweetened	130	¼ cup or 26 pcs	2 × 2 cm each
Strawberries, heavy syrup, solids and liquids	45	¼ cup or 7 pcs	2.5 × 2.5 × 2 cm each
Dried:			
Champoy	10	2 pcs	2 × 2 cm each
Dates	15	2 pcs	2 × 2.5 cm
Dikyam	15	2 pcs	3 × 3 × 1 cm
Mango chips	10	2 pcs	6 × 2.5 × 1 cm each
Prunes	15	1 pc	3 × 2.5 cm
Raisins	15	2 Tbsp	n/a

Filipino Name	Milk	English Name	Amount (mL)	Household measure
Whole				
Gatas, kalabaw ¹		Milk, carabao ¹	200	¾ cup
Gatas, baka		Milk, cow	250	1 cup
Gatas, evaporada		Milk, evaporated	125	½ cup
Gatas, evaporada, filled		Milk, evaporated, filled	125	½ cup
Gatas, kambing		Milk, goat	250	1 cup
Gatas, recombined		Milk, recombined	200	¾ cup
Gatas, pulbos, filled, instant		Milk, powder, filled, instant	35	5 Tbsp, level
Gatas, pulbos, full cream		Milk, powder, full cream	35	5 Tbsp, level
Low Fat (1-2%)				
Gatas, low fat		Milk, low fat	250	1 cup
Yogurt		Yogurt	150	⅓ cup
Non-fat/Skim/ Fat-free (<1%)				
Buttermilk		Buttermilk	180	¾ cup
Gatas, skim		Milk, skim	250	1 cup
Gatas, pulbos, skim		Milk, powder, skim	25	4 Tbsp, level
Gatas, pulbos, non-fat, instant		Milk, powder, non-fat, instant	25	4 Tbsp, level
Yogurt, plain, skim		Yogurt, plain, skim	150	⅓ cup

¹Equivalent to 1 cup cow's milk plus 2 exchanges of fat

Rice A: Low Protein – contains 23 grams of carbohydrate and zero or negligible protein content. **RICE A**

Filipino Name	English Name	Weight (g) EP	Household Measure	Dimension (EP)
Rice and Rice Products				
Kanin, “protein-reduced”	Rice, “protein-reduced”	55	1/3 cup	n/a
Ampaw, pinipig	Ampaw, pinipig	25	2 pcs	7 × 4 × 1.5 cm each
Biko	Rice cake (glutinous), biko	40	1 slice	5 × 3.5 × 2 cm
			2 pcs	5 cm diameter × 1.5 cm each
Cuchinta	Rice cake, cuchinta	60	6 pcs	3 cm diameter × 1.5 cm each
Sapin-sapin	Rice prep (glutinous), sapin-sapin	75	1 slice	7 × 4 × 2 cm
Corn and Corn Products				
Cornstarch	Cornstarch	25	1/4 cup	n/a
Maja blanca	Corn pudding, maja blanca	65	1/4 slice	4.5 × 4 × 3.5 cm
Maja mais	Corn pudding, maja mais, yellow	75	1 slice	6 × 4 × 2.5 cm
Noodles and Pasta				
Bihon	Noodles, rice			
Misua	Noodles, wheat, thin			
Sotanghon	Noodles, mungbean starch	100	1 cup	n/a
Sweet potato noodles	Noodles, sweet potato			
Rootcrops and Products				
Gabi	Taro	100	1/4 cup, cubed	n/a
Kamote (dilaw, murado, puti)	Sweet potato (yellow, purple, white)	85	1 pc or 1/4 cup, cubed	4 cm diameter × 9 cm long
Kamoteng kahoy/balinghoy	Cassava	85	1 slice or 1/4 cup, cubed	6 × 5 cm
Kamoteng kahoy, bibingka	Cassava cake, bibingka	55	1 slice	3.5 × 4.5 × 3.5 cm
Kamoteng kahoy, linupak	Cassava, mashed, w/sugar and margarine	55	1 pc	7 × 3 × 3.5 cm
Kamoteng kahoy, pichi-pichi	Cassava, pichi-pichi	45	1 pc	5 cm diameter
Kamoteng kahoy, suman	Cassava, suman	45	1 pc	8.5 × 3 × 2 cm
Tugi	Yam, spiny	150	1 pc or 1 1/4 cups, cubed	11.5 × 4.5 cm
Ubi	Yam, purple	130	1 cup, cubed	n/a
Others				
Saging, saba, nilaga	Banana, saba, boiled	65	1 pc	9.5 × 3.5 × 3.5 cm
Sago, nilaga	Palm starch ball, boiled	120	1/2 cup	n/a
Sago, tapioca	Tapioca pearls	160	1/4 cup	n/a

Rice B: Medium Protein – contains 23 grams of carbohydrate and two (2) grams of protein.

Rice B

Filipino Name	English Name	Weight (g) EP	Household Measure	Dimension (EP)
Rice and rice products				
Bigas, maputi, sinaing	Rice, well-milled, boiled	80	½ cup	n/a
Bigas, mapula, sinaing	Rice, undermilled, red, boiled	80	½ cup	n/a
Pinawa, sinaing	Rice (undermilled/brown rice), boiled	80	½ cup	n/a
Lugaw:	Rice gruel			
Thin consistency (½ cup cooked rice + 5 cups water)		705	4 ½ cups	n/a
Medium consistency (½ cup cooked rice + 3 cups water)		435	3 cups	n/a
Thick consistency (½ cup cooked rice + 2 cups water)		250	1 ½ cups	n/a
Ampaw, rice	Ampaw, rice	25	2 pcs	7 × 4 × 1.5 cm each
Bibingka, galapong	Rice cake, bibingka	45	½ slice	7 cm diameter × 3 cm
Bibingka, malagkit	Rice cake (glutinous), bibingka	40	½ slice	5 × 3 × 2 cm
Bibingka, pinipig	Rice cake (glutinous), pinipig	50	1 slice	5 × 4 × 2 cm
Espasol	Rice prep, espasol	35	1 slice	2.5 cm diameter × 4 cm
Kalamay, may latik	Rice prep (glutinous), kalamay, with coconut curd topping	50	1 slice	5 × 5 × 1.5 cm
Kalamay, ube	Rice prep (glutinous), with yam	60	1 slice	4.5 × 4.5 × 2 cm
Palitaw, walang niyog	Rice prep (glutinous), palitaw	50	3 pcs	6.5 × 3.5 × 0.5 cm each
Puto, brown	Rice cake, brown	50	½ slice of	9 × 5 × 4 cm
Puto bumbong	Rice cake, puto bumbong, purple	40	2 pcs	10 × 1.5 × 1 cm each
Puto maya	Rice cake, maya	60	½ of	9 × 10 × 2.5 cm
			1 slice	4.5 × 3.5 × 5.5 cm
Puto, puti/Puto, Calasiao	Rice cake, puto white	50	3 – 4 pcs	4 cm diameter × 2 cm each
Puto seko	Rice-bread prep, toasted, puto seko	25	4 pcs	3 cm diameter × 1.5 cm each
Puto seko, may niyog	Rice-bread prep, toasted, puto seko with grated coconut	25	7 pcs	2.5 cm × 2 cm each

Filipino Name	English Name	Weight (g) EP	Household Measure	Dimension (EP)
Rice and rice products				
Suman marwekos, may niyog	Rice prep (glutinous), with grated coconut topping	50	1 pc	13 × 4 × 1.5 cm
Suman sa ibos	Rice prep (glutinous), ibos	60	1 pc	11 × 2.5 × 2.5 cm
Suman sa lihiya	Rice prep (glutinous), lye-treated	55	½ of	11 × 5.5 × 1.5 cm
Tamales	Rice flour prep, tamales	100	2 pcs ½ pc of	6.5 × 4.5 × 3 cm each 9.5 × 7 × 5 cm
Tikoy	Rice cake (glutinous), Chinese tikoy	40	1 slice	8.5 × 3 × 1.5 cm
Tupig	Rice prep (glutinous), tupig	35	1 pc	10.5 × 2.5 × 1.5 cm
Bakery Products				
Apas	Cookies, apas	25	7 pcs	7.5 × 3 cm each
Brohas	Cookies, lady finger	25	5 pcs	11 × 3.5 cm each
Cake, mamon, tostado	Cake, mamon, toasted	25	2 ½ pcs 3 pcs	7 × 3 × 2 cm 5 cm diameter × 1 cm
Cuapao	Steamed bun	35	½ of	5.5 × 6.5 × 3.5 cm
Hopyang hapon	Hopyang hapon	30	1 pc	5.5 cm diameter × 1.5 cm
Marie	Cookies, marie	25	8 pcs	6 cm diameter × 0.5 cm each
Pasencia	Cookies, pasencia	25	7 pcs	4 × 4 × 0.5 cm each
Pianono	Cake, jelly roll	35	1 slice	8.5 × 7.5 × 2 cm
Sponge cake	Cake, sponge	35	1 slice	7.5 × 4 × 4 cm
Corn and corn products				
Binatog	Hominy	90	½ cup	n/a
Corn flakes	Corn flakes	25	½ cup	n/a
Mais butil, de lata	Corn, whole kernel, cnd	160	1 cup	n/a
Mais, cream style, de lata	Corn, cream style, cnd	130	½ cup	n/a
Mais, durog (dilaw, puti)	Corn grits (yellow, white)	120	1 cup	n/a
Mais sa busal (dilaw, puti)	Corn on cob (yellow, white)	65	½ pc of	12.5 × 4 cm (AP)

Filipino Name	English Name	Weight (g) EP	Household Measure	Dimension (EP)
Rootcrop				
Patatas	Potato	170	1 pc or 1 ½ cup, cubed	6 cm diameter × 8 cm
Others				
Kastanyas, binusa	Chestnut, roasted	40	8 pcs	3 cm diameter
Plantains	Plantains	80	1 pc	12.5 × 3 × 3 cm

Filipino Name	English Name	Weight (g) EP	Household Measure	Dimension (EP)
Bakery products				
Bread, wheat	Bread, wheat	40	1 ½ pcs	10 × 9.5 × 1.5 cm
Ensaymada	Bread, sweet roll	35	1 pc ½ pc	6.5 cm diameter × 4 cm 11.5 cm diameter × 3.5 cm
Hamburger bun	Bread, hamburger bun	35	1 pc	13 × 5.5 × 3 cm
Hotdog roll	Bread, hotdog roll	35	1 pc	8 cm diameter × 4.5 cm
Loaf bread/Pan Amerikano	Bread, white, loaf	35	2 pcs 1 ½ pcs	7.5 × 6.5 × 1.5 cm each 10 × 9.5 × 1.5 cm
Pan de bonete	Bread, pan de bonete	35	1 ½ pcs	4 cm diameter × 4 cm
Pan de leche	Bread, pan de leche	35	½ pc	8 × 3 × 6.5 cm
Pan de limon	Bread, pan de limon	35	1 pc	6 × 5 × 4.5 cm
Pan de monay	Bread, pan de monay	35	½ pc	8.5 × 8 × 6.5 cm
Pan de sal	Bread, pan de sal	35	1 ½ pcs	7 × 6 × 3.5 cm
Pinagong	Bread, pinagong	35	½ pc of	10 × 6.5 × 4 cm
Pita bread, white (enriched/ unenriched)	Bread, pita, white (enriched/ unenriched)	40	½ pc	16 cm diameter × 1 cm
Pita bread, whole wheat	Bread, pita, whole wheat	40	½ pc	16 cm diameter × 1 cm
Tinapay, tostado	Bread, toast/toasted	30	5 pcs 1 ½ pc	4.5 × 3.5 × 1 cm each 9 × 9 × 1 cm
Noodles and Pasta				
Couscous	Couscous	100	1 cup	n/a
Pasta (enriched/ unenriched)	Pasta (enriched/unenriched)	70	½ cup	n/a
Udon	Udon	100	1 cup	n/a
Others				
Balat ng lumpia	Spring roll wrapper, plain	35	7 pcs	16.5 cm diameter each
Langka, buto	Jackfruit, seed	75	14 pcs	n/a
Quinoa	Quinoa	95	1 cup	n/a

Low Fat Meat – contains eight (8) grams of protein and one (1) gram of fat.

LF Meat

Filipino Name	English Name	Weight (g) EP Ckd	Household Measure	Dimension (EP)
Lean Meat				
Beef				
Kenchi	Shank	35		
Laman	Lean meat	35		
Pierna corta at pierna larga	Round	35	1 slice, mbs	5 × 3.5 × 2 cm
Solomilyo	Tenderloin	35		
Tagiliran, gitna	Porterhouse steak	35		
Tagiliran, hulihan	Sirloin	35		
Carabeef				
Hita	Round	35		
Kenchi	Shank	35		
Laman, bahagyang taba	Lean meat with little fat	35		
Laman, katamtamang taba	Lean meat with medium fat	35	1 slice, mbs	5 × 3.5 × 2 cm
Paypay	Chuck	35		
Pierna corta at pierna larga	Round steak	35		
Tapadera	Rump	35		
Pork				
Lomo	Tenderloin	35	1 slice, mbs	5 × 3.5 × 2 cm
Goat (Chevon)				
Balikot	Shoulder	40	1 slice	8 × 2 × 2.5 cm
Binti	Leg	40	1 slice	8 × 2 × 2.5 cm
Biyas	Shank	40	1 slice	8 × 2 × 2.5 cm
Dibdib	Breast	35	1 slice, mbs	5 × 3.5 × 2 cm
Leeg	Neck	40	1 slice	8 × 2 × 2.5 cm
Likod	Back	40	1 slice	8 × 2 × 2.5 cm
Lomo	Loin	35	1 slice, mbs	5 × 3.5 × 2 cm
Tadyang	Rib	40	1 slice	8 × 2 × 2.5 cm

Filipino Name	English Name	Weight (g) EP Ckd	Household Measure	Dimension (EP)
Chicken				
Laman	White meat	30	1 slice	5 × 3 × 1.5 cm
Pitso	Breast	30	1 slice	5 × 3 × 1.5 cm
Duck				
Pakpak	Wing	30	1 pc	n/a
Others				
Palaka, laman	Frog, meat	30	1 pc, big or 2 pcs, small	22 × 3 × 3 cm or 18 × 2.5 × 2.5 cm
Variety meats/ Internal organs				
Atay	Liver (pork, beef, carabeef, chicken)	30	¼ cup or 1 pc	n/a
Baga	Lungs (pork, beef, carabeef)	35	¼ cup	n/a
Balun-balunan	Gizzard (chicken, duck)	25	¼ cup or 4 pcs	5 × 2.5 × 1.5 cm each
Bato	Kidney (pork, beef, carabeef)	45	¼ cup	n/a
Bitukang maliit	Small intestine (pork, beef)	30	¼ cup	n/a
Bituka, manok, barbeque	Chicken intestine, barbeque	20	2 sticks	11 × 2 × 0.5 cm each
Dugo	Blood (pork, beef, chicken)	35	¼ cup	n/a
Lapay	Spleen (pork, beef, carabeef)	45	¼ cup	n/a
Librilyo	Omasum (beef, carabeef)	50	¼ cup	n/a
Litid	Tendon (beef)	30	1 slice, mbs	5 × 3.5 × 1.5 cm
Puso	Heart (pork, beef, carabeef)	25	¼ cup	n/a
Fish				
Alumahan	Mackerel, striped	35	½ pc of	17 × 4 cm
Bakokong moro	Porgy, fresh water	40	½ slice of	9 × 3 × 4 cm
Bangus	Milkfish	35	1 slice	4.5 × 6 × 1.5 cm
Dalag	Mudfish/Murrel, striated	40	½ slice of	9 × 3 × 4 cm
Dalagang bukid	Caesio/Fusilier, golden	35	½ pc of	11 × 4 cm
Dilis, buo	Anchovy, long - jawed, whole	35	⅓ cup	n/a
Dilis, walang ulo	Anchovy, long - jawed, w/o head	25	¼ cup	n/a

LF Meat

Filipino Name	English Name	Weight (g) EP Ckd	Household Measure	Dimension (EP)
Dulong	Anchovy fry	50	½ cup	n/a
Galunggong	Scad, round	35	1 pc	13 × 3 cm
Hasa-hasa	Mackerel, short-bodied	35	1 pc	16 × 5 cm
Hito	Catfish, freshwater	35	1 slice	6 × 3 × 2.5 cm
Labahita	Surgeon fish, blue-lined	40	½ slice of	9 × 3 × 4 cm
Lapu-lapu	Grouper, spotted	40	½ slice of	9 × 3 × 4 cm
Matang baka	Scad, big-eyed	35	1 pc	15 × 4 cm
Sapsap	Slipmouth, common	35	2 pcs	8.5 × 3.5 cm each
Saramulyete	Goatfish, yellow-striped	35	1 pc	13.5 × 3 × 2.5 cm
Tambakol	Tuna, yellow-fin	35	½ slice of	9 × 6 × 1.5 cm
Tamban	Sardine, Indian	35	1 ½ pcs	15 × 3.5 cm
Tawilis	Sardine, bombon	30	2 pcs	12.5 × 3 cm each
Tilapia	Tilapia	35	½ slice of	15.5 × 6 cm
Tulingan	Tuna, frigate/bullet	35	½ slice of	9 × 6 × 1.5 cm
Other Seafoods				
Alimango, alige	Crab, mud/mangrove, fat	15	1 Tbsp	n/a
Alimango, laman	Crab, mud/mangrove, meat	50	⅓ cup or ½ pc of	10.5 × 7 × 4 cm (AP)
Alimasag, alige	Crab, blue swimming, fat	25	2 ½ Tbsp	n/a
Alimasag, laman	Crab, blue swimming, meat	40	⅓ cup or 1 pc	9 × 5 cm
Balatan	Sea cucumber	120	6 pcs	8 × 5.5 × 0.5 cm each
Pugita	Octopus	40		
Pusit	Squid	50	2 pcs	11 × 3 cm each
Talangka	Crab, shore	25	6 pcs	3 × 3 cm each (AP)
Hipon/Shrimp:				
Hipon, alamang	Shrimp, sergestid	40	⅓ cup	n/a
Hipon, sugpo	Shrimp, giant tiger prawn	40	½ pc of	23 × 2.5 × 3.5 cm (AP)
Hipon, suwahe	Shrimp, greasy back	40	4 pcs	16 cm each (AP)
Hipon, tagunton	Shrimp, freshwater (small)	40		
Hipon, ulang	Shrimp, freshwater	40		

Filipino Name	English Name	Weight (g) EP Ckd	Household Measure	Dimension (EP)
Shells:				
Batotoy	Mollusks, Sakhalin surf clam/cockles	60	⅓ cup or 4 pcs	2 × 4.5 × 4 cm each
Lapas/Kapinan	Abalone	30	2-3 pcs	5 × 4 × 2 cm each
Kuhol, ginto	Snail golden	45	⅓ cup or 12 pcs	n/a
Paros	Clam, rayed shell	60		
Tuway	Mollusks, hard clam	45	2 ½ cup (with shells) or ¼ cup (without shells) or 22 pcs	4 × 4 × 2.5 cm each
Processed Foods				
Cheese				
Cottage	Cottage	50	⅓ cup	n/a
Fish Products				
Canned				
Tuna flakes, in brine	Tuna flakes, in brine	45	¼ cup	n/a
Daing/Dried				
Alakaak	Croaker, plain	25	8 pcs	8 × 4.5 cm each
Alumahan	Mackerel, striped	25	2 pcs	18 × 7 × 0.5 cm each
Bakalaw	Cod	25	⅓ pc of	21.5 × 6.5 × 2.5 cm
Bisugo	Nemipterid, ribbon-finned	25	1 pc	12 × 7.5 cm
Biyang puti	Goby, flat-headed	25	1 pc or 11 pcs small	14.5 × 9 × 0.5 cm or 9.5 × 4.5 × 0.5 cm each
Lapu-lapu	Grouper, spotted	25	1 pc	17 × 9 × 0.5 cm
Malasugi/Espada	Swordfish	20	3 ½ pcs	29.5 × 5 cm each
Sapsap	Slipmouth, common	25	7 pcs	8 × 4 × 0.5 cm each
Tamban	Sardine, Indian	25	2 pcs	11 × 3.5 × 1 cm each
Tanigi/Tangigi	Mackerel, Spanish	25		
Tilapia	Tilapia	25	1 pc	9.5 × 8 cm

Filipino Name	English Name	Weight (g) EP Ckd	Household Measure	Dimension (EP)
Tuyo/Dried				
Alamang	Shrimp, sergestid	15	¼ cup	n/a
Ayungin	Theraponid, silvery	15		
Dilis	Anchovy, long-jawed	15	13 pcs	7 cm each
Hibe	Shrimp, small, marine	25	4 Tbsp	n/a
Pusit	Squid	15	2 pcs	7 × 6 cm each
Sapsap	Slipmouth, common	20	4 pcs	8 × 4 cm each
Tamban	Sardine, Indian	20	2 pcs	10.5 × 3 cm each
Tinapa/Smoked				
Galunggong	Scad, round	25	¼ pc of	15.5 × 3.5 cm
Tamban	Sardine, Indian	25	3 pcs	10 × 3 cm each
Tunsoy	Sardine, fimbriated	25	3 pcs	10 × 3 cm each

LF Meat

Medium Fat Meat – contains eight (8) grams of protein and six (6) grams of fat.

MF Meat

Filipino Name	English Name	Weight (g) EP Ckd	Household Measure	Dimension (EP)
Beef				
Paypay, laman	Chuck, lean	35	1 slice, mbs	5 × 3.5 × 2 cm
Punta y pecho	Brisket	35	1 slice, mbs	5 × 3.5 × 2 cm
Pork				
Pata	Leg	35	1 slice, mbs	5 × 3.5 × 2 cm
Chicken				
Binti	Leg/drumstick	35	1 pc	11 × 4 cm
Hita	Thigh	35	1 pc	11.5 × 4 cm
Pakpak	Wing	35	1 pc	n/a
Ulo	Head	50	2 pcs	5.5 × 3 × 3 cm
Duck				
Hita	Thigh	35	1 pc	3.5 × 6.5 cm
Likod	Back	30	1 slice	5 × 3 × 1.5 cm
Pitso	Breast	35	1 slice, mbs	5 × 3.5 × 2 cm
Goat (Chevon)				
Tiyan	Flank	35	1 slice, mbs	5 × 3.5 × 2 cm
Variety meats/internal organs				
Bituka, maliit	Small intestine, carabeef	35	¼ cup	n/a
Goto	Tripe, beef	85	¼ cup	n/a
Utak	Brain (pork, beef, carabeef)	45	¼ cup	n/a
Egg				
Manok, buo	Chicken, whole	55	1 pc medium	4.5 cm diameter × 5.5 cm
Pato, maalat	Duck, whole, salted	55	1 pc medium	4.5 cm diameter × 5.5 cm
Pugo	Quail	55	7 pcs small	n/a
Fish				
Karpa	Carp	35	½ pc of	10 × 4 × 2 cm

Filipino Name	English Name	Weight (g) EP Ckd	Household Measure	Dimension (EP)
Processed Foods				
Cheese				
Cheddar, pasteurized, processed	Cheddar, pasteurized, processed	30	1 slice	5.5 × 2.5 × 2 cm
Fish Products				
Tinapa/Smoked				
Bangus	Milkfish	30	1 slice	
Canned				
Salmon sa mantika	Runner, two-finned, in oil	45	3 slices	5 × 3.5 × 2.5 cm
Sardinas sa tomato sauce	Sardines, in tomato sauce	80	2 pcs	5.5 × 3.5 cm each
Tuna spread	Tuna spread	25	2 Tbsp	n/a
Meat Products				
Karne norte, de lata	Corned beef, cnd	45	¼ cup	n/a
Sausage, ham	Sausage, ham	55	2 pcs	9 × 0.3 cm each
Nuts/Bean Products				
Tofu	Soy bean curd, tofu	100	½ cup	8.5 × 3.5 × 3 cm
Tokwa	Soy bean curd, tokwa	70	1 pc	5 × 5.5 × 2 cm
Others				
Chick, one-day-old, fried	Chick, one-day-old, fried	35	2 pcs	8.5 × 3 × 3 cm each
Manok paa, barbeque	Chicken feet, barbeque	35	4 pcs (CAP)	n/a
Manok ulo, barbeque	Chicken head, barbeque	35	3 pcs	5.5 × 3 × 3 cm each

111151111 contains five (5) grams of fat and 45 calories.

Filipino Name	English Name	Weight (g)	Household Measure
Fats			
Monounsaturated Fats			
Avocado	Avocado	65	12.5 × 6.5 × 2 cm
Mantika/Langis (olive, peanut)	Oil (olive, peanut)	5	1 tsp
Nuts:			
Almond	Almond	8	7 pcs
Kasuy, binusa	Cashew nut, roasted	9	6 pcs, whole
Macadamia	Macadamia	7	5 pcs
Mixed nuts	Mixed nuts	7	1 Tbsp
Pili	Pili nut	7	5 pcs
Peanut butter	Peanut butter	10	½ Tbsp
Seeds:			
Sunflower	Sunflower	8	1 Tbsp
Patani	Lima beans/Pop beans	10	5 pcs
Shortening	Shortening	5	1 tsp
Polyunsaturated Fats			
Aseyte	Oil, marine	5	1 tsp
Fish oil, cod liver	Fish oil, cod liver	5	1 tsp
Mantika/Langis (canola, corn, flaxseed, sesame, soybean, sunflower)	Oil (canola, corn, flaxseed, sesame, soybean, sunflower)	5	1 tsp
Nuts:			
Walnut	Walnut	7	2 pcs
Seeds:			
Flaxseed	Flaxseed	8	2 ½ tsp
Kalabasa	Squash/Pumpkin	10	1 Tbsp
Linga	Sesame	8	1 Tbsp
Pakwan	Watermelon	10	1 ½ Tbsp

Filipino Name	English Name	Weight (g)	Household Measure
Saturated Fats			
Bacon	Bacon	10	1 strip
Cream cheese	Cream cheese	15	1 Tbsp
Cream, all purpose	Cream, all purpose	15	1 Tbsp
Cream, fluid, whipping (heavy, light)	Cream, fluid, whipping (heavy, light)	15	1 Tbsp
Cream, whipped	Cream, whipped	20	
Krema	Cream	20	4 tsp
Lard	Lard	5	1 tsp
Latik	Coconut, cream curd	10	2 tsp
Mantekilya	Butter	5	1 tsp
Mantekilya, light	Butter, light	10	2 tsp
Mantika/Langis, niyog	Oil, coconut	5	1 tsp
Mantika/Langis, niyog (MCT)	Oil, coconut (MCT)	5	1 tsp
Mantika/Langis, niyog (virgin, extra virgin)	Oil, coconut (virgin, extra virgin)	5	1 tsp
Mantika, palm	Oil, palm	5	1 tsp
Margarine	Margarine	5	1 tsp
Mayonnaise	Mayonnaise	5	1 tsp
Mayonnaise, diet	Mayonnaise, diet	20	4 tsp
Mayonnaise, light	Mayonnaise, light	15	1 Tbsp
Niyog, kakang gata	Coconut cream	15	1 Tbsp
Niyog, magulang	Coconut meat, mature	20	4 tsp
Salad dressing	Salad dressing	10	2 tsp
Sandwich spread	Sandwich spread	15	1 Tbsp
Sitsaron baboy/Sitsarong balat	Pork crackling, skin	10	5 pcs (2 × 2 cm)
Sour cream	Sour cream	25	5 tsp
Beef tallow	Beef tallow	5	1 tsp

Sugar

Filipino Name	English Name	Weight (g)	Household Measure
Arnibal	Syrup	5	1 tsp
Asukal (muscovado, pula, puti)	Sugar (muscovado, brown, white)	5	1 tsp
Banana chips	Banana chips	5	2 pc
Bukayo	Coconut meat, grated, sweetened	5	1 pc (2 cm diameter)
Candy (caramel, hard, toffee)	Candy (caramel, hard, toffee)	5	1 pc
Champoy	Champoy	5	1 pc (2 cm diameter)
Cherry, in syrup	Cherry, in syrup	20	5 pcs
Chewing gum, bubble gum	Chewing gum, bubble gum	5	1 - 2 pcs (2 x 2 x 0.5 cm)
Chocolate	Chocolate	5	2 pcs
Coco sugar	Sugar, coconut sap	5	1 tsp
Coco syrup	Syrup, coconut sap	5	1 tsp
Dates, pitted	Dates, pitted	5	1 pc (3 x 2 cm)
Dikyam	Dikyam	10	1 pc (3 x 3 x 1 cm)
Dried jackfruit	Dried jackfruit	5	1 pc (4 x 2.5 x 0.5 cm)
Dried kiwi	Dried kiwi	5	1 pc (4 x 3.5 x 0.5 cm)
Dried mango	Dried mango	5	1 pc (6 x 2.5 x 0.1 cm)
Dried papaya chunks	Dried papaya chunks	5	1 pc (4.5 x 2 x 0.5 cm)
Dried pineapple	Dried pineapple	5	2 pcs (2 x 2 x 0.5 cm each)
Dulce de Leche	Dulce de Leche	5	1 tsp
Gatas, sweetened, kondensada, filled	Milk, sweetened, condensed, filled	5	1 tsp
Gulaman, may lasang prutas	Carageenan gel, assorted fruit flavor	15	1 pcs (3 x 2 cm)
Jam at jellies	Jam and jellies	10	2 tsp
Kiamoy	Kiamoy	15	2 pcs (2 cm diameter each)
Leche flan	Crème custard	10	1 slice (3.5 x 2 x 1.5 cm)
Lokum	Lokum	5	1 pc (2.5 x 2 x 0.5 cm)
Marshmallow	Marshmallow	5	3 pcs (2 cm diameter each)

Filipino Name	English Name	Weight (g)	Household Measure
Matamis na bao	Coco honey	5	1 tsp
Nata de coco/nata de piña, sweetened	Nata de coco/nata de piña, sweetened	15	1 Tbsp
Pakaskas/Panocha	Sugar, crude (pakaskas, panocha)	5	1 tsp
Pasas	Raisins	5	1 tsp
Pastilyas (durian, gatas, langka)	Fudge (durian, milk, jackfruit)	5	1 pc
Prunes	Prunes	10	2 pcs
Pulot	Syrup, molasses, cane	10	2 tsp
Pulot-pukyutan	Honey	5	1 tsp
Sampalok, candied	Tamarind, candied	5	2 pcs (1.5 cm diameter each)
Taho may arnibal at sago	Soy bean curd/Gerlig's cheese w/ syrup and sago	40	¼ cup
Tira tira	Candy, pulled	5	1 pc

Filipino Name	English Name	Weight (g)	Household Measure	Sugar Exchange
Ice candy	Ice candy	75	1 pc (9 x 3 x 3 cm)	3
Ice drop	Ice drop	40	1 pc (6 x 3.5 cm diameter)	1 ½
Kundol, candied	Wax gourd, candied	15	1 pc (6 x 1.5 x 1.5 cm)	2
Polvoron	Polvoron	10	1 pc (3.5 x 2.5 x 1 cm)	2
Rimas, candied	Breadfruit, candied	35	3 pcs (8.5 x 3.5 x 0.5 cm)	6
Ubedol	Fudge, yam	20	1 pc	3
Yema	Candy, custard	25	1 pc (2 x 2 x 7 cm)	4