



A new, easy-to-understand food guide that uses a familiar food plate model to convey the right food group proportions on a per-meal basis to meet the energy and nutrient needs of Filipino adults.

**To know more about Pinggang Pinoy**

Write or call:

Dr. Mario V. Capanzana  
Director

Food and Nutrition Research Institute  
Department of Science and Technology  
DOST Compound, Gen. Santos Ave.  
Bicutan, Taguig City  
Tel. Nos. (02) 837 2934 or 837 1839

Send email:

mvc@fnri.dost.gov.ph  
mar\_v\_c@yahoo.com

Or visit website:

www.fnri.dost.gov.ph

Developed by



In collaboration with



With support from

**WHO Philippines**

# SAMPLE ONE-DAY MEAL PLAN\*

<p><b>Breakfast</b></p> <p>Daing na Bisugo Fried Egg Ensaladang Ampalaya Rice Banana</p>	<p><b>Lunch</b></p> <p>Sinigang na Bangus Rice Kaymito</p>	<p><b>Supper</b></p> <p>Lechon Manok Garlic Kangkong Rice Watermelon</p>	<p>8 or more glasses of water</p>	<p><b>AM snack</b></p> <p>Boiled corn</p> <p><b>PM snack</b></p> <p>Suman</p>
--	--	--	-----------------------------------	---

\*based on a 2,000-calorie diet

<p><b>GO</b> ENERGY GIVING</p> <p><b>Choose</b> whole grains like brown rice, corn, wheat bread and oatmeal.</p> <p><b>Go</b> for root crops like <i>gabi</i>, <i>kamote</i>, <i>kamoteng kahoy</i> and <i>ubi</i>.</p>	<p><b>GROW</b> BODY BUILDING</p> <p><b>Eat</b> fish, shellfish, lean meat, poultry, eggs and dried beans or nuts.</p> <p><b>Consume</b> milk, milk products and other calcium-rich foods like <i>dilis</i> and small shrimps.</p>	<p><b>GLOW</b> BODY REGULATING</p> <p><b>Enjoy</b> a wide variety of vegetables like <i>malunggay</i>, <i>kalabasa</i>, <i>sitaw</i>, <i>ampalaya</i> and others.</p> <p><b>Include</b> fresh fruits like banana, mango, <i>dalanghita</i>, papaya and others.</p>	<p><b>WATER &amp; BEVERAGES</b></p> <p><b>Drink</b> at least 8 glasses of water every day.</p> <p><b>Lessen</b> intake of sugar-rich drinks.</p>
---	---	--	--

**Read** nutrition information on product labels.  
**Eat less** salty, fried, fatty and sugar-rich foods.

**STAY PHYSICALLY ACTIVE!**



**PINGGANG PINOY**  
Healthy food plate for Filipino adults





## Equivalent Portion Sizes Per Meal

### Rice & alternatives



- 1 serving of any of the following:
- 1 cup of cooked rice
  - 4 pcs. of *pandesal*, 17g each
  - 4 slices of loaf bread, 17g each
  - 1 cup of cooked macaroni or spaghetti noodles
  - 1 small pc. of rootcrop (ex. *kamote*, *kamoteng kahoy*, *gabi*, *ubi*)

### Fish & alternatives



- 2 servings of any of the following:
- 1 pc. of small size fish (ex. *galunggong*)
  - 1 pc. of small chicken leg or 1 matchbox size of chicken breast
  - 1 matchbox size of meat (ex. pork, beef)
  - 1 pc. of small chicken egg

### Vegetables



- 3/4 to 1 cup of cooked or raw vegetables

### Fruits



- 1 serving of any of the following:
- 1 medium size fruit (ex. banana, *dalanghita*, *kaymito*)
  - 1 slice of big fruit (ex. watermelon, papaya)

### Water & beverages



- 8 or more glasses of water daily

This food guide is intended for apparently healthy Filipinos aged 19 years and above. Individuals with specific health conditions should consult a nutritionist-dietitian or any health care provider regarding their energy and nutrient needs.