



Republic of the Philippines  
DEPARTMENT OF EDUCATION  
Region VII, Central Visayas  
DIVISION OF BOHOL  
City of Tagbilaran



April 3, 2017

DIVISION MEMORANDUM

No. 169 s, 2017

**“Policy and Guidelines on Healthy Food and Beverage Choices  
in Schools and in DepEd Offices”**

TO: PSDSs/Acting PSDSs  
School Principals/Heads  
Health Personnel  
All Others Concerned

1. Attached is Regional Memorandum No. 0202, s. 2017 and DepEd Order No. 13, s. 2017, for information and guidance of all concerned.
2. For details, refer to the attached DepEd Order.
3. For immediate dissemination and compliance.

**WILFREDA D. BONGALOS, Ph.D., CESO VI**  
Schools Division Superintendent



REPUBLIKA NG PILIPINAS  
 REPUBLIC OF THE PHILIPPINES  
 KAGAWARAN NG EDUKASYON  
 DEPARTMENT OF EDUCATION  
**REHIYON VII, GITNANG VISAYAS**  
**REGION VII, CENTRAL VISAYAS**  
 Sudlon, Lahug, Cebu City



*C. Torngosa*

MAR 21 2017

REGIONAL MEMORANDUM  
 No. 0202, s. 2017

**POLICY AND GUIDELINES ON HEALTHY FOOD AND BEVERAGE CHOICES  
 IN SCHOOLS AND IN DEPED OFFICES**

To: Schools Division Superintendents  
 Officers-in-Charge of Regular and Interim Divisions  
 All Others Concerned

1. For information and guidance of all concerned, attached is DepEd Order No. 13, s. 2017, entitled, "Policy And Guidelines On Healthy Food And Beverage Choices In Schools And In DepEd Offices", which is self-explanatory.
2. DepED Order No. 8, s. 2007 entitled Revised Implementing Guidelines on the Operation and Management of School Canteens in Public Elementary and secondary Schools Policy Statements No.4.4, 4.5, and 4.6 are modified accordingly by this issuance.
3. For details, refer to the attached DepEd Order.
4. For immediate dissemination and compliance.

For and in behalf of the Director IV:

*[Signature]*  
**VICTOR V. YNTIG**  
 Chief, Administrative Officer  
 Officer-In-Charge

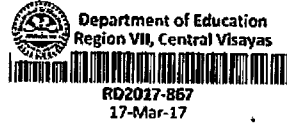
ESSD  
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Republic of the Philippines  
**Department of Education**

14 MAR 2017

DepEd ORDER  
No. **13**, s. 2017

**POLICY AND GUIDELINES ON HEALTHY FOOD AND BEVERAGE CHOICES  
IN SCHOOLS AND IN DEPED OFFICES**

To: Undersecretaries  
Assistant Secretaries  
Bureau and Service Directors  
Regional Directors  
Schools Division Superintendents  
Public and Private Elementary and Secondary Schools Heads  
All Others Concerned

1. For the information and guidance of all concerned, the Department of Education (DepEd) issues the enclosed **Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices** for the promotion and development of healthy eating habits among the youth and DepEd employees by making available healthy, nutritious, and affordable menu choices, and for setting food standards.
2. The Policy and Guidelines aim to:
  - a. make available healthier food and beverage choices among the learners and DepEd personnel and their stakeholders;
  - b. introduce a system of categorizing locally available foods and drinks in accordance with geographical, cultural, and religious orientations;
  - c. provide guidance in evaluating and categorizing foods and drinks; and
  - d. provide guidance in the selling and marketing of foods and beverages in schools and DepEd offices, including the purchasing of foods for school feeding.
3. DepEd Order No. 8, s. 2007 entitled *Revised Implementing Guidelines on the Operation and Management of School Canteens in Public Elementary and Secondary Schools* Policy Statements Nos. 4.4, 4.5, and 4.6 are modified accordingly by this issuance.
4. This Order shall take effect immediately upon publication on DepEd Website.
5. Immediate dissemination of and strict compliance with this Order is directed.

  
**LEONOR MAGTOLIS BRIONES**  
Secretary

Reference:  
DepEd Order (No. 8, s. 2007)

To be indicated in the Perpetual Index  
under the following subjects:

CHANGE  
EMPLOYEES  
HEALTHY EDUCATION  
LEARNERS  
POLICY  
RULES AND REGULATIONS  
SCHOOLS

SMMA, DO Policy and Guidelines on Healthy Food and Beverage Choices  
0015-January 6/February 28, 2017

**POLICY AND GUIDELINES ON HEALTHY FOOD AND BEVERAGE CHOICES  
IN SCHOOLS AND IN DEPED OFFICES**

**I. RATIONALE**

According to the World Health Organization, malnutrition in all its forms presents a significant threat to human health. WHO confirmed the Double Burden of Malnutrition (DBM) the world is facing today, especially in developing countries. DBM is defined by WHO as the existence of undernutrition side by side with overweight and obesity in the same population across the life course. Hunger and poor nutrition contribute to early deaths of mothers, infants, and young children, and impaired physical and brain development in children. At the same time, rising cases of overweight and obesity worldwide are linked to an upward trend of chronic and non-communicable diseases, also called lifestyle-related diseases, like cancer, cardiovascular diseases, and diabetes. These conditions may be life threatening especially in areas where there are limited resources and already overburdened health systems.

The 8<sup>th</sup> National Nutrition Survey (Department of Science and Technology-Food and Nutrition Research Institute, 2014) showed that for children aged five to ten years old, 29.1% were underweight (low weight for his/her age), 29.9% were stunted (low height for his/her age), 8.6% were wasted (low weight for his/her height), and 9.1% were overweight (high weight for his/her height).

The double burden of under and over nutrition experienced by the school children in the Philippines is due to the fact that total food intake for some children has remained inadequate, resulting in undernutrition. Unhealthy food eating patterns – more sugars, fats, and oils, and less leafy vegetables and whole grain cereals, and a sedentary lifestyle led to an upward surge in overweight and obesity.

For long-lasting benefits of prevention and health promotion efforts, it is important to affect change not only in the individual but also at the community level, and schools are recognized as good venues for health promotion strategies.

In June 2016, the World Health Organization spearheaded a Regional Workshop on Regulating the Marketing and Sale of Foods and Non-Alcoholic Beverages at Schools to call upon countries to prioritize restricting the sale and marketing of food products high in sugar, salt, and fat, setting school food standards, and increasing the availability and accessibility of healthy options.

It is in line with the above concerns that this policy is being issued.

## II. SCOPE

This Policy and Guidelines shall apply to all public elementary and secondary schools, learning centers, including DepEd Offices in the Central, Regional, and Division Levels.

Private schools are likewise enjoined to adopt these guidelines.

## III. DEFINITION OF TERMS

For purposes of this Order, the following terms are defined as follows:

- A. **Healthy diet** - balance in food intake which: (a) achieves energy balance and a healthy weight; (b) limits energy intake from total fats, and shifts fat consumption away from saturated fats to unsaturated fats and towards the elimination of trans-fatty acids; (c) increases consumption of fruits and vegetables, legumes, whole grains, and nuts; (d) limits the intake of free sugars; and (e) limits salt (sodium) consumption from all sources
- B. **Unhealthy diet** - food intake high in saturated or trans fat or sodium or sugar which is considered to be a major risk factor for chronic diseases such as cardiovascular diseases, cancer, diabetes, and other conditions linked to obesity
- C. **Energy balance** - a condition wherein the amount of energy ingested is equal to the amount of energy used resulting in a stable body weight
- D. **Calorie** - measure of energy in food
- E. **Free sugars** - all monosaccharides and disaccharides added to food and drinks by the manufacturer, cook or consumer, including sugars naturally present in honey, syrups, fruit juices and fruit concentrates
- F. **Fat** - the most concentrated form of energy. They facilitate the absorption of fat-soluble vitamins, sources of essential fatty acids, and are vital structural components of body tissues. WHO/FAO (2003 as cited in PDRI, 2015) recommended 15 to 30% of total energy as the daily fat intake, providing approximately 9kcal of energy per gram

- G. **Unsaturated fat** - often referred to as the better fats and are found mainly in many fishes, nuts, seeds, and oils from plants. Unsaturated fats may help lower your blood cholesterol level when used in place of saturated and trans fats
- H. **Saturated fat** - fat that contains only saturated fatty acids, is solid at room temperature, and comes chiefly from animal food products. Some examples of saturated fat are butter, lard, meat fat, solid shortening, palm oil, and coconut oil. Saturated fat tends to raise the level of cholesterol in the blood
- I. **Trans fat** - can be naturally occurring and artificial. Naturally-occurring trans fats are produced in the gut of some animals. Artificial trans fats are created in an industrial process that adds hydrogen to liquid vegetable oils to make more solid. These can be found in many foods such as donuts, baked goods including cakes, pie crusts, biscuits, etc.
- J. **Low fat** - food product containing not more than three (3) grams of fat per 100 grams of food (solids) or 1.5 grams of fat per 100 ml (liquids). This is approximately equivalent to more than half a teaspoon of fat (1 teaspoon of fat is equal to 4 grams)
- K. **Low sodium** - food product containing not more than 0.12 grams (or 120mg) of sodium per 100 grams of food. This is equivalent to approximately 300 mg of salt (salt is 40% sodium and 60% chloride) or 1/20 teaspoons of salt

#### **IV. STATEMENT OF POLICY AND OBJECTIVES**

This policy establishes the guidelines to promote healthy diets and positive eating behaviours and provide healthy eating environment to learners, teaching, and non-teaching personnel. Specifically, this policy intends to:

- A. make available healthier food and beverage choices among students and DepEd personnel and their stakeholders; and
- B. introduce a system of categorizing locally available foods and drinks in accordance with geographical, cultural, and religious orientations;
- C. provide guidance in evaluating and categorizing foods and drinks; and

- D. provide guidance in the selling and marketing of foods and beverages in schools and DepEd offices, including the purchasing of foods for school feeding.

V. PROCEDURES

A. Strategies to Implement

1. Food Standards

- a. Each School shall develop their own healthy menu ensuring that the foods and drinks offered are nutritious, affordable, and compliant with these guidelines for approval by the Schools Division Superintendent (SDS).
- b. Food and beverage choices available in canteens within the schools, learning centers, and DepEd offices shall adhere to the requirements of a healthy diet as defined in Section IIIA. It is important to achieve dietary energy balance coming from the intake of carbohydrates, fats, and protein to maintain a healthy weight. Attached as enclosure is the Recommended Energy Intakes per day (Philippine Dietary Reference Intakes, 2015).
- c. The canteens in schools and DepEd offices shall not sell foods and beverages high in fat and/or sugar and/or sodium including, but not limited to the foods enumerated in Table 6. There shall be a shift towards healthier fat consumption by providing more of foods with unsaturated fats and limiting foods laden with saturated and trans fats.
- d. The daily intake for carbohydrates should be within the recommended limits while the daily intake for foods with free sugars should be less than 10% of total energy. For additional health benefits, WHO recommends a further reduction in sugar consumption to less than 5% of total energy.
- e. The daily intake for sodium should be at least 500 milligrams (mg) but not more than 800 mg per day (PDRI, 2015). To reduce salt and sodium consumption, salt intake should be less than two (2) grams per day this is equivalent to 800 mg of sodium). This is approximately equivalent to less than half a teaspoon of salt. Foods naturally high in sodium (i.e., processed foods and canned goods) as well as foods with added sodium and salt should also be limited. School/DepEd Canteen personnel shall practice gradual reduction of salt in order for the school children and personnel to adapt to the reduced saltiness of foods through time.



f. *Pinggang Pinoy* is a plate-based food guide, a simple and familiar image associated with eating that provides immediate visual cues about portion size on a per-meal basis. The new food guide informs consumers how to build a healthy and balanced meal. Using a familiar food plate model, it shows the approximate relative proportions of each of the food groups for consumers to eat a high proportion of vegetables and fruits, eat moderate amounts of energy and protein-rich foods, and consume less fatty and sugary foods. *Pinggang Pinoy* also suggests drinking lots of water and less of sugary beverages. In addition to eating a healthy diet, it also encourages exercise or physical activity, an important component of a healthy lifestyle (See enclosure for Sample Meal Plans and Menus).

g. **Reading Nutrition Facts**

Most food products have Nutrition Facts on their labels which provide information about the nutrition content of a food or drink as prescribed by the Department of Health Administrative Order No. 2014-0030. The nutrition facts are presented in a tabular form declaring the amounts of protein, carbohydrates (dietary fiber and sugar), fat (saturated fat, trans fat, and cholesterol), sodium, and energy or calories.

h. Food products with Nutrition Facts shall be evaluated using the cut-off points for the three categories given in Tables 1, 2, and 3.

i. The GREEN category includes foods and drinks that should ALWAYS be available in the canteen. These foods and drinks are the best choices for a healthy school canteen as they contain a wide range of nutrients and are generally low in saturated and trans fat, sugar, and salt.

Table 1. Cut-off Points for Packaged Food and Drinks with available Nutrition Label/Nutrition Facts under the GREEN category

<p><b>General Description:</b></p> <ul style="list-style-type: none"><li>• Contains wide range of nutrients</li><li>• Saturated fat is less than 3 grams (approximately equivalent to more than half a teaspoon of fat) per serving</li><li>• No trans fat</li><li>• Added sugar is less than 10 grams (or 2 teaspoons) per serving</li><li>• Sodium is less than 120 mg (equivalent to 300 mg of salt or 1/20 teaspoons salt) per serving</li></ul>
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- ii. The **YELLOW** category includes foods and drinks that should be served carefully. These foods and drinks contain some nutrients but at the same time also contain large amounts of saturated or trans fats and/or sugar and/or salt. If eaten in large amounts, these foods and drinks may contribute to excess calories. These may be served once or twice a week only (Tuesdays and Thursdays), in smaller servings, and should be less prominent in the canteen menu.

**Table 2. Cut-off Points for Packaged Food and Drinks with available Nutrition Label/Nutrition Facts under the YELLOW category**

<p><b>General Description:</b>          May contain some nutrients but at the same time contains</p> <ul style="list-style-type: none"> <li>• Saturated fat is more than 3 to 5 grams (approximately equivalent to more than half a teaspoon to 1 teaspoon of fat) per serving; or</li> <li>• No Trans fat;</li> <li>• Added sugar is more than 10 grams but less than 20 grams (equivalent to 2 to 4 teaspoons) per serving; or</li> <li>• Sodium is more than 120 mg to 200 mg (equivalent to 300 to 500 mg of salt or 1/20 to 1/10 teaspoon salt) per serving</li> </ul>
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- iii. The **RED** category includes foods and drinks not recommended in the canteen menu. These foods and drinks contain high amounts of saturated fat or sugar or salt and should not be served in healthy school canteens. They may also provide excess energy or calories. Consumption of these foods and drinks outside the school premises is at the discretion of their parents.

**Table 3. Cut-off Points for Packaged Food and Drinks with available Nutrition Label/Nutrition Facts under the RED category**

<p><b>General Description:</b></p> <ul style="list-style-type: none"> <li>• Saturated fat is more than 5 grams (equivalent to more than 1 teaspoon) per serving; or</li> <li>• Contains trans fat no matter how insignificant the amount is</li> <li>• Added sugar or total carbohydrates (in the absence of dietary fiber) is more than 20 grams (equivalent to more than 4 teaspoons) per serving; or</li> <li>• Sodium is more than 200 mg (equivalent to 500 mg or 1/10 teaspoon salt) per serving</li> </ul>
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- i. All manufactured food products with Nutrition Facts to be sold in school canteens must be evaluated using the Nutrition Facts Assessment Table shown below:

Product:				
Serving Size:				
Number of Servings:				
Nutrients (a)	Amount (b)	GREEN (c)	YELLOW (d)	RED (e)
1. Saturated Fat		Less than 3 grams	3 to 5 grams	More than 3 grams
2. Trans Fat		0	0	0
3. Sugar or Total Carbohydrate (if there is no dietary fiber)		Less than 10 grams	10 to 20 grams	More than 10 grams
4. Sodium		Less than 120 mg	120 to 200 mg	More than 120 mg

- i. In evaluating the nutrition content, indicate in column b the amounts of saturated fat, trans fat, sugar or total carbohydrate (if there is no dietary fiber), and sodium per serving as reflected in the label of the food product. Compare the nutrient contents against the criteria in columns c, d, and e. Check under which column the particular nutrient falls.
- ii. Only those items with saturated fat, trans fat, sugar or total carbohydrate (if there is no dietary fiber), and sodium evaluated under the GREEN or YELLOW categories may be served in the school canteens as prescribed under Section IIIA of these guidelines.
- iii. If the item has one nutrient under the RED category, the food product should not be sold in school canteens.
- j. Categories/Description of Non-packaged foods and drinks - A new system of categorization of foods and drinks is hereby introduced for

non-packaged items with no available Nutrition Facts that are sold in the canteens to guide the school heads and teachers in-charge of canteens in planning and creating their own healthy menu. Locally available natural foods are preferred over processed food products. Foods and drinks shall be categorized as GREEN, YELLOW, and RED.

Canteen-cooked foods, common Filipino snack foods or those without Nutrition Facts may be enumerated under a Food List classified as GREEN, YELLOW, and RED. Sample Food Lists are in Tables 4, 5, and 6.

- i. The GREEN category includes foods and drinks that should ALWAYS be available in the canteen. These foods and drinks are the best choices for a healthy school canteen as they contain a wide range of nutrients and are generally low in saturated and trans fat, sugar, and salt. This includes, but is not limited to the following foods and drinks:

**Table 4. List of Foods and Drinks under the GREEN category**

<b>Food</b>	<b>Examples</b>
<b>Drinks</b>	Milk (unsweetened) Safe and clean water (nothing added) Fresh Buko Water (unsweetened)
<b>Energy-giving (Go)</b>	Milled Rice Brown Rice or Iron-fortified Rice Corn Oatmeal Whole wheat bread Cassava (kamoteng kahoy) Boiled Sweet potato (kamote) Boiled Saging na saba Corn, Binatog Boiled peanuts Suman Puto
<b>Body-building (Grow)</b>	Fishes Shellfish Small shrimps Lean meats Chicken without skin Nuts Egg
<b>Body-regulating</b>	Fresh fruits, preferably those in season

(Glow)	Green, leafy, and yellow vegetables
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- i. The YELLOW category includes foods and drinks that should be served carefully. These foods and drinks contain some nutrients but at the same time also contain large amounts of saturated or trans fats and/or sugar and/or salt. If eaten in large amounts, these foods and drinks may contribute to excess calories. These may be served once or twice a week only (Tuesdays and Thursdays), in smaller servings, and should be less prominent in the canteen menu. Every opportunity shall be taken to make these foods healthier by following the instructions enumerated under Section V.A.1.k.iii. This includes, but is not limited to the following foods and drinks:

Table 5. List of Foods and Drinks under the YELLOW category

Food	Examples
Drinks	100% Fresh fruit juices
Energy-giving (Go)	Fried rice Bread (using white refined flour) Biscuits Banana cue, Camote Cue, Turon, Maruya Pancakes Waffles Champorado Pancit Arroz caldo Sandwiches (cheese, egg, chicken filling, etc.) Butter, Margarine, Mayonnaise (use sparingly)
Body-building (Grow)	Processed foods such as meats/fish, hotdogs, sausage, burger patties, chicken nuggets, tocino, tapa, etc. (still subject to evaluation of saturated or trans fat and sodium as reflected in their Nutrition Facts)
Body-regulating (Glow)	Stir-fried Vegetables

- ii. The RED category includes foods and drinks not recommended in the canteen menu. These foods and drinks contain high amounts of saturated fat or sugar or salt and should not be served in healthy school canteens. They may also provide excess energy or calories.

Consumption of these foods and drinks outside the school premises is at the discretion of their parents. This includes, but is not limited to the following foods and drinks:

Table 6. List of Food and Drinks under the RED category

Food	Examples
Drinks	Soft drinks, alcoholic drinks, sports waters, sports drinks, flavoured mineral water, energy drinks, sweetened waters, powdered juice drinks  Any product containing caffeine (for school canteens)  Any processed fruit/vegetable juice with added sugar of more than 20 grams or 4 teaspoons per serving
Energy-giving (Go)	Any jelly, ice crushes, and slushies  Any ice cream/ ice drops/ ice candies  Cakes and slices, donuts, sweet biscuits and pastries, and other sweet bakery products  All types including chocolates, hard/chewy candies, chewing gums, marshmallows, lollipops, yema, etc.  French fries, <i>bicho-bicho</i> , etc.  Instant noodles  All types of heavily salted snacks such as chips or <i>chichiria</i>
Body-building (Grow)	<i>Chicharon</i> Chicken skin Bacon Deep-fried foods including fish balls, kikiams, etc.
Body-regulating (Glow)	Fruits canned in heavy syrup Sweetened fruits or vegetables or deep-fried

k. In planning a healthy menu, it is important to assess the nutritional value of foods and drinks as follows:

- i. Compare items against GREEN, YELLOW, and RED categories. If it fits easily into the GREEN category, the item may be included in the healthy menu and be sold in the canteen. If it fits easily into the RED category, the item must not be in the healthy menu and should not be sold in the canteen.
  - ii. If the item does not fall under GREEN or RED, it is likely to fall under the YELLOW category, it may be served once or twice a week only, in smaller servings, and should be less prominent in the canteen menu. The canteen may follow suggestions in greening the menu.
  - iii. Canteen-cooked foods such as pancit, champorado, arroz caldo, mami, etc. may fall between GREEN and YELLOW categories depending on the ingredients used. The following steps may also be undertaken to lower saturated or trans fat, sugar, and sodium:
    - use cooking methods that require little or no fat or oil such as steaming, boiling, sautéing, pan frying, and baking;
    - before cooking, remove visible fat from meat, and skin from poultry;
    - use oils sparingly;
    - reduce the added salt when cooking food;
    - use low fat products such as skimmed milk, low fat spread, low fat cheese, and light mayonnaise;
    - use iodized salt instead of plain salt because of its iodine content which is associated with the mental development of children, and in compliance with RA 8172 or the ASIN Law;
    - reduce the amount of added condiments such as monosodium glutamate, soy sauce, fish sauce, ketchup, and other locally available condiments in cooking;
    - avoid the use of artificial flavours; instead, use natural herbs and spices such as garlic, onion, turmeric, ginger, black pepper, chilli pepper, and others; and
    - remove excess fat/oil from soup and soup stocks.
2. Increasing the Availability and Accessibility of Healthy and Safe Foods
    - a. Safe drinking water should be made readily available.
    - b. Soy sauce, fish sauce, and other locally available condiments/sauces should not be readily available on dining tables and in the dining area. These should only be served upon request.

- c. Schools shall advise parents and guardians to provide healthy foods and beverages to be consumed in schools (*baon*) by their children. School children (elementary, secondary, and senior high) shall not bring unhealthy foods and beverages to school.
  - d. Offices and Schools may conduct local initiatives to support and promote the consumption of healthy foods such as "Meatless Monday" to promote sources of protein other than meat, "Veggie-Tuesday" to promote vegetable consumption, "Native Wednesday" to promote consumption of native foods, "Fibrous Thursday" to promote consumption of foods rich in dietary fibers, and "Fishy Friday" to promote consumption of fish.
  - e. Canteens and other areas where food is served shall adhere to the provisions of DepEd Order No. 10, s. 2016 Policy and Guidelines for the Comprehensive Water, Sanitation and Hygiene in Schools (WinS) Program and shall:
    - i. ensure availability of clean, safe, and free drinking water;
    - ii. provide facilities for hand washing;
    - iii. ensure proper and safe handling of foods;
    - iv. provide clean plates, glasses, and eating utensils;
    - v. practice proper waste segregation and disposal; and
    - vi. provide a conducive, well-ventilated, well-lighted, safe, and clean environment for eating.
  - f. Canteens and other areas where food is served shall post signages that only healthy food and drinks are served in the premises, as well as important nutrition messages such as the Nutritional Guidelines for Filipinos (NGF), Ten (10) Kumainments, Pinggang Pinoy, and others.
3. Regulating the Sale and Marketing of Unhealthy Foods
- a. Schools and school activities where children gather shall not be used in the marketing of unhealthy foods and beverages to children. There shall be no form of marketing in schools and in DepEd offices. Three common types of marketing:
    - i. Advertising - typical advertisement of sugary drinks in schools is done through branded vending machines, branded refrigerators and ice boxes, signage in school canteens, corridors and sports facilities, and on sun umbrellas and tents.
    - ii. Sponsorship - advertisement, promotion and sponsorships are often seen as an alternative way to gather resources to fund activities. The



industry often sponsors sports events, school programs, equipment (including catering equipment such as aprons and caps or sun visors) as well as educational materials, e.g. notebooks and pens.

iii. Promotion – promotion of sugary drinks and other empty-calorie snack foods is done through the use of popular cartoon characters, branding, free samples or other “tie-ins” and celebrity endorsements. Price discounts or vouchers may be given as educational rewards.

b. DepEd may allow support of food and beverage manufacturers that meet the criteria of this policy as part of their corporate social responsibility program provided that it shall not include any form of marketing activities or bear any brand name or logo.

c. School officials are encouraged to advocate, and work with their local government units in issuing local legislation to limit the marketing of unhealthy foods and beverages within at least 100 meter radius of the school.

d. Marketing of RED CATEGORY foods and beverages shall not be allowed in DepEd Offices/schools and school/education events which shall include but is not limited to the following methods and forms:

i. Print such as posters, leaflets, brochures, comics, etc.

ii. Outdoor ads such as billboards, tarpaulin, etc.

iii. Point of sale

iv. Vending machines/refrigerators

v. Branding

vi. New media (internet-based)

vii. Characters

viii. Giving of free samples

ix. Conduct of special events such as sports activities and feeding programs.

e. Schools are given three (3) months to replace/remove refrigerators and other equipment/facilities with logo or brand name of unhealthy foods and beverages.

## **B. Capacity Building**

1. The DepEd concerned offices at all levels shall be responsible in capacitating the Regional and Division personnel, who shall in turn be responsible in capacitating HE and TLE teachers in all schools.
2. Schools shall conduct activities to orient students and their parents and guardians on these healthy food and beverage choices so that healthy eating habits will not only be practiced in schools, but in their home, as well and create a lifelong healthy eating behaviour for all Filipinos.

**C. Collaboration, Partnership, and Linkages**

Partners and key stakeholders in advancing the School Health and Nutrition Program are recognized as vital in program implementation.

However, DepEd and school authorities and personnel shall strictly observe the prohibition on accepting donations or sponsorships from or having financial or material involvement with tobacco companies. Likewise, prohibitions stipulated in Executive Order No. 51 or the Milk Code of the Philippines, particularly those on the acceptance of funding, sponsorship, logistical, training, financial or material incentives, or gifts of any sort from companies that manufacture or market infant formula and other milk substitutes shall be strictly observed. In general, sponsorships and partnerships shall not be allowed if conflict of interest is likely to arise with the objectives of this policy.

**D. Other Strategies to Promote Healthy Weight**

1. The Regional Offices (ROs) and Schools Division Offices (SDOs) are encouraged to launch programs that will support healthy diets and physical activity for its employees and school children.
2. The schools are encouraged to promote and provide opportunities for school children to be active in a safe environment. WHO recommends that children aged 5-17 should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily.
3. Incorporation of healthy diets, wellness, and physical activity in the K to 12 Curriculum and in other school events and activities.
4. Management of overweight and obesity cases in schools through health talks to be conducted by the school nurses and engaging these students in more physical activities.

**E. Duties and Responsibilities**

**1. DepEd Central Office (CO)**

- a. The Bureau of Learner Support Service-School Health Division (BLSS-SHD) shall be the focal unit for the policy concerns on healthy foods and drinks choices supervised by the Office of the Secretary and the Undersecretary in-charge of BLSS;
- b. BLSS-SHD shall organize a Technical Working Group (TWG) that shall review and recommend policies, conduct capacity building activities, and provide guidance and support;
- c. Develop policies and issue memoranda/orders on the concern;
- d. Encourage the DepEd Canteen CO and other offices to serve healthy foods and drinks daily and during meetings and other activities;
- e. Conduct capacity building activities for DepEd Regional/Division personnel; and
- f. Monitor and provide technical assistance to DepEd offices in the implementation of this policy.

**2. DepEd Regional Offices (ROs)**

- a. The Education Support Services Division (ESSD) shall form a TWG (Office of the Regional Director (ORD), ESSD, Quality Assurance Division (QAD), Field Technical Assistance Division (FTAD), Human Resource Development Division (HRDD), and Curriculum and Learning Management Division (CLMD) to oversee the implementation of the policy;
- b. The Technical Working Group (TWG) shall review and recommend policies, conduct capacity building activities, and provide guidance and support;
- c. Conduct capacity building activities to DepEd Division/School personnel;
- d. Encourage the Canteen and other offices to serve healthy foods and drinks daily and during meetings and other activities; and

- e. Monitor and provide technical assistance to Schools Division Offices (SDO)/School on the implementation of this policy.

**3. DepED SDOs**

- a. The School Governance and Operations Division shall form a TWG (Office of the Schools Divisions Superintendent (OSDS), SGOD, and Curriculum and Instruction Division (CID)) to oversee the implementation of the policy;
- b. The Technical Working Group (TWG) shall review and recommend policies, conduct capacity building activities, and provide guidance and support;
- c. Conduct capacity building activities to School personnel;
- d. Encourage the Canteen and other offices to serve healthy foods and drinks daily and during meetings and other activities;
- e. Advocate to local government units to regulate the marketing of unhealthy foods outside the school premises; and
- f. Monitor the compliance of the schools to this policy and ensure that only healthy food and drinks are available in the schools.

**4. Schools**

- a. Form a TWG ( School Heads, Teacher in-charge of canteen, Chairperson of canteen cooperative, and Parent-Teacher Association) to discuss the implementation of the policy;
- b. Plan and develop the school's healthy menu in accordance with these guidelines;
- c. Ensure that only healthy food and drinks are available in the schools;
- d. Regulate the selling and marketing in schools of unhealthy foods and drinks in compliance with these guidelines; and
- e. Advocate to local government units to regulate the marketing of unhealthy foods outside the school premises.

#### **F. Monitoring and Evaluation**

- 1. The DepEd Central, Regional, and Division Offices shall continue to gather feedback on the implementation of this policy and guidelines from all concerned internal and external stakeholders. A periodical review of this policy shall be conducted to be responsive to the changing health and nutrition needs of the office and school populace.**
- 2. The regional and division monitors are expected to monitor compliance with these guidelines quarterly and monthly, respectively.**

#### **VI. REFERENCES**

- Australian Government Department of Health. 2010 National School Healthy Canteen Guidelines. Retrieved from <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-nutrition-canteens>.**
- Department of Health-National Nutrition Council. (2016), Department Order on Healthy Food Options (draft).**
- Department of Science and Technology-Food and Nutrition Research Institute. (2002). Recommended Energy and Nutrient Intakes.**
- Department of Science and Technology-Food and Nutrition Research Institute. (2015). 2013 8th National Nutrition Survey. Retrieved from <http://www.fnri.dost.gov.ph/>**
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- Department of Science and Technology-Food and Nutrition Research Institute. (2016). Pinggang Pinoy.**
- U.S. Department of Health and Human Service. How to Understand Nutrition Facts Label. Retrieved from <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>.**
- World Health Organization. Retrieved from <http://www.who.int/topics/nutrition/en/>**

#### **VII. PENALTY CLAUSE**

**Any personnel who violate any provision of these guidelines shall be dealt with administratively pursuant to DepEd Order No. 49, s. 2006 The Revised Rules of Procedure of the Department of Education on Administrative Cases.**

**VIII. REPEALING CLAUSE**

**DepEd Order No. 8, series 2007 Policy Statements numbers 4.4, 4.5, and 4.6 are hereby modified accordingly by this issuance.**

**IX. EFFECTIVITY**

**This policy shall take effect immediately.**

Enclosure 1

**Table 7. Recommended Energy Intakes and Acceptable Macronutrient Distribution Ranges**

Age	Energy (in kcal)		Range (% Energy)		
	Male	Female	Protein	Total Fat	Carbohydrate
6-9	1600	1470	6-15	15-30	55-79
10-12	2060	1980			
13-15	2700	2170			
16-18	3010	2280			
19-29	2530	1930	10-15	15-30	55-75
30-49	2420	1870			
50-59	2420	1870			
60-69	2140	1610			

(Source: Philippine Dietary Reference Intakes 2015)

Enclosure 2

How to Understand Nutrition Facts Label:

The Nutrition Facts label are usually found at the back of food labels which provides nutrition information to the consumers. The top section usually provides product-specific information such as the serving size, calories, and nutrient information. The bottom part contains footnote with Daily Values (DVs) for 2,000 and 2,500 calorie diets.

1. Start Here →

2. Check calories →

3. Limit these nutrients →

4. Get enough of these Nutrients →

5. Footnote →

<b>Nutrition Facts</b>	
Serving Size 1 pouch (55g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
Calories 230	Calories from Fat 80
<b>%Daily Value</b>	
Total Fat 9g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1690mg	76%
Total Carbohydrates 34g	11%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 7%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrates	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



### Parts of Nutrition Facts

1. **The Serving Size** - The first place to start in looking at Nutrition Facts is the serving size and the number of servings per package. Serving sizes are standardized to make it easier to compare similar foods. The serving size influences the number of calories and the amounts of nutrients.
2. **Calories** - Calories provide a measure of how much energy comes from the serving of the food. In the example, the food contains 230 calories and 80 calories come from fat. **General Guide to Calories (based on a 2,000 calorie diet):**
  - 40 Calories is low
  - 100 calories is moderate
  - 400 Calories or more is high
3. **The Nutrients** - The nutrients are categorized into two - the first part are usually eaten in adequate amount, or even too much, hence, these nutrients need to be limited. Eating too much fat, saturated fat, *trans* fat, cholesterol, or sodium may increase the risk for chronic diseases such as heart disease, some cancers, or high blood pressure. Health experts recommend keeping food intake of these nutrients as low as possible as part of a nutritionally balanced diet.  
The second part of nutrients can improve health and can help reduce risks for some diseases and conditions.
4. **Footnote** - The Footnote usually states that the Percent Daily Values (DVs) are based on a 2,000 calorie diet. The DVs are recommended levels of intakes based on the Philippine Dietary Reference Intakes 2015 (PDRIs).
5. **% Daily Value** - The % DV are based on the DV recommendations for some key nutrients for a 2,000 calorie intake for a day. For each nutrient presented, the %DV tells how much the food will contribute in terms of the recommended intake for the day. The %DV helps determine if a serving of food is high or low in a nutrient.

(Source: U.S. Department of Health and Human Service)

Enclosure 3

Sample Meal Plans Lifted from Pingang Pinoy

Sample Meal Plan for Children, 3 - 5 years old

	Breakfast	Lunch	Supper	Snacks	Bedtime
1	1 slice of whole wheat toast 1/2 cup milk 1/2 cup orange juice	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit
2	1 slice of whole wheat toast 1/2 cup milk 1/2 cup orange juice	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit
3	1 slice of whole wheat toast 1/2 cup milk 1/2 cup orange juice	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit
4	1 slice of whole wheat toast 1/2 cup milk 1/2 cup orange juice	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit
5	1 slice of whole wheat toast 1/2 cup milk 1/2 cup orange juice	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit	1/2 cup of rice 1/2 cup of meat 1/2 cup of vegetables 1/2 cup of fruit

Sample Meal Plan for Children, 6 - 9 years old

	Breakfast	Lunch	Supper	Midnight's	Snacks
Day 1	1 slice of toast 1/2 cup milk 1/2 cup cereal 1/2 cup fruit 1/2 cup juice	Chicken Soups Chicken Breast Vegetables Rice Mango	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat
Day 2	1 slice of toast 1/2 cup milk 1/2 cup cereal 1/2 cup fruit 1/2 cup juice	Chicken Soups Chicken Breast Vegetables Rice Mango	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat
Day 3	1 slice of toast 1/2 cup milk 1/2 cup cereal 1/2 cup fruit 1/2 cup juice	Chicken Soups Chicken Breast Vegetables Rice Mango	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat
Day 4	1 slice of toast 1/2 cup milk 1/2 cup cereal 1/2 cup fruit 1/2 cup juice	Chicken Soups Chicken Breast Vegetables Rice Mango	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat
Day 5	1 slice of toast 1/2 cup milk 1/2 cup cereal 1/2 cup fruit 1/2 cup juice	Chicken Soups Chicken Breast Vegetables Rice Mango	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat
Day 6	1 slice of toast 1/2 cup milk 1/2 cup cereal 1/2 cup fruit 1/2 cup juice	Chicken Soups Chicken Breast Vegetables Rice Mango	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat
Day 7	1 slice of toast 1/2 cup milk 1/2 cup cereal 1/2 cup fruit 1/2 cup juice	Chicken Soups Chicken Breast Vegetables Rice Mango	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat	1/2 cup of rice 1/2 cup of chicken 1 slice of fish 1 slice of 100% fat 1 slice of 100% fat

Based on the Food Exchange List (FEL) in MyPlate.gov:  
 1 cup of rice - 60g  
 1 cup of cooked vegetables - 50g  
 1 matchbox size of beef and fish - 30g  
 1 small chicken leg - 30g  
 1 medium chicken leg - 45g

Sample Meal Plan for Children, 10 - 12 years old

	Breakfast	Lunch	Supper	Assignments	Snacks
Day 1	Waffles 1 recipe General Tens Steak with tomatoes 1 cup Jelly	Chicken Tenders Chicken VEG. small Vegetables Apple 1 cup 1 slice, 1 1/2" dia	1 piece small slice 1 cup 1 slice, 1 1/2" dia 1 slice, 1 1/2" dia	1 slice 1 cup 1 slice of 1 1/2" dia 1 slice, 1 1/2" dia	1 piece of 1 1/2" dia 1 cup 1 slice of 1 1/2" dia 1 slice, 1 1/2" dia
Day 2	Chicken (medium) Bacon 1 recipe Bacon and Brie 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup
Day 3	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup
Day 4	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup
Day 5	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup
Day 6	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup
Day 7	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup	1 recipe of 1 1/2" dia 1 cup 1 cup 1 cup

Sample Meal Plan for Male Adolescents, 13 - 18 years old

	Breakfast	Lunch	Afternoon	Supper	Evening	Snacks	
Day 1	Luban 1 pint Bitter 2 cups with Tomatoes 2 cups	Chicken Kebab Chicken veg. small Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup
Day 2	Chicken Kebab Chicken veg. small Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup
Day 3	Chicken Kebab Chicken veg. small Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup
Day 4	Chicken Kebab Chicken veg. small Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup
Day 5	Chicken Kebab Chicken veg. small Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup	Fried Chicken Chicken Vegetables Rice 2 cups, 1 1/2 cup

Based on the Food Exchange List (FEL) in Menu Planning:  
 1 cup of rice - 10g  
 1 cup of cooked vegetables - 10g  
 1 medium size of beef and pork - 10g  
 1 small chicken egg - 10g  
 1 medium chicken egg - 5g



Sample Meal Plan for Male Adults, 19 - 59 years old

	Breakfast	Lunch	Afternoon	Supper	Midnight	Snacks
Day 1	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam
Day 2	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam
Day 3	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam
Day 4	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam
Day 5	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam
Day 6	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam
Day 7	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam	1 slice of toast 1 cup of milk 1 slice of butter 1 slice of jam

1 cup of milk - 100g  
1 cup of cooked vegetables - 100g  
1 medium size of apple and fruit - 50g  
1 small chicken leg - 100g  
1 medium chicken leg - 200g  
1 medium chicken leg - 200g

Sample Meal Plan for Female Adults, 19 - 59 years old

	Breakfast	Lunch	Supper	Snacks
Day 1	1 cup of milk 1 slice of toast 1 cup of cereal 1 cup of fruit 1 cup of juice	1 slice of toast 1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice
Day 2	1 cup of milk 1 slice of toast 1 cup of cereal 1 cup of fruit 1 cup of juice	1 slice of toast 1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice
Day 3	1 cup of milk 1 slice of toast 1 cup of cereal 1 cup of fruit 1 cup of juice	1 slice of toast 1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice
Day 4	1 cup of milk 1 slice of toast 1 cup of cereal 1 cup of fruit 1 cup of juice	1 slice of toast 1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice
Day 5	1 cup of milk 1 slice of toast 1 cup of cereal 1 cup of fruit 1 cup of juice	1 slice of toast 1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice
Day 6	1 cup of milk 1 slice of toast 1 cup of cereal 1 cup of fruit 1 cup of juice	1 slice of toast 1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice
Day 7	1 cup of milk 1 slice of toast 1 cup of cereal 1 cup of fruit 1 cup of juice	1 slice of toast 1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice	1 cup of milk 1 cup of cereal 1 cup of fruit 1 cup of juice

Based on the food composition table in the Manual:  
 1 cup of milk - 80g  
 1 slice of toast - 30g  
 1 cup of cereal - 30g  
 1 cup of fruit - 100g  
 1 cup of juice - 240g  
 1 medium chicken leg - 85g  
 1 medium chicken leg - 85g



Sample Meal Plan for Male Elderly 60, years old and above

	Breakfast	Lunch	Mid-Afternoon	Supper	Dessert	Snacks
Day 1	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Apple Pie 1 slice 1 cup ice cream	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee
Day 2	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Apple Pie 1 slice 1 cup ice cream	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee
Day 3	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Apple Pie 1 slice 1 cup ice cream	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee
Day 4	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Apple Pie 1 slice 1 cup ice cream	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee
Day 5	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Apple Pie 1 slice 1 cup ice cream	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee
Day 6	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Apple Pie 1 slice 1 cup ice cream	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee
Day 7	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Chicken Fried Steak 1 piece 1 cup mashed potatoes 1 cup peas 1 cup corn	Apple Pie 1 slice 1 cup ice cream	Raisin Bran cereal 1/2 cup 1 cup milk 1 slice toast 1 cup coffee

Based on the Food Exchange List (FEL) in Meal Planning:  
 1 cup of rice - 30g  
 1 medium chicken leg - 55g  
 1 medium chicken leg - 55g  
 1 small side dish - 15g  
 1 liter of fluid - 32g  
 1 medium size of chicken breast - 30g  
 1 medium chicken leg - 55g  
 1 medium size of beef and pork - 30g  
 1 medium size of fish - 55g  
 1 medium size of fruit - 30g  
 1 medium size of vegetable - 30g  
 1 medium size of grain - 30g  
 1 medium size of dairy - 30g  
 1 medium size of fat - 30g  
 1 medium size of protein - 30g  
 1 medium size of fiber - 30g  
 1 medium size of calcium - 30g  
 1 medium size of iron - 30g  
 1 medium size of potassium - 30g  
 1 medium size of sodium - 30g  
 1 medium size of zinc - 30g  
 1 medium size of magnesium - 30g  
 1 medium size of phosphorus - 30g  
 1 medium size of selenium - 30g  
 1 medium size of iodine - 30g  
 1 medium size of copper - 30g  
 1 medium size of manganese - 30g  
 1 medium size of chromium - 30g  
 1 medium size of cobalt - 30g  
 1 medium size of nickel - 30g  
 1 medium size of boron - 30g  
 1 medium size of silicon - 30g  
 1 medium size of aluminum - 30g  
 1 medium size of sulfur - 30g  
 1 medium size of calcium - 30g  
 1 medium size of phosphorus - 30g  
 1 medium size of potassium - 30g  
 1 medium size of sodium - 30g  
 1 medium size of zinc - 30g  
 1 medium size of magnesium - 30g  
 1 medium size of iron - 30g  
 1 medium size of copper - 30g  
 1 medium size of manganese - 30g  
 1 medium size of chromium - 30g  
 1 medium size of cobalt - 30g  
 1 medium size of nickel - 30g  
 1 medium size of boron - 30g  
 1 medium size of silicon - 30g  
 1 medium size of aluminum - 30g  
 1 medium size of sulfur - 30g

Sample Meal Plan for Female Elderly 60, years old and above

	Breakfast	Lunch	Post-Lunching	Supper	Midnight	Snacks
Day 1	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Chicken Breast 1/2 cup Rice 1/2 cup Vegetables 1 slice Bread	1 piece Chicken Breast 1/2 cup Rice 1/2 cup Vegetables 1 slice Bread	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Omelette 1 slice Toast 1/2 cup Tea
Day 2	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Chicken Breast 1/2 cup Rice 1/2 cup Vegetables 1 slice Bread	1 piece Chicken Breast 1/2 cup Rice 1/2 cup Vegetables 1 slice Bread	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Omelette 1 slice Toast 1/2 cup Tea
Day 3	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Chicken Breast 1/2 cup Rice 1/2 cup Vegetables 1 slice Bread	1 piece Chicken Breast 1/2 cup Rice 1/2 cup Vegetables 1 slice Bread	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Omelette 1 slice Toast 1/2 cup Tea
Day 4	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Chicken Breast 1/2 cup Rice 1/2 cup Vegetables 1 slice Bread	1 piece Chicken Breast 1/2 cup Rice 1/2 cup Vegetables 1 slice Bread	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Omelette 1 slice Toast 1/2 cup Tea
Day 5	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Chicken Breast 1/2 cup Rice 1/2 cup Vegetables 1 slice Bread	1 piece Chicken Breast 1/2 cup Rice 1/2 cup Vegetables 1 slice Bread	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Omelette 1 slice Toast 1/2 cup Tea
Day 6	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Chicken Breast 1/2 cup Rice 1/2 cup Vegetables 1 slice Bread	1 piece Chicken Breast 1/2 cup Rice 1/2 cup Vegetables 1 slice Bread	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Omelette 1 slice Toast 1/2 cup Tea	1 piece Omelette 1 slice Toast 1/2 cup Tea

Based on the Food Exchange List (FEL) in MyDiet Planning:  
 1 cup of rice - 10g  
 1 cup of cooked vegetables - 5g  
 1 medium size of beef and pork - 30g  
 1 small chicken leg - 20g  
 1 medium chicken leg - 40g