

Republic of the Philippines

Department of Education

Region VII – Central Visayas
Schools Division of CEBU PROVINCE

Office of the Schools Division Superintendent

October 23, 2023

DIVISION MEMORANDUM No. 462, s. 2023

REITERATION OF DEPED ORDER NO. 13, S. 2017: "POLICY AND GUIDELINES ON HEALTHY FOOD AND BEVERAGE CHOICES IN SCHOOLS AND IN DEPED OFFICES"

To: Assistant Schools Division Superintendent
Division Chiefs / Section Heads
Public Schools District Supervisors / School Heads
School Health and Nutrition Personnel
All Others Concerned

- 1. Pursuant to the herein DepEd Order No. 13, s. 2017 entitled Policy and Guidelines on Healthy Food and Beverages Choices in Schools and in DepEd Offices, this Office reiterates the policy to strictly adhere to the provisions of the said DepEd Order.
- 2. For immediate dissemination and strict compliance.

SENEN PRISCILO P. PAULIN, CESO N Schools Division Superintendent









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 <u>Perpetual Index</u> under the following subjects:

CHANGE
EMPLOYEES
HEALTHY EDUCATION
LEARNERS
POLICY
RULES AND REGULATIONS
SCHOOLS

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

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 fatsoluble 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, palmoil, 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 <u>less than</u> <u>10%</u> of total energy. For additional health benefits, WHO recommends a further reduction in sugar consumption to <u>less than 5%</u> 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

General Description:

- Contains wide range of nutrients
- Saturated fat is less than 3 grams (approximately equivalent to more than half a teaspoon of fat) per serving
- No trans fat
- Added sugar is less than 10 grams (or 2 teaspoons) per serving
- Sodium is less than 120 mg (equivalent to 300 mg of salt or 1/20 teaspoons salt) per serving

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

General Description:

May contain some nutrients but at the same time contains

- 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
- · No Trans fat;
- Added sugar is more than 10 grams but less than 20 grams (equivalent to 2 to 4 teaspoons) per serving; or
- 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
- 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

General Description:

- Saturated fat is more than 5 grams (equivalent to more than 1 teaspoon) per serving; or
- Contains trans fat no matter how insignificant the amount is
- 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
- Sodium is more than 200 mg (equivalent to 500 mg or 1/10 teaspoon salt) per serving

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 Serv	rings:			
Nutrients	Amount	GREEN	YELLOW	RED
(a)	(b)	(c)	(d)	(e)
1. Saturated		Less than 3	3 to 5 grams	More than 3
Fat		grams		grams
2. Trans Fat	· · · · · · · · · · · · · · · · · · ·	0.	0	0
3. Sugar or	······································	Less than 10	10 to 20	More than
Total		grams	grams	10 grams
Carbohydr				
ate (if				
there is no				
dietary			:	
fiber)				
4. Sodium		Less than	120 to 200	More than
		120 mg	mg	120 mg
			T. T. C.	

- 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

Food	Examples
Drinks	Milk (unsweetened)
	Safe and clean water (nothing added)
	Fresh Buko Water (unsweetened)
Energy-giving	Milled Rice
(Go)	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
72 1 1 1111	
Body-building	Fishes
(Grow)	Shellfish
	Small shrimps
	Lean meats
	Chicken without skin
	Nuts
	Egg
Body-regulating	Fresh fruits, preferably those in season

(Glow)	Green, leafy, and yellow vegetables

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	Fried rice
(Go)	Bread (using white refined flour)
ŀ	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	Processed foods such as meats/fish, hotdogs,
(Grow)	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	Stir-fried Vegetables
(Glow)	

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	Any jelly, ice crushes, and slushies
(Go)	
	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, bicho-bicho, etc.
	Instant noodles
	All types of heavily salted snacks such as chips or
	chichiria
Body-building	Chicharon
(Grow)	Chicken skin
[Grow]	Bacon
	Deep-fried foods including fish balls, kikiams, etc.
Body-regulating	Fruits canned in heavy syrup
(Glow)	Sweetened fruits or vegetables or deep-fried
(27047)	procedure it arm of according of acch itted

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 its 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
 - 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, "Vegie-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:
 - 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.

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- 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.
- 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.
- 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.
- 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;
- 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;
- 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;
- 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

- 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

- 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.

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http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm.

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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.

tx. EFFECTIVITY

This policy shall take effect immediately.

Enclosure 1

Table 7. Recommended Energy Intakes and Acceptable Macronutrient Distribution Ranges

Age	Energy	(in kcal)	1	Range (% Energ	gy)
	Male	Female	Protein	Total Fat	Carbohydrate
6-9	1600	1470	6-15	15-30	55-79
10-12	2060	1980			
13-15	2700	2170		1	:
16-18	3010	2280			
19-29	2530	1930	10-15	15-30	55-75
30-49	2420	1870		į.	
50-59	2420	1870			
60-69	2140	1610			

(Source: Philippine Dietary Reference Intakes 2015)

Enclosure 2

How to Understand Nutrition Facts Lane:

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		Nutrition F Serving Size 1 p Servings Per Co	ouch (55g)		
2:	Check calories		Amount Per Se	erving	rom Fat 8	0
					%Daily V	
_	a deal of a large part of the		Total Fat 9g			14%
3.	Limit these nutr	ients	Saturated			23%
		\Longrightarrow	Trans Fat	•		
		-	Cholesterol 0			0%
			Sodium 1690	77		70% 11%
			Total Carbohy	rates 34g		1176
			Dietary Fib			12%
			Sugars 5	J.		
4.	Get enough of th	iese	Protein 5g			
	Nutrients		Vitamin A 0%		Vitamin C	0%.
			Calcium 2%		Iron 7%	
5.	Footnote	\Longrightarrow	t.	es are based on a 2,000 nay be higher or lower de Calories:	pending on	2,500
			Total Fat	Less than	65g	80g
			Saturated F	at Less than	20g	25g
			Cholesterol	Less than	300mg	300mg
			Sodium	Less than	2,400mg	2,400mg
			Total Carbohydra	tes	300g	3756
			Dietary Fibe	r	25g	30g
			Calories per gran	n:		
			Fat 9	Carbohydrate 4	Protein 4	

Parts of Nutrition Facts

- 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 Inatkes 2015 (PDRI).
- 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 Pinggang Pinoy

Sample Meal Plan for Children, 3-5 years old

Sample Meal Plan for Children, 6 - 9 years old

		Day Camate Tops Salad, with Tomatoes	Pineapple	0.3	2 Chicken Breast		Rice	Dalandan		,		o with Cabbage of Tomatoes of Flaked Tuna																							
in the second se	T piece of 9x3cm	3/4 cup 3/4 cup	1 slice of 10x6x2cm		st 1/2 matchbox size		3/4 cup	2 pieces, 6 cm			LTbsp.		T C I CO OF TOVEYOUR	1/2 matchbox size			<u> </u>						·								1/2 matchbox size 3/4 cup 3/4 cup 3/4 cup 3/4 cup 3/4 cup 1/2 matchbox size 3/4 cup	Exch	tomermade Pork foreina foreina foreina foreina fako Sallad fako Sa	tonnemade Fork cornor Tocino Tocino Tako Salad Tako Sal	1/2 matchbox size 3/4 cup 3/4 cup 3/4 cup 3/4 cup 3/4 cup 3/4 cup 1/2 silce of 12x/7 cm nd 1/2 silce of 12x/7 cm 1/2 silce of 12x/0x3 cm 1/2 silce of 12x10x3 cm 1/2 silce of 2x3 cm 1/2 silce of 2x3 cm 1/2 silce 3/4 cup 3/4 cup 3/4 cup 3/4 cup 3/4 cup 4/2 silce 3/4 cup
		Vegetables Rice Mango	Sinigang na Jurcillo		Vegetables	Papaya		Steak ong Sitaw		Pineappie			Ginataeng Delagang Bukid with Pechay	· Pechay		Rice Red Guava	Rice Red Guava Pork Nijaga Lean Pork	Rice Red Guava Fork Nilaga Leart Pork Vegetables													Rice Red Guava Fork Nil aga Lean Pork Vegetables Rice Boiled Saba Chicken Barbecue Chicken Breast Sauteed Carrots Sweet Corn, And Sayote Rice Indian Mango Stir-Fried beef with Chinese Cabhage and Cauliflower - LeanBeef - Vegetables Rico Lansories	Rice Red Guava Bork Milaga Lean Pork Vegetables Rice Boiled Saba Chicken Barbecure Rice Indian Mango Stir-Fried beef with Chirese Cabbage and Cauliflower LeanBeef - Vegetables Rice Lansones Planning:	Rice Red Guava Pork Nilaga Lean Pork Vegetables Rice Boiled Saba Chicken Barbecue Chicken Barbecue Chicken Barbecue Sauteed Carrots Sauteed Corn, And Sayote Rice Rice Rice Rice Rice Rice Rice Ric	Rice Red Guava Fork Nilaga Lean Pork Lean Pork Vegetables Rice Boiled Saba Chicken Barbecue Chicken Breast Sweet Corn, And Sayote Rice Indian Mango Strr-Fried beef with Chinese Cabbage and Cauliflower LeanBeef LeanBeef I reactibles Rice I small size fish = 35 g 1 since of fish = 35 g	Rice Red Guava Fork Nilaga Learn Pork Vegeta bles Rice Boiled Saha Chicken Barbecue Chicken Breast Sweet Corn, And Sayote Rice Indian Mango Stri-Fried beef with Chineso Cabbage and Cauliflower Lean Beef Vegetables Rice Lansones Planning: Planning: Planting: Planti
	1/2 matchbox size of	3/4 cup I slice, 12x7 cm		1/2 slice	3/4 cup	1 silice of 10x6x2 cm		1/2 matchbox size of 3/4 cup	3/4 cup	T SHOW OF TOXAXY CLU				3/4 cup	3/4 (11)	3/4 cup 2 pièces, 4 cm diameter gach	3/4 cup 2 pieces, 4 cm diameter cach 1/2 matchbox stree	3/4 cup 2 piecos, 4 cm diametor cach 1/2 matchbox srze 3/4 cup 3/4 cup	3/4 cup 2 pieces, 4 cm diameter sach 1/2 matchbox srze 3/4 cup 1 piece, 10x4 cm	3/4 cup 2 pieces, 4 cm 2 pieces, 4 cm dia meter cach 1/2 matchbox srze 3/4 cup 1/4 cup 1 piece, 10x4 cm	3/4 cup 2 pieces, 4 cm diametor cach 1/2 matchbox srze 3/4 cup 3/4 cup 1 piece, 10x4 cm 1/2 matchbox size 3/4 cup	3/4 cup 2 pièces, 4 cm 2 pièces, 4 cm diametor cach 1/2 matchbox srze 3/4 cup 1 pièce, 10x4 cm 1/2 matchbox size 3/4 cup 3/4 cup	3/4 cup 2 pieces, 4 cm 2 pieces, 4 cm diameter cach 1/2 matchbox srze 3/4 cup 1 piece, 10x4 cm 1/2 matchbox size 3/4 cup 1 piece, 6 cm diameter	3/4 cup 2 pieces, 4 cm dia meter cach 1/2 matchbox srze 3/4 cup 3/4 cup 1 piece, 10x4 cm 1/2 matchbox size 3/4 cup 1/2 matchbox size 3/4 cup 1 piece, 6 cm dia meter	3/4 cup 2 pieces, 4 cm 2 pieces, 4 cm diameter cach 1/2 matchbox srze 3/4 cup 3/4 cup 1 piece, 10x4 cm 1/2 matchbox size 3/4 cup 1 piece, 6 cm diameter	3/4 cup 2 pieces, 4 cm diameter cach 1/2 matchbox srze 3/4 cup 3/4 cup 1 piece, 10x4 cm 1/2 matchbox size 3/4 cup 1/2 matchbox size 3/4 cup 1 piece, 6 cm diameter	3/4 cup 2 pieces, 4 cm diameter sach 1/2 matchbox srze 3/4 cup 3/4 cup 1 piece, 10x4 cm 1/2 matchbox size 3/4 cup 3/4 cup 1/2 matchbox size 3/4 cup	3/4 cup 2 pieces, 4 cm diameter cach 1/2 matchbox srze 3/4 cup 1 piece, 10x4 cm 1/2 matchbox size 3/4 cup 1/2 matchbox size	3/4 cup 2 pieces, 4 cm diameter sach 1/2 matchbox srze 3/4 cup 1 piece, 10x4 cm 1/2 matchbox size 3/4 cup	3/4 cup 2 pieces, 4 cm diameter sach 1/2 matchbox srze 3/4 cup 1 piece, 10x4 cm 1/2 matchbox size 3/4 cup 2/4 cup 3/4 cup	3/4 cup 2 pieces, 4 cm 22 pieces, 4 cm 2 pieces, 10x4 cm 1/2 matchbox size 3/4 cup 1 piece, 10x4 cm 1/2 matchbox size 3/4 cup 1 piece, 6 cm diameter diameter 1/2 matchbox size 3/4 cup 3/4 cup 3/4 cup 3/4 cup 3/4 cup 3/4 cup	3/4 cup 2 pieces, 4 cm diameter cach 1/2 matchbox srze 3/4 cup 3/4 cup 1 piece, 10x4 cm 1/2 matchbox size 3/4 cup	3/4 cup 2 pieces, 4 cm diameter cach 1/2 matchbox srze 3/4 cup 1 piece, 10x4 cm 1/2 matchbox size 3/4 cup 1 piece, 6 cm diameter diameter 2/4 cup 3/4 cup	3/4 cup 2 pieces, 4 cm diameter sach 1/2 matchbox srze 3/4 cup 1 piece, 10x4 cm 1/2 matchbox size 3/4 cup 3/4 cup 1 piece, 6 cm diameter diameter 2 matchbox size 3/4 cup	3/4 cup 2/4 cup 3/4 cup 1/2 match 3/4 cup 1 piece, 1 1/2 match 3/4 cup 2/4 cup 1 piece, 6 1/2 match 3/4 cup 2/4 cup 1 piece, 6 1/2 match 3/4 cup 1/2 match 3/4 cup 1/2 match 3/4 cup
-	Gallungong kbet	Watermolon	Toru Steak	Chopsuey	Dalanghira	9		Greast	Canada Aliahati	and Saluyot	Rico		Seef Bulalo Lean Beef	Sico Sico	2000	Latundari	Latundan Fried Tilapia Bulanglang	Latundan Fried filapia Bulanglang Rice Apple	Latundan Fried filapia Bulanglang Rice Apple	Fried filapia Bulanglang Rice Appie Porkchop Dinangdeng	Fried filapia Bulanglang Rice Apple Apple Porkchop Dinengdeng Rice Rice	Latundarn Fried filapia Bulanglang Rice Apple Porkchop Dinengdeng Rice Pear	Latundan Fried filapia Bulanglang Rice Apple Porkchop Dinengdeng Rice Pear	Latundan Fried filapia Bulanglang Rice Perkinop Dinengdeng Rice Pear	Latundan Fried filapia Bulanglang Rice Apple Dinengdeng Rice Pear Sinampalukang Sinampalukang	Latundan Fried filapia Bulanglang Rice Porkehop Dinengdeng Rice Pear Sinampalukang Manok Chicken Breast	Latundan Fried filapia Bulanglang Rice Apple Dinengdeng Rice Pear Sinampalukang Manok Chicken Breast Vegetables	Latundan Fried filapia Bulanglang Rice Apple Apple Apple Sinampalukang Manok Chicken Breast Vegetables Rice	Fried filapia Bulanglang Rice Porkchop Dinengdeng Rice Pear Sinampalukang Marok - Chicken Breast - Vegetables Rice Pomelo	Latundan Fried filapia Bulanglang Rice Porkehop Dinengdeng Rice Pear Sinampalukang Manok Chicken Breast Vegetables Rice Pomelo	Latundan Fried filapia Bulanglang Rice Apple Dinengdeng Rice Pear Sinampalukang Manok - Chicken Breast - Vegetables Rice Pomelo-	Fried filapia Bulanglang Rice Porkehop Dinengdeng Rice Pear Sinampalukang Manok - Chicken Breast - Vegetables Rice Pomelo-	Latundan Fried filapia Bulanglang Rice Apple Dinengdeng Rice Pear Sinampalukang Manok - Chicken Breast - Vegetables Rice Fomelo-	Fried filapia Bulanglang Rice Porkehop Dinengdeng Rice Pear Sinampalukang Manok - Chicken Breast - Vegetables Rice Fomelo-	Fried filapia Bulanglang Rice Apple Porkchop Dinengdeng Rice Pear Pear Sinampalukang Manok - Chicken Breast - Vegetables Rice Pomelo-
***************************************	1/2 piece small size	1 slice, 12x6x3 cm	1/2 piece, 6x6x2 cm	3/4 cup	3/4 cup	diameter each		1/2 matchboxsize	324 215	3/4 cu p	3/4 cup	diameter each	1/2 matchbox size	3/4 cup	1 minera of Gyarm	1 piece of 9x3 cm	1 piece of 9x3 cm 1/2 piece small size 3/4 cup	all si	1 piece of 9x3 cm 1/2 piece small size 3/4 cup 1 piece, 6 cm di ameter	1 piece of 9x3 cm 1/2 piece small size 3/4 cup 3/4 cup 1 piece, 6 cm di ameter 1/2 matchbox size 3/4 cup	1 piece of 9x3 cm 1/2 piece small size 3/4 cup 3/4 cup 1 piece, 6 cm diameter 1/2 matchbox size 3/4 cup 3/4 cup 1/2 matchbox size	1/2 piece of 9x3 cm 1/2 piece small size 3/4 cup 1 piece, 6 cm diameter 1/2 matchbox size 3/4 cup 3/4 cup 1 piece of 6 cm	1.7 piece of 9x3 cm 1.7 piece small size 3/4 cup 3/4 cup 1. piece, 6 cm diameter 4./2 matchbox size 3/4 cup 1. piece of 6 cm diameter	12 piece of 9x3 cm 12 piece small size 3/4 cup 3/4 cup 3/4 cup diameter 1/2 matchbox size 3/4 cup 1 piece of 6 cm diameter	1) piece of 9x3 cm 1/2 piece small size 3/4 cup 3/4 cup 1 piece, 6 cm diameter 1/2 matchbox size 3/4 cup 1 piece of 6 cm diameter	1) piece of 9x3 cm 1/2 piece small size 3/4 cup 3/4 cup 1 piece, 6 cm diameter 1/2 matchbox size 3/4 cup 1 piece of 6 cm diameter	1) piece of 9x3 cm 1/2 piece small size 3/4 cup 3/4 cup 1/2 matchbox size 3/4 cup 1 piece of 6 cm diameter diameter 1/2 matchbox size 3/4 cup 1/2 matchbox size 3/4 cup	1 piece of 9x3 cm 1/2 piece small size 3/4 cup 1 piece, 6 cm di ameter 1/2 matchbox size 3/4 cup 3/4 cup 1 piece of 6 cm di ameter 1/2 matchbox size 3/4 cup 1 piece of 6 cm	1 piece of 9x3 cm 1/2 piece small size 3/4 cup 1 piece, 6 cm di ameter 1/2 matchbox size 3/4 cup 3/4 cup 1 piece of 6 cm di ameter 1/2 matchbox size 3/4 cup	1 piece of 9x3 cm 1/2 piece small size 3/4 cup 1 piece, 6 cm di ameter 1/2 matchbox size 3/4 cup 3/4 cup 1 piece of 6 cm di ameter 1/2 matchbox size 3/4 cup	1 piece of 9x3 cm 1/2 piece small size 3/4 cup 3/4 cup 1/2 matchbox size 3/4 cup 1 piece of 6 cm diameter 1/2 matchbox size 3/4 cup	1 piece of 9x3 cm 1/2 piece small size 3/4 cup 1 piece, 6 cm diameter 1/2 matchbox size 3/4 cup 3/4 cup 1 piece of 6 cm diameter 1/2 matchbox size 3/4 cup	1 piece of 9x3 cm 1/2 piece small size 3/4 cup 1 piece, 6 cm diameter 1/2 matchbox size 3/4 cup 3/4 cup 1 piece of 6 cm diameter 1/2 matchbox size 3/4 cup	1 piece of 9x3 cm 1/2 piece small size 3/4 cup 1 piece, 6 cm di ameter 1/2 matchbox size 3/4 cup 3/4 cup 3/4 cup 1 piece of 6 cm di ameter 1/2 matchbox size 3/4 cup	1 piece of 9x3 cm 1/2 piece small size 3/4 cup 3/4 cup 1/2 matchbox size 3/4 cup 3/4 cup 1/2 matchbox size 6 cm diameter 1/2 matchbox size 1/2 matchbox size 3/4 cup 1 piece of 6 cm diameter 1/2 matchbox size 3/4 cup
	AM:Suman sa	PM: Boiled Camote	AM: Boiled Com	2000	PM: Pankit	Guisado		AM: Kababayan		- Vel-	PM: Kutsinta		AM; Pan de Coco	Cassava Cassava	-		AM: Ensaymada	AM: Ensaymada	AM: Ensaymada PM: Puto, white	AW: Ensaymada PW: Puto, white AW: Spanish Bread	AW: Ensaymada PW: Puto, white AW: Spanish Bread PW: Turon	AW: Ensaymada PW: Puto, white AW: Spanish Bread PW: Turon	AM: Ensaymada PM: Puto, whito PM: Spanish Broad PM: Turon	AM: Ensaymada PM: Puto, white Bread PM: Turon PM: Turon AM: Peanut Butter	AM: Ensaymada PM: Puto, white AM: Spanish Bread PM: Turon PM: Turon AM: Peanut Butter Sandwich	AM: Ensaymada PM: Puto, white AM: Spanish Bread PM: Turon PM: Turon AM: Peanut Buttor Sandwich	AM: Ensaymada PM: Puto, whito AM: Spanish Bread PM: Turon PM: Turon AM: Peanut Butter Sandwich	AM: Ensaymada PM: Puto, white AM: Spanish Bread PM: Turon PM: Turon AM: Peanut Butter Sandwich	AM: Ensaymada PM: Puto, white AM: Spanish Bread PM: Turon PM: Turon PM: Turon Sandwich Sandwich	AM: Ensaymada PM: Puto, white PM: Puto, white Bread PM: Turon PM: Turon AM: Peanut Butter Sandwich PM: Banana Cue	AM: Ensaymada PM: Puto, white AM: Spanish Bread PM: Turon AM: Peanut Butter Sandwich PM: Banana Cue	AM: Ensaymada PM: Puto, white AM: Spanish Bread PM: Turon PM: Turon Sandwich PM: Banana: Cue	AM: Ensaymada PM: Puto, white PM: Spanish Bread PM: Turon AM: Peanut Butter Sandwich PM: Banana: Cue	AM: Ensaymada PM: Puto, white PM: Spanish Bread PM: Turon PM: Turon Sandwich PM: Banana: Cue	AM: Ensaymada PM: Puto, white AM: Spanish Bread PM: Turon PM: Turon PM: Banana Cue
	1 piece, 8x4x2	1/2 piece of 11 cm long x 4 1/2 cm diameter	1 piece of 12x4	Cm France Co. St.	† Clin	1		2 piecos, 4 1/2 cm diameter x 1	1/2 cm thickness	eacn	1 piece, 6 cm	1/2 cm	1 piece, 7x6 cm	cm 15x3x2			1 piece of 8 1/2 cm diameter x 2 cm	1 piece of 8 1/2 cm djameter x 2 cm thick	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 9 1/2x3x3 1/2 cm	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 9 1/2x3x3 1/2 cm 1 piece of 10x4 cm	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 9 1/2x3x3 1/2 cm 1 piece of 10x4 cm	1 piece of 8 1/2 cm chick 1 slice of 9 1/2x3x3 1/2 cm 1 piece of 10x4 cm 1 piece, 1 piece,	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 9 1/2x3x3 1/2 cm 1 piece of 10x4 cm 1 piece, 9 1/2x3 1/2x1 cm	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 9 1/2x3x3 1/2 cm 1 piece of 10x4 cm 1 piece of 10x4 cm 9 1/2x3 1/2x1 cm	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 9 1/2x3x3 1/2 cm 1 piece of 10x4 cm 1 piece of 10x4 cm 9 1/2x3 1/2x1 cm 9 1/2x3 1/2x1 cm	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 9 1/2x3x3 1/2 cm 1 piece of 10x4 cm 1 piece of 10x4 cm 9 1/2x3 1/2x1 cm 9 1/2x3 1/2x1 cm	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 1 piece of 10x4 cm 1 piece of 10x4 cm 1 piece of 10x4 cm 9 1/2x3 1/2x1 cm 9 1/2x3 1/2x1 cm	1 piece of 8 1/2 cm thick 1 slice of 9 1/2x3x3 1/2 cm 1 piece of 10x4 cm 9 1/2x3 1/2x1 cm 9 1/2x3 1/2x1 cm 1 piece loaf bread and 2 tsps.	1 piece of 8 1/2 cm thick 1 slice of 9 1/2x3x3 1/2 cm 1 piece of 10x4 cm 9 1/2x3 1/2x1 cm 9 1/2x3 1/2x1 cm 1 piece to af bread and 2 tsps. peanut butter	1 piece of 8 1/2 cm thick I slice of 9 1/2x3x3 1/2 cm 1 piece of 10x4 cm 1 piece of 10x4 cm 9 1/2x3 1/2x1 cm 9 1/2x3 1/2x1 cm 1 piece to af bread and 2 tsps. peanut butter 1 piece, 9 1/2x 4 cm	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 9 1/2x3x3 1/2 cm 1 piece of 10x4 cm 1 piece of 10x4 cm 9 1/2x3 1/2x1 cm 9 1/2x3 1/2x1 cm 1 piece toaf bread and 2 tsps. peanut butter 1 piece, 9 1/2 x 4 cm	1 piece of 8 1/2 cm thick 1 slice of 9 1/2x3x3 1/2 cm 1 piece of 10x4 cm 1 piece of 10x4 cm 1 piece of 10x4 cm 9 1/2x3 1/2x1 cm 1 piece loaf bread and 2 tsps. peanut butter 1 piece. 1 piece.	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 1 /2x3x3 1/2 cm 1 piece of 10x4 cm 1 piece of 10x4 cm 9 1/2x3 1/2x1 cm 9 1/2x 3 1/2x1 cm 1 piece loaf bread and 2 tsps. peanut butter 1 piece, 9 1/2x 4 cm	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 1 slice of 1/2x3x3 1/2 cm 1 piece of 10x4 cm 9 1/2x3 1/2x1 cm 9 1/2x3 1/2x1 cm 1 piece loaf bread and 2 tsps. peanut butter 1 piece. 9 1/2x 4 cm	1 piece of 8 1/2 cm diameter x 2 cm thick 1 slice of 9 1/2x3x3 1/2 cm 1 piece of 10x4 cm 1 piece of 10x4 cm 1 prece, 9 1/2x 3 1/2x1 cm 1 prece to af bread and 2 tsps. peanut butter 1 prece. 9 1/2 x 4 cm

Sample Meal Plan for Children, 10 - 12 years old

ops Salad, atous dobo leg, small Carge, small Carge, small carge and sage and that a beguin the food Exchices the food E	Brea	akfast ▼ 1 piece of 9x3cm 1 piece	Chicken Tinola Chicken leg, sr			Lunch Fried Galungong Pinakbet 1 piece Rice	Lunch Fried Gallungeng Plnakbet 1 piece Ruce
Pineagpile Chicken Adobo Chicken Adobo Chicken I Eg. small Steamed Carrots Sayose and Baguro Dalandan Brean Carbage and Tomasoes Flaked Tuna Cabbage and Tomasoes Flaked Tuna Flaked Tuna Cabbage and Tomasoes Flaked Tuna Tomasoes Tocino Homemade Pork Tomasoes Tocino Homemade Pork Tomasoes Tocino Homemade Pork Tocino Homemade Pork Tomasoes Tocino Homemade Pork Tocino Homemade Pork Tocino Homemade Pork Tocino Tomasoes Tocino Homemade Pork Tocino Tomasoes Tocino Homemade Pork Tocino Tomasoes Tocino Tocino Tomasoes Tocino Tomasoes Tocino Tomasoes Tocino Tocino Tocino Tocino Tomasoes Tocino Tocino Tomasoes Tocino Tocino Tomasoes Tocino Tocino Tomasoes Tocino Toc	lad,		Chicken leg, small Vegetables Rice Mango		1 piece 1 cup 1 cup 1 slice, 12x7 cm		Rice Watermolon
Skeamed Garrots Sayote and Baguio Beans Beans Beans Cabbage and Saguio Oalandan Tomatoes Loaf Bread Tomatoes Tomatoes Loaf Bread Tomatoes Tomatoes Tomatoes Tomatoes Tomatoes Tomatoes Tomatoes Total Tomatoes Tomatoes Tomatoes Tomatoes Tomatoes Tomatoes Tomatoes Tomatoes Tomatohox s			Simgang na Turcillo Turcillo Vegetables	1 stree	ne lica	red Chopsuov	:5
Oakandan Oakandan Danatodan Vina Sandwich with Cabbage and Flaked Tuna Flaked Tuna Flaked Tuna Flaked Tuna Flaked Tuna Cabbage and Loup Tomatodas Loaf Bread Loaf Bread Tomatodas Tocinic Chicken Arroz Caldo with Carrots and Mailunggay Chicken Breast Chicken Breast Vegetables Vegetabl	med Carrots te and Baguro 1			1 sup 1 slic	1 cup 1 slice of 10x6x2 cm	of 10x6x2 cm	e of 10x6x2 cm Dalanghita
Tomatoes Flaked Tuna Cabbage and Tomatoes Flaked Tuna Cabbage and Tomatoes Flaked Tuna Tomatoes Flower Tomatoes Flower Flower Flower Flower Flower Ghicken Arroz Caldo With Carrots and Malunggay Chicken Arroz Caldo With Carrots and Chicken Florest Chicken Florest Chicken Florest Chicken Florest Flower Chicken Florest	Sandwich		Beef Steak Adobong Sitaw Rice	1 cup	matchboxsize cup cup		
Inacco of for Inacco of for Inacco of for Inacco of Inac	A 1+ N		Pineappie	1 stice	1 slice of 10x6x2 cm	g of 10x6x2 cm Steamed Alugbati and Saluyot Rice Rambutan	
Chicken Arroz Caldo with Carrots and with Carrots and whaltungary - Chicken Breast - Chicken Breast - Vegetables - I cup fan do 5al - I cup fan do 5al - I cup faned Tanigue - Adolbong Kangkong - I sirce - Adolbong Kangkong - I sirce - Adolbong tangkong - I cup - Ricce - Adolbong tangkong - I cup - Ricce - I sirce - I cup - Ricce - I cup -	ya emade Pork 1 no Salad 1	СM	Ginataang Dalagang Bukid with Pochay Dalagang Bukid - Pechay Rice Red Guava	1 piece smalf s 1 cup 1 cup 1 cup 2 pieces, 4 cm diameter each	1 piece smalf size 1 cup 1 cup 2 pieces, 4 cm diameter each		
Melan Beef & Veggilo Patty Learn Ground Beef 1 cup Fan do Sall 1 cup Fan do Sall 4 small piece Adobang Kangkong 1 cup Rice Adobang Kangkong 1 cup Rice Based on the Food Exchange List [FEL Youp of cocket 150 g Youp of cocket 160 g	Arroz Caldo Grats And gay n Breast	.	Pork Nilaga - Lean Pork - Vegetables Rice Boiled Saba	1 matchbox size 1 cup 1 cup 1 cup 1 pieco, 10x4 cm	ax size Ox4 cm	Fried Tilapia Bulangiang Rice Rice Apple Ox4 cm	
Beef & Veggie Patty Learn Ground Beef Vegetables Pan de 5al Latundan Lice Adobang Kangkong Licup Rice Lice Rice Lice Rice Lice Lice Lice Lice Rice Lice Lice Adobang Kangkong Licup Rice Lice Rice Lice Lice Lice Lice Lice Lice Lice L		1 slice of 12x10x3 cm	Chicken Barbecue			Porkchap	
Fan de Sail Asmail piece Latundan I piece of Sx. Fined Tanigue Adobong Kangkong I cup Rice Based on the Food Exchange List (FEL Youp of cooked vegetables 4 90 g I matchbox size of beef and pork 4 30 I small chicken log 4 30 g			Chicken leg, small Sauteed Carrots Sweet Carh, and Sayote	1 piece		Dinengdeng Rrce Pear	ngdeng
Internden Interes of 9x. Adobong Kangkong I cup Rice I cup I cobe for the Food Exchange List [FEL Cup of cooked we getables 4 90 g I cup of cooked we getables 4 90 g		pieces	Indian Wango	1 piece, 6 cm diameter	cm	cm	cm
Rice 1cup Based on the Food Exchange List [FEL You pot rice - 160 g You pot cooked vegetables 4 90 g I'matchbox size of beef and bork - 30 g		of 9x3 cm	Stir-Fried boof with Chinese Cabbage and Caultflower			4	Sinampalukang Manok • Chicken leg,
Based on the Food Exchange List [FEL Kup of rico + 160 g Youp of cooked vegetables 4 90 g Ymatchbox size of beef and bork = 30 s mail chicken log + 20 s	oong Kangxong		LeanBeef Vegetables	1 matchbox size	óxsize	dx size small Vogetables	
Based on the Food Exchange List [FEL I cup of rice - 160 g I cup of cooked vegetables = 90 g I matchbox size of beef and bork = 30 I small chicker log = 10 g	e de la companya de l		Rice	8 pieces, 4x2 cm each	4x2 cm	4x2 cm Pomel o	
Yeap of rice = 180 g Yeap of cooked vegetables = 90 g Ymatchbox size of boof and pork = 30 g Ymall chicken log = 30 g	Based on the Food Exchange LI	st (FEL) in Meal Plan	the:			And the state of t	
I'matchbox size of beef and park = 30 g	Frup of rice + 160 g	O as	I matchbox size of chicken breast = 30 g I small size fish = 35 g	en breas	t = 30 g	# 130 00 80	°≈ 30 g
1 small chicken log - 30 g	I matchbox size of beef and po	rk = 30 g	1 slice of fish - 35 g				
	I small chicken log = 30 g		1 medium size fish = 55 g	62			

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

					THE CANADA		
	Lakacan Cried namene	1 pieca, 9x3cm	Chicken Tinola	חומה	Pinakbet	1-2 cups	ibos
Day 1	Camote Tops Salad,	1.2 cups	Vegetables	1 2 cups	Watermelon	1 slice, 12x6x3 cm	PM: Boiled
	With Tomatoes Rice	Zeups	Rico	2 cups 1 s lice, 12x7 cm			Camore
<u> </u>	Pineappie Gricken Adobo	1 slice of 10x6x2cm	Sinigang na Turcillo Turdilo		Toru Steak	2 pieces, 6x6x2 cm	n AM: Boiled Com
ay 2	Chicken leg, small Steamed Carrots	2 pieces	· Vegetables	1-2 cups	Chapsuey Rico	1.2 cups	PM: Pansit
	Sayote and Baguro Beans		Ri ca Pa pa ya	2 cups 1 slice, 10x6x2 cm	Dalanghita	2 pinces, 6 cm diameter each	
2 20	Rice	2 cups	000184030	2 march from eign	Eriad Chickon Too	3 510 500 5	
4 E7	Dalandan Tuna Expedience	diameter each	Adobong Sitaw	1 -2 cups	small	2 pieces	Kababayan
	with Cabbage and		Pineapple	1 slice, 10x6x2 cm	Steamed Alughati	1-2 cups	
Day	Flaked Tuna	1/4 cup			Rice	2 cups	PM: Kusinta
	Cabbage and Tomatoes Loaf Bread	1.2 cups			butan	8 pieces, 3 cm diameter each	
4 -1 = 0	Papaya Homemade Pork Tocino	1 slice of 10x6x2 cm 2 matchbox sizes	Ginataing Dalagang Bukid with Pechay - Dalagang Bukid	2 pieces small size	Boef Bulato - Lean Boof - Vegotables	2 march	AM; Pan de Coco matchbox sizes -2 cups
20 70 -	Pako Salad Rice	1 - 2 cups 2 cups		1 · 2 cups 2 cups	Rice	2 cups	PM: Suman Cassava
<u> </u>				diameter each			
2502	Wango Chicken Arroz Caldo with Carrots and Malungoou	1 since of Taxy cm	Lean Pork Vegetables	2 matchbox sizes 1-2 cups	filed Hapla Bulanglang Rice Apple	1.2 cups	2 cups 1 cups 1 cups
Đa	Chicken Broast Vegetables Rice	2 matchbox's izns 1 · 2 cups 2 cups	Rice Boiled Saba	2 cups 1 piece, 10x4 cm		diameter	
- (D -	Melon Beef & Veggie	1 \$11ce, 12x10x3 cm	Chicken Barbacue - Chicken leg, small	2 pieces	Parkchap Dinengdeng	2 matchbox sizes 1-2 cups	ax sizes AM: Spanish Bread
Day 6	rany - Lean Ground Beef - Vegetables	4 Thsps.	Sweet Carn, and Sayote	*- C CII D D	Pgar	i pince, 6 cm	cm PM: Turon
	Pan de Sal	8 small pieces	Indian Mango	2 cups 1 piece, 6 cm diameter			
_	Latundan	1 piece of 9x3 cm	Stir-Fried beef with		Sinampalukang	1	AM: Peanut Butter
73	Fried Tanigue	1 slice	Chinese Cabbago		Manok		Sandwich
	Fried Edg	1 piece	and Cauliflower		Chicken leg,	2 pieces	
Day	Adobong Kangkong	1.2 cups	- LeanBeef	2 matchbox sizes	small		
	Rice	2 cups	Vegetables	1-2 cups	Vogetables	1-2 cups	, p
			Tage on or	8 nieras, dv3 cm aach	Parada	3 45000	dots gravity em as
,			cansonus	o pieces) 4x2 cin caco	Fomero	-	3 segments, exexs on each
	Based on the Food Exc	Based on the Food Exchange List (FEL) in Mea) Planning:	aning:				
	1 cup of nce = 160 g:		1 matchbox size of chicken breast + 30 g	en breast + 30 g			
	1 cup of cooked vegatables ± 90 g	bles ± 90 g	1 small size fish = 35 g		4421p.,		
	I matchbox size of beef and	ef and pork = 30 g	1 slice of fish =35 g				
	1 small chicken leg = 30 g	10 8	1 medrum siza fish + 55 g	150	*****		
r::-	1 medium chicken leg - 45 g	+ 45 g			-		

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

4		Breakfast		Lunch	Buogun	Supper	4	AM/Suman sa
y 1	Lakatan Fried Bangus	1 piece, 9x3cm 1 slice	, small	1 piece	Pinakbet Rice	1-1 1/2 cups 1 1/2 cups		ibos
Day	Camote Tops Salad, with Tomatoes	1-1 1/2 cups	ge ca pres	1-1 1/4 cups	watermeton	1 Slice, 12x6x3 cm		Camate
	Rice	1 1/2 tups	Rice Mango	1 1/2 cups 1 slice, 12x7 cm				
	Pineappie Chicken Adobo	1 slice, 10x6x2cm	Sinigang na Turciflo - Turciflo	1 slice	Tofu Steak Chopsuey	발	1 piece, 6x6x2 cm 1-1 1/2 cups	ce, 6x6x2 cm AM: Bailed Com I piece, 12x4 1/2 cups
ay 2	Chicken leg, small Steamed Carrots	1 piece 1-1 1/2 cups	- Vegetables	1-1 1/2 cups	Rice	N. 5-		PM: Pansit
Da	Sayote and Bagulo			1-11/2 cups		~		
	Rice	1 1/2 cups	rapuya	Police toxove cit				
	Oalandan	2 pieces, 6 cm	Beef Steak Adobong Sitaw	1 matchbox size 1-1 1/2 cups	Fried Chicken		1 prace	1 prace AM: Kababayan
ŝ	fung Sandwich			1 1/2 cups	Steamed Alughati		1-1 1/2 cups	-
ay 3	Fornatoes		a second different	a property and a property of the	Rice		1 1/2 cups	1 1/2 cups
D	Flaked Tuna	2 Thsps.			Rambutan			8 pieces, 3 cm PM; Kutsinta
	- Capbage and Tomatoes - Loaf Bread	6 slices					gierneter each	ale mater each
	Papaya Homemade Pork	1 slice of 10x6x2 cm	Ginataang Dalagang Bukid with Pechay		Beef Bulalo Lean Beef		i Ze	1 matchbox size AM; Pan de Coco 1 piece, 7x6 cm
ay 4	Pako Salad	1 - 1 1/2 cups	- Pechay	1-1 1/2 cups	an Barrel Artes			PM: Suman
Ü	Rice	1 1/2 cups	Red Guava	1 1/2 cups 2 pieces, 4 cm	Latundan		1 1/2 cups 1 piece, 9x3 cm	1 1/2 cups Cassava cm 1 piece, 9x3 cm
	Mango Chicken Arroz Caldo	1 Slice of 12x7 cm	Pork Niiaga - Lean Pork	1 matchbox size	Fried Tilapia Bulanglang		1 piece small size	1-1 1/2 cups AM: Ensaymada
ıγ5	with Carrots and Malunggay		- Vegetables	1-1 1/2 cups	Rice		1 1/2 cups 1 piece, 6 cm	1 1/2 cups thick
D	· Chicken Breast · Vegetables	1 mátchbox size 1-1 1/2 cups 1-1/2 cups	Rice Boiled Sabar	1 1/2 cups 1 piece, 10x4 cm				diameter PM: Puto, white 1 slice. 9 1/2x 3 x 3 1/2 cm
	Meton	1 Slice, 12×10×3 cm		d of the second	Porkchop		1 matchbox size	
	Party		Sautéed Carrots	1-1 1/2 cups	Dinengdeng Rice			
Јау б	 Lean Ground Beef Vegetables 	2 Tbsps. 1-1 1/2 cups			Pear		diameter	1 piece, 6 cm PM: Turon dia meter
	Pan de Sal	6 pieces small size	Rice Indian Mango	1 1/2 cuips 1 piece, 6 cm				
	The boundary management of the production of the	t when of our pro	Stir.Relational with	diameter each	dinamalakana			AM- Pasanit Buitar
	Fried Tanigue	1 slice	Chinese Cabbage		Manok			Sandwich
7	AdoborgiKangkong	1 · 1 1/2 cups	and Cauliflower		- Chicken leg,		1 piece	
Day 7	Ŕice	1 1/2 cups	- LeanBeef	1 matchbox size	smail			
r			- Vegetables	1-1 1/2 cups	- Vegetables		1-1 1/2 cups	1-1 1/2 cups
			Rice	1 1/2 cups	Rice			1 1/2 cups PM: Banana-Cue
1			Lansones	8 pieces, 4x2 cm each	Pomelo		3 segments, 8x4x3 cm each	3 segments, 8x4x3 cm each
	Based on the Food Ex	Based on the Food Exchange List (FEL) in Meal Planning	nning:	A CAMPANIA MANAGAN AND MANAGAN AND MANAGAN AND AND AND AND AND AND AND AND AND A	1			
	1 cup of rice ~ 160 g		1 matchbox size of chicken breast = 30 g	n breast = 30 g				
	1 cup of cooked vegetables = 90 g	ables ≠ 90 g	1 small size fish = 35 g					
	1 matchbox size of beef and park = 30 g	ef and park ~ 30 g	1 slice of fish = 35 g					
	1 small chicken leg = 30 g	30 8	1 medium size fish = 55·g	-				
	T mediate curvenies - 43 6	2000			L,			

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

| | - | | | Rice
 | Pineapple
Chicken Ad | | | | Rice
 | Dalandan | Tuna Sand | | _ |
 | | | | |
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	ast	iece, 9x3cm ices	1/2 cups
 | lice of 10x6x2cm | ieces | 1/2 cups | | /2 cups
 | materanch | Illiana ascii | | | 1/2 cups
 | lices | natchboxsizes | | | 1 1/2 cups
/2 cups
 | 1 1/2 cups
/2 cups | 1 1/2 cups
/2 cups | /2 cups
/2 cups
 Ce of 12x7 cm | 11/2 cups
/2 cups
lice of 12x7 cm | 11/2 cups /2 cups fice of 12x7 cm fice of 12x7 cm fice of 12x7 cm
 | 11/2 cups /2 cups /2 cups Ifice of 12x7 cm matchbox sizes 1/2 cups /1 cups Ifice, 12x10x3 cm | 11/2 cups /2 cups /2 cups file of 12x7 cm file of 12x7 cm straightful cups 12 cups file, 12x10x3 cm | 11/2 cups /2 cups /2 cups Ifice of 12x7 cm matchbox sizes 1/2 cups /1 cups /1 cups /1 cups /1 cups /1 cups /1 cups | 13/2 cups /2 cups /2 cups fice of 12x7 cm matchbox sizes 14/2 cups /2 cups /2 cups /2 cups /2 cups /2 cups /2 cups /3 cups | 11/2 cups
/2 cups /2 cups fice of 12x7 cm matchbox sizes /1/2 cups /2 cups /2 cups /2 cups /2 cups /2 cups /2 cups /3 cups /4 cups /4 cups | 11/2 cups /2 cups /2 cups /2 cups 11/2 cups | 11/2 cups /2 cups /2 cups /2 cups 1/2 cups 1/2 cups 1/2 cups //2 cups | 11/2 cups /2 cups /1 cups | 11/2 cups /2 cups /2 cups 11/2 cups 11/2 cups /2 cups /2 cups /2 cups /1 cups |
| 26m | | Chicken Tinola
- Chicken leg | etables
etables |
 | | - Vegetables | 3 | Papaya | -
 | Beef Steak | Rice Silver | Pineapple | |
 | | Bukid with Pechay | · Dalagang Bukid | - Pechay |
 | Guava | Guava
Nilaga | Guava
Nilaga
n Pork
getables | Gualva
Nilaga
n Pork
getables | Guava
Nilaga
n Pork
jetables
ed Saba
 | Guava Nilaga n Pork je tables sed Saba ken Barōècue cken leg, medium | Guava Nilaga n Pork jetables ed Saba ed Saba eken Barbécue eken Leg, medium eken leg, medium | Guava Nilaga n Pork et sables ed Saba een Barbecue cken Bergerus cken Carrots eed Carrots eed Carrots | Guava Nihaga n Pork jetables ed Saba ed Saba eken Barbecure cken leg, medium eed Carrots ek Corn, and te te n Mango | Guava
Nilaga n Pork getables ed Saba ed Saba eken Barbecue cken leg, medium eed Carrots et Corn, and te an Mango an Mango | Guava Nilaga n Pork en Barbecue ken Barbecue cken leg, medium sed Carrots et Corn, and te te an Mango an Mango chellower | Guava Nifaga n Pork n Pork ed Saba ed Saba ed Harbecue cken leg, medium ed Carrots et Corn, and te the an Mango an Mango an Mango chese Cabbage conlifiower n Beel getables | Guava Nilaga n Pork n Pork getables ad Saba ad Saba ad Saba ad Saba ad Mango an Mango and Mango | Guava Ronk Ren Barbécue ken Barbécue ken Barbécue ken Barbécue ken Barbécue eed Carrots et Corn, and te an Mango an Mango an Mango an Mango getables cones sones sones etchbox size of chick stchbox size of thick stchbox size fish = 35 g edium size fish = 55 |
| Space Chicken Tinola Small Sma | | 2 pleces | 1-1 1/2 cups | 1 1/2 cups
1 slice, 12x7 cm | 2 slices
 | 1-1 1/2 cups | | 1 slice, 10x6x2 cm | | 2 matchbox sizes
 | 1 1/2 cups | 1 slice, 10x6x2 cm | | |
 | | 2 pieces medium size | 1-1/2 cups | | diameter each
 | diameter each | diameter each 2 matchbox sizes 1-1 1/2 cups | dlameter each 2 matchbox sizes 1-11/2 cups 11/2 cups | diameter each: 2 matchbox izes 1-11/2 cups. 1 piece, 10x4 cm | diameter-each 2 matchboxsizes 1-11/2 cups. 1 1/2 cups 1 piece, 10x4 cm 2 piaces
 | diameter-each diameter-each 2 matchboxsizes 1-11/2 cups. 11/2 cups 1 piece, 10x4 cm 2 pieces 1-11/2 cups | diameter-each 2 matchboxsizes 1-11/2 cups 1 piece, 10x4 cm 2 pieces 1-11/2 cups | diameter-each 2 matchboxsizes 1-11/2 cups 11/2 cups 1 piece, 10x4 cm 2 pieces 1-1 1/2 cups 1-1 1/2 cups 1 pieces 1 piec | diameter, 4 cm diameter each 2 matchboxsizes 1-1/2 cups 1-1/2 cups 1 piece, 10x4 cm 2 pieces 1-1/2 cups | diameter-each 2 matchboxsizes 1-11/2 cups 1 piece, 10x4 cm 2 pieces 1-11/2 cups | diameter-each 2 matchboxsizes 1-1/2 cups 1 piece, 10x4
cm 2 piaces 1-1/2 cups 2 matchboxsizes 1-1/2 cups 1-1/2 cups | diameter-each 2 matchbox sizes 1-11/2 cups 1 piece, 10x4 cm 2 piece, 20x4 cm 2 piece, 20x4 cm 3 piece, 6 cm diameter-each 1/2 cups 1-11/2 cups 1-1-1/2 cups | diameter-each 2 matchboxsizes 1-11/2 cups 1 piece, 10x4 cm 2 piaces 1-11/2 cups 1 piece, 6cm diameter-each diameter-each 2 matchboxsizes 1 1/2 cups 1 1/2 cups 2 matchboxsizes 1 1/2 cups 1 1/2 cups 8 pieces, 4x2 cm each |
| Phreapple | | Fried Galungong
Pinakbet
Rice | Watermelon | The state of the s | Tofu Steak
 | Chopsuey | Rice | Datangnita | | medium
 | Steamed Alugbati | and Saluyot | Rice | Vanition (8.1) |
 | eef Bulaio | ·Vegetables | | Rice | Rice
Latundan
 | Rice
Latundan
Fried Tilapla
Bulancians | Rice
Latundan
Fried Titapia
Bulanglang
Bulanglang | Rice
Latundan
Fried Titapia
Bulanglang
Bulanglang
Apple | Rice
Latundan
Fried Tilapia
Bula nglang
Rice
Apple | Rice Latundan Fried Tilapia Bulanglang flice Apple Apple Dinengdeng
 | Rice Latundan Fried Tilapia Bulangiang Rice Apple Apple Porkchop Dinengdeng | Rice Latundan Fried Tilapia Bulanglang Rice Apple Apple Porkchop Dinengdeng | Rice
Fried Tilapia
Bulangiang
Alice
Apple
Porkchop
Olnengdeng
Rice
Pear | Rice Latundan Fried Titapia Bulangiang Rice Apple Porkchop Dinengdeng Rice Rice Pearr
 | Rice Fried Tilapia Bulangiang Rice Rice Porkchop Dinengdeng Rice Peat Rice Peat Sinampalukang Manok - Chicken leg, medium - Vegetables Rice | Rice Latundan Fried Tilapia Bulangiang Rice Apple Apple Dinengdeng Colleengdeng Rice Pear Sinampalukang Manok - Chicken leg, medium - Vegetables Rice Pomelo | Rice Fried Tilapia Bula nglang Rice Rice Porkchop Dinengdeng Rice Peat Sinampalukang Manok - Chicken leg, medium - Vegetables Rice Pomelo | Rice Fried Titapha Bulangiang Rice Porkchop Dinengdeng Rice Pear Pear Sinampalukang Manok - Chicken leg, medium - Vegetables Rice Pomeio |
| Lunch Pried Galungong Chicken Timola Tofu Steak Chopsuev Chopsu | | 2 pieces medium size
1-1 1/2 cups
1 1/2 cups | 1 slice, 12x6x3 cm | | 2 pieces, 6x6x2 cm
 | 1-1 1/2 cups | 1 1/2 cups | diameter each | | 2 pieces
 | 1-1 1/2 cups | 1 | 1 1/2 cups | diameter each |
 | 2 matchbox sizes | 1- 1 1/2 cups | 1 1/2 cups | | 1 piece, 9x3 cm
 | 1 piece, 9x3 cm 2 pieces medium ize 1-1 1/2 cuss | 1 piece, 9x3 cm 2 pieces medium ize 1-11/2 cups 1 1/2 cups 1 trieses form | 1 piece, 9x3 cm 2 pieces medium ize 1-1 1/2 cups 1 1/2 cups 1 1/2 cups 1 piece, 6 cm diameter | 1 piece, 9x3 cm 2 pieces medium ize 11 1/2 cups 1 1/2 cups 1 piece, 6cm diameter | 1 piece, 9x3 cm 2 pieces medium ize 1 1/2 cups 1 1/2 cups 1 piece, 6-cm diameter 2 maichbox sizes 1-1 1/3 cups
 | 1 piece, 9x3 cm 2 pieces medium ize 1 1/2 cups 1 1/2 cups 1 piece, 6cm diamater 2 matchbox sizes 1 1/2 cups 1 1/2 cups | 1 piece, 9x3 cm 2 pieces medium ize 11/2 cups 11/2 cups 1 piece, 6-cm diameter 2 maichbox sizes 1-1/2 cups | 1 piece, 9x3 cm 2 pieces medium ize 1-1/2 cups 1 ty2 cups 1 piece 6 cm diameter 2 matchbox sizes 1-1/2 cups 1 f/2 cups 1 piece, 6 cm diameter | 1 piece, 9x3 cm 2 pieces medium ize 1 1/2 cups 1 l/2 cups 1 piece, 6cm diameter 2 matchbox sizes 1 1/2 cups 1 f/2 cups 1 piece, 6 cm diameter | 1
piece, 9x3 cm 2 pieces medium ize 1 1/2 cups 1 1/2 cups 1 piece, 6-cm diamater 2 matchbox sizes 1 1/2 cups 1 1/2 cups 1 piece, 6-cm diamater 2 matchbox sizes 1 1/2 cups 1 1/2 cups 1 1/2 cups 1 1/2 cups | 1 piece, 9x3 cm 2 pieces medium ize 1 1/2 cups 1 1/2 cups 1 piece, 6cm diamater 2 matchbox sizes 1 1/2 cups 1 1/2 cups 1 1/2 cups 2 pieces 2 pieces 2 pieces 3 segments, 8x4x3 cm each | 1 piece, 9x3 cm 2 pieces medium ize 1 1/2 cups 1 1/2 cups 1 piece, 6-cm diamater 2 matchbox sizes 1 1/2 cups 1 1/2 cups 1 1/2 cups 2 pieces 2 pieces 1 1/2 cups 1 1/2 cups 1 pieces 3 segments, 8x4x3 cm each | 1 piece, 9x3 cm 2 pieces medium ize 1 1/2 cups 1 1/2 cups 1 piece, 6cm diameter 2 matchbox sizes 1 1/2 cups 1 1/2 cups 1 1/2 cups 1 1/2 cups 3 segments, 8x4x3 cm each |
| Ups Chicken Tinola Chicken Steak Chopsuey Chop | | AM:Suman sa
lbos | PM: Boiled
Camate | | AM: Bolled Corn
 | | PM: Pansit | Guisado | | AM:
 | Ad Da Da ya II | | Die Grand in the | FIN: NUCSITION |
 | AM; Pan de Coco | | ā | |
 | AM: Ensaymada | AM: Ensaymada | | 6 2 |
 | & E | 8 12 | 6 12 | te da
 | te utter | AM: Ensaymada PM: Puto, white AM: Spanish Bread PM: Turon AM: Peanut Butter Sandwich PM: Banana Cue | AM: Ensaymada PM: Puto, white AM: Spanish Bread PM: Turori PM: Paanut Butter Sandwi ch PM: Banana Cue | AM: Ensaymada PM: Puto, white Bread PM: Turon PM: Turon Sandwich FM: Banana Cue |
| Suppler Pried Galumgong | Snacks | 2 pleces, 8x4x2
cm each | 1 piece, 11 cm
long x 41/2 cm | diameter | 2 pieces, 12x4
cm each
 | | 1 cup | | | 4 pieces, 4 1/2
 | 1/2 cm thickness | each | | diameter x 2 1/2 | cm each
 | 2 pieces, 7x6 cm
each | | cm t piece, toxaxz | |
 | 2 pieces, 8 1/2 | 2 pieces, 8 1/2
cm diameter x 2
cm thick each | 2 pieces, 8 1/2
cm diameter x 2:
cm thick each
2 slices, | 2 pieces, 8 1/2 cm diameter x 2: cm thick each 2 slices, 9 1/2 x 3 x 3 1/2 cm each | 2 pieces; 8 1/2
cm diameter; 2
cm thick each
2 slices,
9 1/2 x 3 x 3 1/2 cm
2 pieces; 10x4
cm each
 | 2 pieces; 8 1/2
cm diameter; 2
cm thick each
2 slices;
9 1/2 x 3 x 3 1/2 cm
each
2 pieces; 10x4
cm each | 2 pieces; 8 1/2 cm diameter x 2 cm thick each 2 slices, 9 1/2 x 3 x 3 1/2 cm each 2 pieces, 10x4 cm each 1 piece, 9 1/2 x 3 x 3 1/2 x 1 cm | Zpieces, 81/2 cm diameter x 2: cm thick each 2 slices, 9 1/2 3 x 3 1/2 cm each 7 pieces, 10x4 cm each 1 piece, 10x4 9 1/2 x 3 1/2 x 1 cm | Zpieces, 81/2 cm diameter x 2: cm thick each 2 slices, 9 1/2 x 3 x 3 1/2 cm each 7 pieces, 10x4 cm each 1 piece, 9 1/2 x 3 1/2 x 1 cm
 | 2 pieces, 8 1/2 cm diameter x 2: cm thick each 2 slices, 9 1/2 x 3 x 3 1/2 cm each 4 pieces, 10x4 1 piece, 9 1/2 x 3 1/2 x 1 cm 9 1/2 x 3 1/2 x 1 cm 2 piece to af bread and 1 Thsp. Peanut butter 2 pieces | 2 pieces, 81/2 cm diameter x 2: cm thick each 2 slices, 9 1/2 x 3 x 3 1/2 cm each 1 piece, 9 1/2 x 3 1/2 x 1 cm 2 piece ioaf bread and 1 Tbsp. Peanut butter 2 pieces 9 1/2 x 4 cm each | 2 pieces, 81/2 cm diameter x 2: cm thick each 2 pieces, 10x4 2 pieces, 10x4 2 piece ioaf bread and 1 Tbsp. Peanut butter 2 pieces 9 1/2 x 4 cm each | Zpieces, 81/2 cm diameter x 2: cm thick each 2 slices, 9 1/2 x 3 x 3 1/2 cm each 7 pieces, 10x4 1 piece, 9 1/2 x 3 1/2 x 1 cm 2 piece loaf bread and 1 Thsp. Peanut butter 7 pieces 9 1/2 x 4 cm each | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pork Pork and and Beet s | Laberness Lipicace Saland, 12 Caps Colidorn Timota Colidorn leg Cornole Post Saland, 12 Life ce Saland | Comorde Post Salad, 111/2 cups | Orlocken Adobbo Chicken Hast, bank Chicken Hast, bank Chicken Hast, bank Savander Hast | Chicken Rés Jobe Savoire and Sasiol Savoire and Sasiol Savoire and Sasiol Chicken Rés Jobe Chicken Rés | Steamed Carrots. Steamed Carrots. Steamed Carrots. Steamed Carrots. Steamed Carrots. Sayote and Baguio Bears. Sayote and Baguio Cabbage and Sayote and Sayote. Sayote. Sayote and Sayote. | Sayote and Baguio Sandwich Crucke Sandwich Carost Sayote Sandwich Carost Sandwich Field Safa Salado Sandwich | Race 3 1 1/2 cups Rice Gländian Zpieces, 6cm Adobong Staw 1-1/2 cups Homespile Homespile 1-1/2 cups Homespile | Hale Hale 11/2 cups Tuna Sandwich Una Sandw | Obligation Committees Grandwicht of Cabbage and diameter each 2 pieces, 6 cm Adchong Slaw Adchong Slaw (1/2 cups and diameter each Adchong Slaw) 2 matchbox sizes and cabbagan (1/2 cups and diameter each Adchong Slaw) 2 matchbox sizes and cabbagan (1/2 cups and cabbagan) 2 pieces and cabbagan (1/2 cups and cabbagan) 3 pieces and cabbagan (1/2 cups and cabbagan) 4 pieces and | Trans Sandwich with Cabbage and with Cabbage and formatices flaked Trans flaked Tra | with Cabbage and 1/4 cup - Flaked Tuna - Carbage and - 1/4 cup - Carbage and - 1/4 cups - Flaked Tuna - Carbage and - 1/4 cups - Flaked Tuna - Carbage and - 1/4 cups - Ca | - Carbbage and 1-11/2 cups - Carbbage and 1-11/2 | - Cabbage and Cups - Pediay - Chickern Arros Cabdo - Cups - Polis National Cups - Chickern Arros Cabdo - Cups - Cabbage and Cups - Chickern Arros Cabdo - Cups - Cups - Chickern Arros Cabdo - Cups - Cups - Chickern Arros Cabdo - Cups | - Tornstreb Loaf Bread | Pagagage
Toolno
Toolno
Rice 1 silce of 10x52 cm
Dalbgang Bukid Eukid with Perhay
Dalbgang Bukid 2 places medium size
Dalbgang Bukid Lean Beef
1.1/2 cups
Pork Nilaga
Dalbgang Bukid 2 places medium size
Dalbgang Bukid Lean Beef
1.1/2 cups
Dalbgang Bukid 2 places medium size
Dalbgang Bukid Lean Beef
1.1/2 cups
Dalbgang Bukid 2 places medium size
Dalbgang Bukid Lean Beef
1.1/2 cups
Dalbgang Bukid 2 places medium size
Dalbgang 2 places medium | Tockno Pako Salad 1.11/2 cups Rice Rice 1.11/2 cups Rice 1.11/2 cups Rice 1.11/2 cups Rice 1.11/2 cups Rice Rice 1.11/2 cups Rice Rice 1.11/2 cups Rice Rice Rice 1.11/2 cups Rice Rice 1.11/2 cups Rice Rice Rice 1.1 | Rice 11/2 cups Rice 11/2 cups 1-1/2 cups 1-1/2 cups 1-1/2 cups 1-1/2 cups 1-1/2 cups 2 pleces, 4 cm 2 pleces, 9 | Mango Olicker Arroz Coldo With Carrots and Malunggay Arroy Arroy Malunggay Arroy Arroy Malunggay Arroy Malunggay Arroy Malunggay Arroy Arroy Malunggay Arroy Arroy Malunggay Arroy Arroy Malunggay Arroy A | Mango Telice of 12x7 cm Pork Nilaga 2 matchbox sizes Bulangiang 2 pieces medium ize AM: Ensaymada Orlicker Arroz Caldo with Carrots and Mit Carrots an | with Carrots and with C | - Chickern Breast 2 matchbox sizes Rice 2 matchbox sizes Rice 2 matchbox sizes Rice 2 match 2 | - Piece 1.1/2 cups Boiled Saba 1 piece, 10x4 cm - Piece 1.1/2 cups Boiled Saba 1 piece, 10x4 cm - Piece 1.1/2 cups Boiled Saba 1 piece, 10x4 cm - Piece 1.1/2 cups - Piece R Vegile R Ve | Melon 1 slice, 12xd0x3 cm Chicken Barbecus Porkchop 2 methbox sizes AMX Spanish 2 methbox sizes Bet & Vegite 2 veget & Vegite 4 Tissps Sauteed Carrots 1-1/2 cups Rice 1 t/2 cups 1 t/2 cups 1 t/2 cups - Veget ables 1-1/2 cups Sayote 1 t/2 cups Pear 1 piece, 6 cm 1 piece, 6 cm 1 piece, 6 cm 1 piece, 6 cm Pan de Sai 5 pieces Indian Mango 1 piece, 6 cm diameter each Sinampalukang Manok AMX Peanut Butter 2 sundwich | Party - Lean Ground Beet 4 Thsps. - Sweet Corn, and - Sweet | - Vegetables 1-1/2 cups Sayete Can, and Sayete Pan de Sal 6 pieces and Mango 1 piece, 6 cm diameter each laturdan 1 piece of 9.8 cm Stir-Fried beef with Sinampalukang Mango 1 slice of fish Chinese Cabbage Manok | Pan de Sal 6 pieces Rice 11/2 cups 1/2 cups Indian Mango I piece, 6 cm diameter each I piece, 6 cm I piece of 9.45 cm Stir-Fried beef with Sinampalukang AM: Peanut Butter Sinder Tanigue I slice of fish Chinese Cabbage Manok Sandwich | I piece of 939 cm Stir-Fried beef with Sinampalukang AM; Peanut Butter gue 1 slice of fish Chinese Cabbage Manok Sandwich | gue Islice of fish Chinese Cabbage Manok Sandwich | | Adobong Kangkong 1-11/2 cups - LeanBee! 2 matchbox sizes medium Rice 11/2 cups - Vegetables 1-11/2 cups - Vegetables 1-11/2 cups PM: Banana Cue | Adobong Kangkong 1.1 1/2 cups - LeanBee! 2 matchbox sizes medium Rice 1 1/2 cups - Vegetables 1.1 1/2 cups - Vegetables 1.1 1/2 cups - Vegetables 1.1 1/2 cups PM: Banana Cue 2 1/2 cups Inspired Inspired | Adoborg Kangkong 1.1 1/2 cups - LeanBeef 2 matchbox sizes - Medium 1.1 1/2 cups - Vegetables 1.1 1/2 cups - Rice 1.1 1/2 cups - | Adobong Kangkong 1.1 1/2 cups - LeanBeef - Landthox sizes - Vegetables 1.1 1/2 cups - Vegetables 1.1 1/2 cups - Vegetables 1.1 1/2 cups - Vegetables - 1.1 1/2 cups - Vegetables - 1.1 1/2 cups - Rice |
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Chicken Breast 2 matchbox sizes - Rice - Negerables - 1/2 cups - Rice - Rice - Rice - Rice - Rice - Rice - Rice - | - Picer 1/1/2 cups Boiled Saba 1 piece, 1004 cm - Picer 1/2 cups - Porkchoop - | Melon 1 slice, 12x30x3 cm Chicken Barbeoure Poincken Barbeoure AM: Spanish Patty - Use of Garous Sauted Carrous 2 pieces Clinengdeng 1 1/2 cups 1 1/2 cups - Veget bles 1-11/2 cups Savet Corn, and 1 2 cups Peat 1 piece, 6 cm 1 piece, 6 cm Pan de Sal 6 pieces Indian Mango 1 piece, 6 cm 1 piece, 6 cm 1 piece, 6 cm diameter each Latundan 1 piece of 9x3 cm Sitr-Fried beef with Sitr-Fried beef with Sinampalukang Manok AM: Peanut Butter Fried Egg 1 piece 1 piece and Cauliflower - Chicken lae, bear - Chicken lae, bear 2 pieces | -tean Ground Beef 4 Thyps Souteed Carrots -tean Ground Beef Cron, and -vegetables 1-1/2 cups Sweet Corn, and -vegetables 1-1/2 cups Sayote 11/2 cups Indian Mango I piece, 6 cm I piece, | - Vegetables 1.1/2 cups Sayote Curi, circ 1.1/2 cups Sayote Pan de Sal 6 pièces Indian Mango 1 pièce, 6 cm | Pan de Sal 6 pieces Rice 11/2 cups 1/2 cups Indian Mango I piece, 6 cm diameter earch Sinampalukang Sine Talundan I piece of 9.45 cm Stir-Fried beef with Fried Tanigue I slice of fish Chinese Cabbage Manok Sinampalukang Sandwich Sandwich Sinampalukang Sandwich Sandwich Sinampalukang Sandwich Sandwic | Latundan I piece of 9x8 cm Stir-Fried beef with Sinampalukang AM: Peanut Butter Fried Tanigue I slice of fish Chinese Cabbage Marok Sandwich Sinder Egg I piece and Capillower - Chicken leg, 2 pieces | Fried Tanigue 1 slice of fish Chinese Cabbage Manok fried Egg 1 piece and Cauliflower - Chicken leg, 2 pieces | Fried Egg 1 piece and Gaulflower - Chicken leg, 2 pieces | Rice 11/2 cups - Vegetables 1-11/2 cups - Vegetables 1-13/2 cups - Vegetables 1-13/2 cups - Vegetables 11/2 cups - Vegetables - Veget | Rice 11/2 cups - Vegetables 1-1.1/2 cups - Vegetables 1-1.1/2 cups PM: Banana Cue 2 Rice 11/2 cups Rice 11/2 cups Rice 11/2 cups PM: Banana Cue 2 Lansones 8 pieces, 442 cm each Pomelo 3 segments, 8x4x3 cm each 9 | Rice 11/2 cups - Vegetables 11/2 cups - Vegetables 11/2 cups Rice | Rice 11/2 cups - Vegetables 11/2 cups - Vegetables 11/2 cups Rice |
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Orlicker Arroz Caldo
with Carrots and
with Carrots and
all 2 cups
- Chicken Barbecue
Beef & Vegetables
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- Negetabl | with Carrots and Vegetables -Vegetables -Vegetables -Vegetables and Vegetables -Vegetables -Vegetables -Vegetables -Chicken Barbecute -Chicken Barbecute Bet & Vegetables - 11/2 cups -Chicken Barbecute Bet & Vegetables - 11/2 cups -Chicken Barbecute Bet & Vegetables - Vegetables - Vegetables - 11/2 cups -Chicken Barbecute Sauted Carrots -Chicken Barbecute Sauted Carrots - Vegetables - Vegetabl | - Chicken Breast 2 matchbox sizes Rice 11/2 cups Boiled Saba 11/2 cups Boiled Saba 1 piece, 10x4 cm Price Porkchop 2 matchbox sizes Pork | - Pice 1,1/2 cups Boiled Saba 1 piece, 1004 cm Porkchop 2 matchboxsizes AM: Spanish Beef Neglie 1 slice, 12x10x3 cm Oricken Bernedium 2 pieces Olinengdeng 1-1 1/2 cups Bread Carrors 1-1 1/2 cups Suteed Carrors 1-1 1/2 cups Rice 1 ty Cups Saveet Carn, and Sayote 1-1 1/2 cups Rice Pan de Sal 6 pieces Rice Rice 1 ty Cups Rice 1 ty Cups Rice Pan de Sal 1 piece of 9x3 cm Rice Indian Mango I piece of 9x3 cm Str-Fried beef with Fried Tanigue 1 slice of 11x Cups Indian Mange Cabbage Fried Tanigue 1 slice of 11x Cups Indian Mange Cabbage I piece Indian Mange Cabbage I piece I 1/2 cups Sinampalukang Cabbage Cabbage Cabbage I piece I 1/2 cups Sinampalukang Cabbage Cabba | Melon 1 slice, 12x30x3 cm Officken barbeoure Poixchop 2 matchbox sizes AM: Spanish Beef & Veggle 4 Tosps - Chicken barbeoure 2 places Olnengdeng 1-11/2 cups 11/2 cups 11/2 cups - lean Ground Beef 4 Tosps Sauteed Carrots 1-1/2 cups Rice 1 1/2 cups Rice 1 1/2 cups - Vegetables 1-11/2 cups Rice 1 1/2 cups Pear 1 piece, 6 cm Pear 1 piece, 6 cm Phyl: Turon Pan de Sal 6 pieces Indian Mango 1 piece, 6 cm AM: Peanut Butter Latundan 1 piece of 9x3 cm Sur-Fried beef with Sur-Fried beef with Sinampalukang Snampalukang AM: Peanut Butter Fried Egg 1 piece Chicken leg, medium Sinampalukang Pear AM: Peanut Butter Adoboong Kangkong 1-11/2 cups - LeanBeel 2 matchbox sizes Manok 2 pieces | - Tear Fried Tanigure 1-11/2 cups Sulteed Carrots Sunteed Carrots Sayote Corn, and - Vegetables 1-1/2 cups Sayote Corn, and Sayote Pear 1-1/2 cups Indian Mango I piece, 6 cm I piece, 6 | - Vegetables 1.1/2 cups Sayote Pan de Sal 6 pieces Indian Mango 1 piece, 6 cm Indian Mango 1 piece, 6 cm Indian Mango Interest Pried Tanigue 1 slice of flish Chinese Cabbage Fried Egg 1 piece 1 1/2 cups - Chinese Cabbage Fried Egg 1 piece of 1/2 cups - LeanBeel 2 matchbox slaes Mango 2 medium | Pan de Sal 6 pieces Indian Mango 1/1/2 cups Indian Mango 1 piece, 6 cm I piece of 5/45 cm Stir-Fried beef with Sinampalukang Sinampalukang Alvi: Peanut Butter Fried Tanigue 1 slice of fish Chinese Cabbage fried Egg 1 piece and Cauliflower - Chicken leg, 2 pieces Adobong Kangkong 1-1 1/2 cups - LeanBeel 2 matchbox slizes medium | Latundan 1 piece of 9x3 cm Stir-Fried beef with Sinampalukang AM: Peanut Butter Fried Tanigue 1 slice of fish Chinese Cabbage Manok Fried Egg 1 piece and Cauliflower Chicken leg, 2 pieces Adobong Kangkong 1-1 1/2 cups - LeanBeel 2 matchbox slzes medium | Fried Tanigue 1 slice of fish Chinese Cabbage Manok fried Egg 1 piece and Cavillower - Chicken leg, 2 pieces Adobong Kangkong 1-1 1/2 cups - LeanBeel 2 matchbox slizes medium | fried Egg 1 piece and Gauillower - Chicken leg, 2 pieces Adobong Kangkong 1-11/2 cups - LeanBeel 2 matchbox sizes medium | 1 1/2 cups Rice 1 1/2 cups PM: Banana Cue | 11/2 cups PM: Banana Cue 2 Ones B pieces, 4x2 cm each Pomeio 3 segments, 8x4x3 cm each 9 | Rice 11/2 cups PM: Banana Cue 2 2 2 2 2 2 2 2 2 | Rice 11/2 cups Rice 13/2 cups PM: Banana Cue 2 |
| Pork Pork and and leeast s leest s | Labernus Lab | Comore ros Saled. 1.1/2 cups | Transplate Orichen Adobb Chicken Hag, Irani Disease Chicken Hag, Irani Disease Sayote and Baguio Disease Rear | Fire pile 1 1 1/2 cups 2 pieces Concern Relation 2 pieces | Steamed Carrots, Staniel 2 pieces, Steamed Carrots, Staniel Carrots, Steamed Carrots, Staniel Carrots, Stani | Steamed Carrots Saveta and Baguio Beans I 1/2 cups II 2/2 cups II 2/2 cups II 2/2 cups II 2/2 cups III 2/2 cu | Addrong Staw Finder Tuna Sandwich Finder Finder Sandwich Finder Finder Sandwich Finder Finder Sandwich Finder Finder Finder S | Trans dan 2 1/2 cups Trans Sandwich United Stands Trans Sandwich United Sandwich United Stands Trans Sandwich United Sandwich United Stands Trans dress Cabbage and Sandwich United Stands Cabbage and Sandwich United Stands Trans dress Cabbage and Sandwich United Stands Sandwich Cabbage and Sandwich United Stands Trans dress Cabbage and Sandwich United Stands Sandwich Cabbage and Sandwich United Stands Sandwich Cabbage and Sandwich United Stands Trans dress Cabbage and Sandwich United Stands Sandwich Cabbage and Sandwich United Stands Sandwich Cabbage and Sandwich United Stands Trans dress Sandwich Cabbage Stands Sandwich C | Galandan Zeneses, 6 cm Geef Steak 3-1/2 cups Fried Oliden Rg, 2 pieces Dieces Ahr. Adobons Stave Medium 1-1/2 cups Ahr. Adobons Stave Medium Ahr. Adobons Stave Medium 4-1/2 cups Ahr. Adobons Stave Medium | with Carbbase and Carbbase and Carbbase and Fried Transfer (Carbbase and Fried Transfer) (Carbbase and Carbbase and Carbba | Tombiers Flaket Tura Cubbage and Cubbage a | Flaked Tuna Coubbage and 21/2 cups Flaked Tuna Leas Beard 51/2 cups Flaked Flaked 51/2 cups Flaked Tuna Leas Beard 51/2 cups Flaked Flaked 51/2 cups Flaked 51/2 cups Flaked Flaked 51/2 cups Fl | - Cachagae and 2-11/2 cups 1-12/2 cups 2-10/2 fleas 2-10/2 cups 2-10/2 fleas 3-10/2 cups 3 | - Leaf Brad 1 11/2 cups | Prophysical Programme Bonk 2 Titled of Diblos Zem Circums benefit with Perhaps Claim Beef Control Co | Troing Pako Salad 1.11/2 cups | Rice 11/2 cups Rice 2 places, 4 cm 2 places, 6 cm 4 places, 9 d cm 1 place, 9 d cm 1 place | Mango
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Willunggay 1 silce of 1227 cm Red Guava 2 pleces, 4 cm
Inequality claumdan 1 plece, 9x3 cm 2 pleces medium 12e AM: Ensaymadia Chicker Breast
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Port Andrews and Port Andrews and | with Carrots and with Carrots and Waltenggay Waltenggay Adapte 11/2 cups Policken Breast 2 matchbox sizes 8 life Saba 11/2 cups Policken Breast 1.1/2 cups Policken Beef & Vegetables 1.1/2 cups Policken Latundan 1 piece of 9.45 cm 1.1/2 cups Adobong Kangkong 1.1/2 cups Policken Latundan 1 piece of 19.45 cm 1.1/2 cups Adobong Kangkong 1.1/2 cups Policken Latundan 1 piece of 19.45 cm 1. | -Cricker Breast 2 matchbox sizes Rice 11/2 cups 80 iled Saba 1 piece, 1004 cm Pontichop 2 matchbox sizes 80 iled Saba 1 piece, 1004 cm Pontichop 2 matchbox sizes 80 iled Saba 1 piece, 1004 cm Pontichop 2 matchbox sizes 8 meter 100 ilengdeng 1 slice, 12x10x3 cm Pontichop 2 matchbox sizes 8 meter 100 ilengdeng 1 1 1/2 cups 9 ileces 9 ile | - Picer 1/1/2 cups Boiled Saba 1 piece, 1004 cm - Picer 1/2 cups Chicken Barbècue - Picer 1/2 cups Chicken Barbècue - Party Party - Pa | Melon 1 slice, 12x30x3 cm Officken barbed cure Point party Point party 2 match box sizes AM: Spanish Patty 4 Thsps Sauteed Carrots 1-1/2 cups 1-1/2 cups Rice 1 1/2 cups 1 1/2 cups Pan de Sal 4 Thsps Sayote 1 1/2 cups Rice 1 1/2 cups 1 piece, 6 cm Pear 1 piece, 6 cm Pear 1 piece, 6 cm Phyl: Turon Latundan 1 piece of 9x3 cm Stir-fried beef with 1 piece, 6 cm 1 piece, 6 cm 1 piece, 6 cm 4 piece, 6 cm AM: Peanut Butter Fried Tanigue 1 piece of 9x3 cm Stir-fried beef with Stir-fried beef with Sinampalukang AM: Peanut Butter Fried Tanigue 1 piece 1 piece 1 piece Chicken leg, medium AM: Peanut Butter Adoboorg Kangkong 1 1/2 cups -teanBeel 2 matchbox sizes -Chicken leg, medium 2 pieces Adoboorg Kangkong 1 1/2 cups -teanBeel 2 matchbox sizes -Vegetables 1-1/2 cups | Party -Vegetables 1.11/2 cups Sweet Corn, and Sevent Corn, and Sweet Corn, and | - Vegetables 1.1/2 cups Sayote Curi, circ Sayote Curis Sayote | Pan de Sal 6 pieces Indian Mango 1 piece, 6 cm Latundan 1 piece of 9.35 cm Str-Fried beef with Fried Tanigue 1 slice of flsh Chinese Cabbage Fried Egg 1 piece of 9.45 cm and Cavillower Adobong Kangkong 1-11/2 cups -LeanBeel 2 matchbox sizes Medium Fried Egg 1 1/2 cups -Vegetables 1-11/2 cups -Vegetables 1-11/2 cups -Vegetables 1-11/2 cups -Vegetables 1-11/2 cups -Vegetables - | Lattindan I piece of 9x3 cm Stir-Fried beef with Fried Tanigue I slice of flsh Chinese Cabbage Fried Egg I piece and Capillower Adobong Kangkong I 1/1/2 cups - LeanBeef 2 matchbox sizes medium Fried Egg I 1/2 cups - LeanBeef 2 matchbox sizes medium I 1/2 cups - Vegetables I 1/1/2 cups Adobong Kangkong I 1/1/2 cups I | Fried Tanigue 1 slice of fish Chinese Cabbage Manok Chicken leg, 2 pieces Adobong Kangkong 1-1 1/2 cups - LeanBeel 2 matchbox sizes medium Adobong Kangkong 1 1/2 cups - Vegetables 1-1 1/2 cups - Vegetables 1-1 1/2 cups | fried Egg 1 piece and Gauillower Chicken leg, 2 pieces Adobong Kangkong 1-11/2 cups - LeanBeel 2 matchbox sizes medium Rice 1 1/2 cups - Vegetables 1-11/2 cups - Vegetables 1-11/2 cups | | 8 pieces, 4x2 cm each Pomeio 3 segments, 8x4x3 cm each 9 | Itansones 8 pieces, 4x2 cm each Pomeio 3 segments, 8x4x3 cm each 9 Itansones 1 matchbox size of thicken breast = 30 g 1 size of fish = 35 g 1 medium size fish = 55 g 1 medium size fish = 55 g | Itell in Meal Planning: Itell in Meal Pl |
| e Pork 2nd | Lababan Lababa | concrete triors Salard, file manages 1.12 caps 1.12 c | Missigne 1.11/2 cups Glicken Anders Chicken File, Junio Savened Chrons Savened Chrons Savene and Statiolo Glicken Savened Chrons Sa | Fine pile Livic of Disolation Livic of Disolation Copyrupy Livic of Disolation | Steamed Carrots. Steamed Carrots. Steamed Carrots. Seamed Carr | Sevene de Bagulo Seanes Sevene and Bagulo Seanes Service and Bagulo Rean 1/12 cups Rean 1/12 cup | Sarbus and sagure and size of 11/2 cups Differs 5 cm Adobong Slaw All cups Prespole 11/2 cups Prespole Pres | Rice 11/2 cups Seef Steak Zinical 2 preces, Som Radional 2 preces, Som Radi | Glainstain 2 pieces, ocm | with Carbage and Tonators (Carbage and Tonators) (Carbage and Salvey) (C | Tomators - Cabbage and - Vilve of 1262 cm | Friede Tuns Cabbage and Cabbag | - Carbagge and Car | Transitutes | Homenade Pork Tocho Tocho Rice Rice Rice Rice Rice Rice Rice Rice | Pet Salad 2.11/2 cups Pet day 2.11/2 cups Rice Rice Rice Rice Rice Rice Rice Rice | Rice 11/2 cups Rice 2 11/2 cups Rice 11/2 cups Red Guava 2 pleets, 4 cm I alundan 1 pleet, 933 cm I | Montgo Oricker Artor Calido With Carrots and With Carrots | Mith Carrots and with Carrots and Carrots and with Carrots and Car | with Carrots and Capillates and | -Cricken Breast 2 matchbox sizes Rice 11/2 cups 13 liter, 12x10x3 cm 12 cups 14 cups 15 liter, 12x10x3 cm 15 liter | - Pice 11/2 cups 1.11/2 cups 1.11/2 cups 2 matchboxsizes 2 piaces 2 | Melon Perkinop 2 Palebox sizes AM: Spanish Perkinop 2 Palebox sizes Sauteed Carrots Sauteed Carrots Pear Pear Pear Pear Pear Pear Pear Pear | Sauteed Carrons -lean Ground Beet -lean Ground B | - Vegetables 1.1/2 cups Sayote | Pan de Seil b pieces indian Mango indian Mango diameter each indian Mango d | I piece of 9x3 cm Stir-Fried beef with Fried Tanigue I slice of fish Chinese Cabbage Fried Egg Adobong Kangkong 1.1 1/2 cups 1/2 cups 1/2 cups Rice 1/2 cups Rice 1/2 cups Rice | Fried Tanigue 1 slice of flash Chinese Cabbage Manok Chicken leg, 2 pieces fried Egg 1 piece and Cauliflower 2 matchbox sizes medium Adobong Kangkong 1-11/2 cups -Vegetables 1-11/2 cups -Vegetables 1-11/2 cups Rice 11/2 cups Rice 11/2 cups Rice 11/2 cups Iansones 8 pieces, 4x2 cm each Pomeio 3 segments, 8x4x3 cm each Sandwich 2 pieces Manok 2 pieces Manok 2 pieces Pomeio 3 segments, 8x4x3 cm each Pomeio 3 segm | fried Egg 1 piece and Gauillower 2 matchbox sizes medium 1-11/2 cups - Lean Beel 2 matchbox sizes medium - Vegetables 1-11/2 cups - Vegetables - Vegetable | Provide and the second | | * 30 g | + 30 g |
| e Pork 2 no Z Caldo 1 s no Z caldo 1 | Laber Fred Baryon. 1. plece, Sedem 2. clicker Fred Staryon. 2. clicker | charion from Salad. 1.11/2 caps 1.11/2 cap | Circles negation Circle | Critica price Criticate Action Criticate Action Criticate Action Savered Action Savered Common Savered Common Savered Common Reans Savered Common Reans Criticate Action Reans Criticate Action Reans Criticate Action Reans Criticate Action Reans Criticate Reans Criticate Reans Criticate | Schemed Carrott. Steamed Carrott. Steamed Carrott. Steamed Carrott. Steamed Carrott. Seed of the Carrott. Seed of the Carrott. Seed of the Carrott. Seed Steamed August 11/2 caps. Carrott. C | Sevened Corrots Savity and Basulo Rearm Savity and Basulo Rearm Re | Sarrough State of Discrete Section (1972) Glameter each Staw (1972) Glame | Rice 1 1/2 cups Una Sandwich | Listandan Junes and diameter each Adobong Slaw July Cups Steak Victor Datases and Conditions and Victor Datases and July Cups Steak Victor Datases and July Cups Steak Victor Datases and Silvey Datases Adobong Silvey Datases Datases Silvey Datases Datas | Finise Trans Standarch with Cabbage and Ca | Tomatters - Cabbage and Lift Cups - Cabbage and Cabbage and Lift Cups - Chicken Lift Cups - Cabbage and Cabbage an | Tomators - Frisher Turns - Cubbage and 12-1/2 cups - Cubbage and 52-1/2 cups - Cubbage and 52-1/ | cubbage and 21/12 cups silice of 10xxx cm formerous formerous surfaces s | Trimatices - Loaf Bread - Sale Sale Sale Sale Sale Sale Sale Sale | Parapya 2 matchbox sizes Coranada Pork 2 matchbox sizes Coranada Pork 2 matchbox sizes AM. Pan de Coronada Pork Designage Build Pechay 2 pieces medium size Auegetables 1 11/2 cups AM. Pan de Coronada Pork AM. Pan de Coronad | Pake Salad 1.11/2 cups Rice | Rice 11/2 cups Red Gualva Red Gu | Adviser Arroz Caldo Olicker Barbacue Ber Arroz Caldo Olicker Barbacue Olicker Bread Ilpices, 6cm Olicker Barbacue Olicker Bread Olicker Strop Olicker Bread | Mith Carrots and with Carrots and Carr | with Gards and with Gards and Walth Gards and | -Crickern Breast 2 matchbor sizes | - Piece 1.1/2 cups Boiled Saba 1 piece, 1004 cm - Piece 1.1/2 cups Boiled Saba 1 piece, 1004 cm - Piece 1.1/2 cups Boiled Saba 1 piece, 1004 cm - Piece 1.1/2 cups Boiled Saba 1 piece Salted Carous 1.1 piece, 6 cm - Pan de Sal | Melon 1 slice, 12430x3 cm Orlicken that because Park Poincking Patty Saute of Carrots Saute of Carrots Saute of Carrots Saute of Carrots Suet Corn, and - Veget ubles 1-14/2 cups Saveet Corn, and - Veget ubles 1-14/2 cups Indian Mango I piece Saute of Sayobe 1-14/2 cups I piece Saute of Carrots I-14/2 cups I piece Saveet Corn, and Sayobe I piece Sayo | Servet Corn, and -Vegetables 1-1/2 cups Sweet Corn, and -Vegetables 1-1/2 cups 1-1/2 cup | - Vegetables 1.1/2 cups 1.1/2 cup | Pan de Sei 6 pieces Indian Mango Indian Mango | Fried Tarigue 1 slice of 19.3 cm Stir-Fried beef with Fried Tarigue 1 slice of 19.5 cm Chinese Cabbage Fried Egg 1 piece and Cauliflower And Cauliflower Rice 11/2 cups - LeanBeef 1 cups - Vegetables 11/2 cups - Vegetables 11/2 cups Rice Rice 11/2 cups Rice Rice Rice Rice Rice Rice Rice Rice | Fried Tanigue 1 slice of fish Chinese Cabbage fried Egg 1 piece and Cavillower Adobong Kangkong 1-11/2 cups -LeanBeel 2 matchbox sizes medium Rice 1 1/2 cups -Vegetables 1-11/2 cups -Vegetables -11/2 cups -Vegetables -Veget | fried Egg 1 plece and Gaulflower 2 matchbox sizes medium 1-11/2 cups -Lean Beel 2 matchbox sizes medium 11/2 cups -Vegetables 1-1.1/2 cups -Vegetables 1-1.1/2 cups -Vegetables 1-1.1/2 cups PM: Banana Que Based on the Food Exchange List (FEL) in Meal Planning: -Chicken leg, 2 pieces Medium 1-1.1/2 cups medium 1-1.1/2 cups -Vegetables 1-1.1/2 cups Pomeio 3 segments, 8x4x3 cm each PM: Banana Que | Based on the Food Exchange List (FEL) in Meal Planning: | Based on the Food Exchange 454 (FeL) in Meal Planning: | + 30 g | + 30 g |
| e Pork 2 no 2 Caldo 1 s is and s is and Beef 4 no 4 s is angkong 1 | Labrand Sargus, 1 prece, Sadom Servicians 2 precess and services of the Servic | comora tions Salud, internations internation | Chicke Addon Feb. Chicke Addon Feb. Chicke Addon Feb. Chicke Feb. Chicke Addon Feb. Chicke Chicke Feb. Chicke Addon Feb. Chicke Addon Feb. Chicke Chicke Feb. Chicke Feb. Chicke Chicke Feb. Chicke Feb. Chicke Feb | Size and Educido Julica of Discourant Julica Juli | Concise is, mail 2 jakes Vegetables 1-1/2 caps Capsway | Savera and Baguio 1,11/2 cups Savera and Baguio 1,11/2 cups Garant and Baguio 2,11/2 cups Garant 2,11/2 cups | and the property of the proper | Rice 11/2 cups of hierarch in a spread hierarch in | Cate of Standard Cate of Sta | with cobbase and formitors with cobbase and formitors with cobbase and formitors. Finale Transitions of Final | rdmators Flaket Tima Chibege and College and Strives Los Beach - Chibege and Strives Los Beach - Los Ambulari - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - Lean Beach - Lean Beach - Lean Beach - La Jundan - Lean Beach - | Tomators - False Trans 1/4 cup 1/1/2 cups 1/1/2 cup | Cubbage and 21/12 cups Interest based of Distact Crimetors best based of Distact Crimetors based of Distact Crimetors of Distance Crimetor | Transtots: Loaf Bead Spaya Cocker Marion Feet Syegubles: Lean Reer Fried Earling Lean Reer | Homemade Pork 2 marchbox sizes | Fold Salad 1.11/2 cups Rice 1.11/2 cups | Rec Salad 11/2 cups Rec Gouvo | Mango Onicker Arroz Coldo Onicker Breat Onicker | Oklister Arroz Coldo 1 slice of 127 Cm Lean Prois 2 matchbox sizes Fried Tilapia 2 pieces May 1 piece Adv. Encaymadia Oklicker Arroz Coldo 2 matchbox sizes 4 matchbox sizes 8 lice 1 1/2 cups 8 lice 1 1/2 cups Apple 1 1/2 cups 1 1/2 cups 1 1/2 cups 2 matchbox sizes Apple 1 1/2 cups 2 matchbox sizes Apple 1 1/2 cups Amissansial Patry 1 1/2 cups 1 1/2 cups 2 pieces 1 1/2 cups 2 matchbox sizes Amissansial 2 matchbox sizes Amissansial Patry 1 1/2 cups 2 matchbox sizes 1 1/2 cups 2 matchbox sizes 2 matchbox sizes 2 pieces 6 cm Pht. Turon Patry 1 1/2 cups 1 1/2 cups 1 1/2 cups 1 1/2 cups< | with Carrots and With Carrots and Carrots and Carrots and Carrots 11/2 cups Apple 11/2 cups Amichox sizes Amicho | -Cricker Breast 2 matchbors sizes 81ce 91/2 cups 901ece, 10x4 cm 11/2 cups 901ece, 10x4 cm 12/2 cups 11/2 cups 901ece, 10x4 cm 12/2 cups 901ece 901ece, 10x4 cm 12/2 cups 901eces 901ece, 10x4 cm 12/2 cups 901eces 90 | - Picer 11/2 cups 1.11/2 cups 2 matchbox sizes 2 pieces 1.11/2 cups 2 matchbox sizes 2 pieces 2 | Melon 1 slice, 12430x3 cm | Servet Corn, and -vegetables 1-1/2 cups Sweet Corn, and -vegetables 1-1/2 cups Sweet Corn, and Sayote -vegetables 1-1/2 cups Sweet Corn, and Sayote Corn, and Sayote Corn, and Sayote Corn, and Sayote Sayote Corn, and Sayote Corn, and Caps Il/2 cups Indian Mango Il/2 cups Indian Mango Il/2 cups Indian Mango Il/2 cups | - Vegetables 1.1/2 cups 1.1/2 cup | Pan de Sal 6 pieces Rice 11/2 cups d'ilameter ea ch Sinampalukang 1 piece of 9x8 cm Stir-Fried beef with Fried Tanigue 1 piece of 9x8 cm Stir-Fried beef with Fried Egg 1 piece of 15th Chinese Cabbage Fried Egg 1 piece 1 1/2 cups - LeanBeef 2 matchbox sizes Marok Adobong Kangkong 1-1 1/2 cups - Vegetables - Spieces, 4x2 cm each - Pomeio 3 segments, 8x4x3 cm each - PMt Banana Cue | Fried Egg 1 piece of 9x3 cm Stir-Fried beef with Fried Tanigue 1 Stire of fish Chinese Cabbage Adobng Kangkong 1 1/2 cups - LeanBeef 2 matchbox sizes medium Rice 1 1/2 cups - Vegetables 1 1/2 cups Rice 1 1/ | Fried Tanigue 1 slice of fish Chinese Cabbage Annok Annok Apieces Fried Egg 1 piece 1 piece 1 piece 1 piece Adobong Kangkong 1 1/2 cups 1 1 | fried Egg 1 piece and Capilflower 1.1/2 cups - LeanBeef 2 matchbox sizes medium 1.1/2 cups - LeanBeef 1.1.1/2 cups - Vegetables 1.1.1/2 cups - Vegetables 1.1.1/2 cups - Rice 1.1/2 cups - Rice | Exchange List (FEL) in Meal Plant | Exchange 41st (FEL) in Meal Plant | + 30 g | + 30 g |
| e Pork 2 not Caldo 1 st and 2 not Caldo 1 st and 2 not | Laberts Life Caption Life Ca | innear tries Stated The Propose State Sta | Chicke ndoor 12, June 12, 11/2 cpp. Chicke ndoor 12, June | Color Access Color Col | Steamed Crimcts. Steamed Alupand. Steame | Sevened Corrots Sevened Corrots Sevened Corrots Sevened Corrots Sevened and Seption Classitish Clas | Salvar and selection Global Salvar and selection Global Salvar and selection Load Sandwich Combined Park Load Sandwich C | Rice 1/12 cups Fried Ciricker 16, Landstadan 2/12 cups Fried Ciricker 16, Rice 1/12 cups Fried Ciricker 16, Landstadan 2/12 cups Fried Toding And Colors 1/12 cups Fried Toding Kings 2/12 cups Fried Toding Based 1/12 cups Fried Toding Based and Ballendry Fried Toding Based and Ballendry Fried Toding Based and Ballendry Landstadan 1/2 cups Fried Toding Based and Ballendry Fried Toding Based and Bal | Calisardian Jurest, 6 cm Adobons Star California | with obbases and formators with Cobbases and formators of Contactors of Contactors of Contactors of Contactors of Contactors of Cobbase and Francisco Cobbase Cobbas | formatices, Loui Based of Silveys (1/2 cups) Coblege and 2/1/2 cups Coblege | Tomators 144 cup Fi alse Trina 24 1/2 cups Fi alse Trina Cobbage and Cobbage a | Cubisage and Captures (chiles) Currences Captures Capture | - Loui Bread - Siltes Siltes | Homemade Pork 2 Inlice of 12xxx cm Ginklaning Dalagong Bukid 2 matchbox sizes Dalagong Bukid 2 matchbox sizes Porchan 11/2 cups Park Dalagong Bukid 1.11/2 cups Park Dalagong Bukid Park Dalag | Pale Salad 1.11/2 cups Rice 1.11/2 cups Rice Rice Rice Rice Rice Rice Rice Rice | Rick Salad 1.1.12 cups Pediay 1.1/2 cups Rick Rick 1.1/2 cups Rick Ric | Mangp Orlicker Armz Colido Orlicker Breasx Ald Zoups Armathbox sizes Orlicker Breasx Ald Zoups Armathbox sizes Orlicker Breasx Orlicker Breasx Armathbox sizes Orlicker Breasx Orlicker Breas | Michange of 1237 cm Poris Nilags of Poris Nilags with Carrots and Cauliflower and Cauliflower later and Cau | with Garrots and victorial stands with Garrots and victorial stands with Garrots and victorial stands of the food Exchange List (FEL) in Meal Planning: Welchange vegetables 1.1/2 cups 1. | -Cricken Breask 2 matchbox sizes 2 11/2 cups 2 11/2 cups 3 2 matchbox sizes 3 11/2 cups 3 2 matchbox sizes 3 11/2 cups 4 11/2 cups 4 11/2 cups 4 11/2 cups 5 2 2 matchbox sizes 4 11/2 cups 5 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | - Pice 1.1 1/2 cups Beiled Saba Interpretative | Melon 1 slice, 12x10x3 cm; Particken Barbete Bavegile Chicken Barbete Bavegile 2 piaces Porkchop Porkchop 1 matchbox sizes AMS Spanish Baet Batty 4 Thsps Sauteed Carrots 2 piaces Dileengdeng 1.1/2 cups 1.1/2 cups 1.1/2 cups - lean Ground Beet 4 Thsps Sueet Corn, and 1.1/2 cups Rice 1.1/2 cups 1.1/2 cups 1.1/2 cups Pan de Sail 6 pieces 1.1/2 cups Rice 1.1/2 cups 1.1/2 cups 1.1/2 cups 1.1/2 cups Fried Eag 1.1/2 cups 1.1/2 cups 2 matchbox sizes Chicken leag, cups Chicken leag, cups Chicken leag, cups 2 pieces Rice 1.1/2 cups 1.1/2 cups - LeanBeel 2 matchbox sizes Chicken leag, cups 2 pieces Rice 1.1/2 cups - Vegetables 1.1/2 cups - Vegetables 1.1/2 cups Rice 1.1/2 cups Rice 1.1/2 cups Rice 1.1/2 cups Rice 1.1/2 cups Rice 1.1/2 cups PM: Banana Cue Rice 1.1/2 cups Rice 1.1/2 cups Rice 1 cup of rice - 160 g Lansones 8 pieces, 4x2 cm each Pometo 3 segments, 8x4x3 cm each 1 cup of rice - 160 g Lan | - Lean Ground Beer 1 4 Thosps Sauteed Carrots 1-11/2 cups Pear 1 yl 2 cups Pear 1 | - Vegetables 1.1/2 cups 1.1/2 cup | Pan de Sei 6 pieces Rice 1/12 cups Indian Mango I piece, 6 cm I piece (5 cm I pi | Fried Tanigue 1 piece of 9x3 cm Stir-Fried beef with Fried Tanigue 1 slice of 19x5 cm Oninese Cabbage Fried Egg 1 piece 1 piece and Cauliflower Adobong Kangkong 1-11/2 cups - LeanBeel - LeanBeel 1-11/2 cups - Vegetables - Stir-Fried beef with Meal Planning: Composition - 160 g | Fried Tanigue 1 slice of fish Chinese Cabbage fried Egg 1 plece Adobong Kangkong 1-1 1/2 cups 1 1/ | fried E88 1 plece 1 plece 1 liken leg, 1 matchbox sizes 1 medium 1 liken leg, 1 liken liken liken liken leg, 1 liken liken liken liken liken leg, 1 liken | (FEL) in Meal Plan | (HEL) In Meal Plant | | |
| e Pork 2nd | Labers Carbon Colider Princip | in price i Salad. The Common Tors. Salad. The Common Tors. Salad. The Common Tors. Salad. The Common Tors. Salad. The Common Salad. The Comm | Section Sect | Chicken frequent Samed Carrott | Conclusion feat, American Carrotte. 11/12 caps. Statemed Carrotte. 11/12 caps. Statemed Carrotte. 11/12 caps. 11/1 | Seven and Sapriot Seven and Seven Se | Authorities and shapers 1/2 caps | Rice 1/12 cups Fried Gilden 1/12 cups Fried Chicken Reb Chibbage and Chicken Reb Chibbage and Chicken Reb Chibbage and Chicken Reb Childen Reb | Carbaigs and Vin Standard Vin Carbaigs and Vin Vin Carbaigs and Vin Carbaigs and Vin Vin Carbaigs and Vin Vin Carbaigs and Vin | with cobbags and formulates with Cobbags and JA cups Fished Tuna 1/1/2 cups Fished Tuna 1/1 | with other part of the provided through the provide | Tomators - Cubbage and Cubbage | Cubbage and Cubbag | - Loaf Bread - Carlo States - Calles States - | Homemare bork 2 mischbox i.es 2 mischbox i.es 2 mischbox i.es 2 mischbox i.es 3 mischbox i.es | Pales Salad 1.11/2 cups Rice 1.11/2 cups Rice Rice | Rick Sailed 11/2 cups Rice 21/2 cups Rice 31/2 cups | Mongo Onicken Arrox Colido With Carrots and With Carrots | Midrigo Oricker Arrox Coldo Oricker Breast Adultinggoy Oricker Breast Infantabox sizes Infantab | with fairning and with fairning and the with fairning and park 1 1/2 cups Welton 1/2 cups 1/ | -Chicken Berast 2. matchbox sizes 3.1.12 cups 3.1.12 cups 4. Rice 1.1.12 cups 4. Rice 1.1.12 cups 5. Boiled Saba 4. Inject. 1.00d cm 6. Porticiop 7. Inject. 1.1.12 cups 6. Boiled Saba 5. Inject. 1.1.12 cups 6. Boiled Saba 6. Porticiop 1.1.1.12 cups 6. Bread 7.1.1.12 cups 7. Bread 7.1.1.1.12 cups 7. Bread 7.1.1.12 cups 7. Bread 7 | - Piles 17.1/2 cups 3.1.1/2 cups 3.1/2 c | Melon 1 slice, 12x30x3 cm Chicken Barbocus 2 places Portkchop 2 matchbox sizes Po | -lean Ground Beert 4 Thosps -lean Ground Beert 1 1/2 cups -lean Ground Beert | - Vegetables 1.1/2 cups 1.1/ | Pan de Sail 6 pieces Rice 1/12 cups 1/2 cups 1 piece of 9/3 cm 1 piece of 9/3 cm 1 piece of 9/3 cm 1 slice of fish 2 matchbox size of other feeth of the food Exchange List (FEL) in Meal Planning: 1 cup of cooked vegetables = 90 g 1 matchbox size of beef and pork = 30 g 1 slice of fish = 35 g 1 matchbox size of beef and pork = 30 g 1 slice of fish = 35 g 1 matchbox size of beef and pork = 30 g 1 slice of fish = 35 g 1 matchbox size of beef and pork = 30 g 1 slice of fish = 35 g 1 s | Fried Tanigue 1 piece of 9x3 cm Stir-Fried beef with Fried Tanigue 1 slice of fish Chinese Cabbage Fried Egg 1 piece and Cauliflower Adobong Kangkong 1-11/2 cups - LeanBeef - LeanBeef 1 1/2 cups - Vegetables - Veg | Fried Tanigue 1 slice of fish Chinese Cabbage fried Egg Adobong Kangkong 1-11/2 cups In and Capilflower Adobong Kangkong 1-11/2 cups In and Capilflower In and Capilflower Adobong Kangkong 1-11/2 cups In and Capilflower In | fried Egg 1 piece - 11/2 cups - LeanBeef 2 matchbox sizes medium - 11/2 cups - Vegetables 1-11/2 cups - Vegetables 1-11/2 cups - Vegetables 1-11/2 cups - Vegetables - 1-11/2 cups - Vegetables - 11/2 cups - Vegetables - 11 | (FEL) in Meal Plant | + 30 8 | | |

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

Day7 Fried Rice	T	Melon Beef a Party Lean Yege	Mango Oticker with Ca Waluni Onicker • Yaget • Rice	Cabba Tomat Leaf B Papaya Homen Tocano Pako Sa	Day 3 Tung	Pingar Oricke Day Steam Sayote Beans	Lakatan Pried Ba Que Campte Mice	•
	Latundari Phed Tanigue Fried Egg Adobong Kangkong Rice	n & Vegg) c & Vegg) c 1 Ground Beef eta bles	r Arroz Caldo rrots and 1884 en Breast	ge and coes read rade Pork	ndan Sandwich Cabbage and atoes ked Tuna	apple en Adobo cken leg, small cken leg, small med Carrots te and Saguio	ngus Tops Salad, Tatoes	Bre:
Based on the Food Exchange List (FEL) in Meal Planning:	1 piece of 9x3 cm 1 slice small fish 1 piece 1 cup	1 sirce, 12x10x3 cm 4 Tbsps. 1 cup 4 small pieces	1 since of 12x7 cm 2 matchbox sizes 1 cup	d sirces 1 since of 10x6x2 cm 2 matchbox sizes 1 sup 1 sup	1 cup 2 piodes, 6 cm diameter each 1/4 cup	1 slice, 10x6x2cm 2 pieces 1 cup	1 piece, 8x3cm 2 slices 1 cup	Breakfast •
nning:	Stir-Fried boof with Chinese Cabbage and Cavilflower - LeanBoef Vogetables Rice	Clicken Barbecue - Chicken leg, medium Sauteed Carrots Sweet Corn, and Sayotd Rice Rice Rodian Mango	Pork Niaga Lean Pork Vegetables Rice Boiled Saba	Dalagang Pechay Bukid	Beef Steak Adobeng Sitaw Hice Pineapple	g na Turcilio lo ables	Chicken Tinofa - Chicken leg - Small - Vegetables - Rice - Mango	Lu
ling:	diameter 2 matchbox sizes 1 cup 1 cup 1 oup 8 pieces, 4x2 cm each	2 picces 1 cup 1 cup 1 piece, 6 cm	2 matchbox sizes 1 cup: 1 cup: 1 cup:	2 pieces s mail size 1 cup 1 cup 2 pieces, 4 cm d a meter each	2 marchbox sizes 1 cup 1 cup 1 cup 1 slice, 10x6x2 cm		2 pieces 1 cup 1 cup 1 cup 1 si(ce, 12x7 cm	Lunch
	Sinampalukang Manok - Chicken leg, medium - Vegetables Rice	Porkchop Dinengdeng Rice Pear	Fred Tilapia Bulanglang Alca Apple	Beef Bulalo - Lean Beef Vegetables Rice Rice	Fried Chicken leg, medium Steamed Alugbatu and Saluyot Rice Rambutan	Tofu Steak Chopsuey Rice Dalanghita	FRed Galungong Finakber Rice Watermelon	Se
	2 pieces 1 cup 1 cup 3 segments, 8x4x3 cm each	Zmatchboxsizes Zoup Loup I piècca 6 cm diameter	2 pieces small size 1 cup 1 cup 1 piece, 6 cm diametor	diameter aach 2 matchbox si zes 1 cup 1 cup 1 piece, 9x3 cm	Zpieces I cup I cup I cup	2 preces, 6x8x2 cm earch I cup I cup 2 preces, 6 cm diameter each	2 piecas smäll size 1 cup 1 cup 1 sirce, 12x6x3 cm	Supper
	AM: Phanus Butter Sandwich PM: Banana Cuc	AM: Spanish Bread PM: Turon	AM: Ensaymada PM: Puto, white	AM; Pan de Cocs PM: Suman Cassava	AM: Kababayan PM: Kutsinta	AM: Boiled Corn PM: Pansit Guisado	AMiSuman sa ibos PM: Boiled Camoto	
	1 piece loaf bread and 1 Tbsp. Peanut butter 1.piece,	Ipiece, 10x4 cm each 1 piece, 91/2×31/2×1 cm	1 precet, 8 1/2 cm d amorete x 2 cm thick each 2 slices, 9 1/2 x x 3 x 3 1/2 cm each	diameter x 2 1/2 cm each 1 prece, 7x6 cm each 1/2 prece, 15x3x2 cm	Zprecas, 4 I/2 cm dia meter x 1 I/2 cm thickness each	I přece, 12x4 cm each 1 cup	1 Priece, 3x4x2 cm each 1/2 prece, 11 cm long x 4 1/2 cm diameter	Snacks

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

1		Breakfast	A STATE OF THE PERSON NAMED OF THE PERSON NAME		Fried Galungong	Z pieces smail size	AM:Suman sa
1	Lukotan Fried Bangus	1 piece, 9x3cm 2 slices	Chicken Tingla	2 pjeces	Pinakbet		3000
ay 1	Camote Tops Salad,	1 cup	· ·	, b. c. c. c.	Watermelon		1 slice, 12×6×3 cm PM: Boiled
C	With Tomatous Rice	1 cup	Rice	l cup			Ca mote
	Pineapple Chicken Adobo	1 5 li ce of 10x6x2cm	g na Turcillo) slicas	Tofu Steak		2 pleces, 6x6x2 cm AM: Boiled Corn
2	- Chicken leg, small	2 pieces	oles	1 cup	Chapsuey		1 cup
Day	Steamed Carrots Savote and Baguio	1 cup		1 silice, 10x6x2 cm	Rice		1 cup PM: Pansit 2 pieces, 6 cm Guisado
.,	Beans	Trun					
1	Dalandan	2 pieces, 6 cm		2 matchbox 51 zes	rned Chicken leg,	leg,	2 pieces
_	Tuna Sandwich	diameter each	Rice	Cup	Steamer Aluahati	that!	
3	with Cabbage and		apple	1 stice, 10x6x2 cm	and Saluyot	9	9
Day	Flaked Tuna	1/4 cup			Rambutan		8 pieces, 3 cm PM: Kutsinta
	Tomatoes	1 cup					
T	Papaya	1 511ce of 10x6x2 cm	Ginataang Dalagang		Beer Bulalo	o	io AM; Pan de Coco
4	Homemade Pork	2 matchbox sizes	Bukid with Pechay - Dalagang Bukid	2 pleces small size	· Lean Beef · Vegetables	G. In	2 matchbox sizes
Day	Pako Salad	1 cup		1 cup	20		
			Guava	2 pieces, 4 cm diameter each	Latundan		1 piece, 9x3 cm
	Mango Chicken Arroz Caldo	1 slice of 12x7 cm	- Lean Park	2 matchbox sizes	Bulanglang	es 2	2 pieces small size AM: Ensaymada
ay 5	with Carrots and Malunggay		ĩ.	1 cup	Apple		1 cup 1 piece, 6 cm
E	 Chicken Breast Vegetables Rice 	2 matchbox sizes 1 cup		1 cup 1 piece, 10x4 cm			diameter PM: Puto, white
	Meion Beef & Veggle	1 511ce, 12x 10x3 cm	Chicken Barbecue - Chicken leg, medium	2 pieces	Porkchop Dinengdeng Bire		2 matchbox sizes AM: Spanish 1 cup Bread
ay 6	· Lean Ground Beef	4 Thsps.	Corn, and		Pear		1 piece, 6 cm PM: Turon
D	Pan de Sal	4 small pieces, 17g	Rice Rice	1 cup	******		u) amerer
l	Po Trionia o	1 niers of that rm	Christian heaf with	diameter	Sinnoppaliskans		AM: Dealth Riller
	fried Tanigue	1 stice small size	Chinese Cabbage		Manok	1	,,
7	Fried Egg	1 piece	and Cauliflower		- Chicken leg,		2 pieces
Day	Adobong Kangkong	1 cup	·LeanBeet	2 matchbox sizes	medium		
í	Rice	1 cup	- Vegetables	1 cup	Vegetables		1 cu pi
	<u></u>		Rice	1 cup	Rice		1 cup
- 1			Lansones	8 pieces, 4x2 cm each	Pomelo		3 segments, 8x4x3 cm each
	Based on the Food Ex	Based on the Food Exchange List (FEL) in Meal Planning:	inning:		1		
	1 cup of rice = 160 g		1 matchbox size of chicken breast = 30 g	n breast = 30 g			
	1 cup of cooked vegetables = 90 g	ables = 90 g	1 small size fish = 35 g				
	1 matchboxsize of beef and pork = 30 g	ef and pork = 30 g	1 slice of fish + 35 g				
	1 small chicken leg = 30 g	30 8	1 medium size fish = 55 g		_		
	the contract of the contract o						

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

	Day 7	Đay 6	Day 5	Day 4	Day 3	Day 2	Day 1
Based on the Food Exchange List (FEL) I cup of rice = 150 g 1 cup of cooked wegetables = 90 g 1 matchbox size of beef and pork = 30 g 1 small chicken leg = 30 g	Fried Tarique Fried Tarique Fried Egg Adobong Kangkang Rice	Meibn Beef & Veggie Baty - Lean Ground Beef - Vegetables Pan de Sal	r Arroz Caldo irrots and 1804 en Breast ables	Papaya Homerrade Pork Tocino Pako Salad Rice	Oalandan Tuna Sarrdwich with Cabbage and Tomaloes - Plaked Tunu - Cabbage and Tomaloes - toaf Bread	Pineapple Chicken Adobo Chicken leg. small Steamed Carrots Sayote and Bagulo Beans	ps Salad,
Based on the Food Exchange list (FEL) in Meal Planning: 1 cup of rice = 160 g 1 cup of crossed vegetables = 90 g 1 matchbox size of beef and pork = 30 g 1 small chicken leg = 30 g 1 matching which are leg = 46 g	1 piece, 9:3 cm 1 sice 1 piece small sice 1 piece 3/4 cup 3/4 cup	1 Slice, 128 1043 cm 4 Thsps. 3 Arabl pieces each	1 sitee, 13x7 cm 2 matchbox sites 3/4 cup 3/4 cup	1 site of 10x6x2 cm 2 matchbox size s 3/4 cup 3/4 cup	2 pièces, 6 cm dia metere ach 1/4 cup 3/4 cup 3 silces	1 slice of 10x6x2cm 2 pieces 3/4 cup	1 piece, 9x3cm 2 sites 3/4 cup 3/4 cup
nning: 1 matchbox size of chicken breast = 30 g 1 small size fish = 35 g 1 slice of fish = 35 g 1 medium size fish = 55 g	Stir-Fried beef with Chinese Cabbage and Cauliflower - LeanBeef - Vegetables Rice Lansones	Cili Cken Baroecue - Chicken Bag, medium Sautteed Carrots Sweet Corn, and Sayote Ticke Indian Mango	Pork Niaga - Lean Pork - Vegetables Rice Boiled Saba	Dalagang Pechay Bukid		s Turcillo	นี
en breast = 30 g	2 matchbox sizes 3/4 cup 3/4 cup 8 pieces, 4x2 cm each	2 pieces 3/4 cup 3/4 cup 1 piece, 6 cm	2 matchbox sizes 3/4 cup 3/4 cup 1 piece, 10x4 cm	2 pleces small size 3/4 cup 3/4 cup 2 pleces, 4 cm diameter each	2 matchox sizes 3/4 cup 3/4 cup 1 slice, 10x6x2 cm	2 slices 3/4 cup 3/4 cup 1 slice, 10x6x2 cm	2 pieces 2 pieces 3/4 cup 3/4 cup 1 siice, 12/7 cm
The second se	Manorpalukang Manork - Chicken teg, medium - Vegetables Rice Pomelo	Porketop Dinettedeng Rice Pear	Fried Tilapia Bulanglang Rice Appl e	Beef Buillo - Lean Beef - Vegetables Rice - Rice	fried Chicken leg, medium Steamed Alugbati and Saluyot Rice Rambutan	Tofu Steak Chopsuey Rice Dalanghita	ugong
	2 pieces 3/4 cup 3/4 cup 3 segments, 8x4x3 cm each	2/4 cup 3/4 cup 1 piece, 6 cm dia meter	2 pieces small size 3/4 cup 3/4 cup 1 piece, 6 cm diameter	2 match box sizes 3/4 cup 3/4 cup 1 piece, 9x3 cm	2 pieces 3/4 cup 3/4 cup 3/4 cup 8 pieces, 3 cm diameter each	2 pieces, 6x6x2 cm each 3/4 cup 3/4 cup 2 pieces, 6 cm diameter each	
	AM: Peanut Butter Sandwich PM: Banana Cue	AM: Spanish: Bread PM: Turon	AM: Ensaymada PM: Puto, white	AM; Pän de Coco PM: Suman Cassava	AM: Kubabayan PM: Kutsinta	AMI Bölled Corn PM: Pansit Guisado	
	1 piece loaf bread and 2 Tbsp. Peanut butter 1 piece, 9 1/2 x 4 cm each	1 piece, 10x4 cm each 1 piece, 9 1/2 x 3 1/2 x 1 cm	1 piece, 8 1/2 cm cm dia meter x 2 cm thick each 1 slice, 9 1/2 x 3 x 3 1/2 cm each	1 piece, 7x6 cm each 1/2 piece, 15x3x2 cm	Zpieces, 4 1/2 cm diameter x 1 1/2 cm thickness each 1 piece, 6 cm diameter x 2 1/2 cm each	1 piece, 12x4 cm each 1/2 cup	2 pieces, 8x4x2 cm each 1/2 piece, 11 cm long x 4 1/2 cm diameter