

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL REGION VII

PLEDGE OF COMMITMENT
Nutrition Month 2012

We, representing the _____ and citizens of the Republic of
(Name of company/organization)
the Philippines, hereby declare our love of the country and uphold the right of every
Filipino citizen to be healthy.

Together, we do solemnly swear to:

Value vegetables dishes and their contribution in the prevention & control of non-communicable diseases (NCDs) such as cancer, cardiovascular disease & diabetes as part of a healthy diet,

Encourage families, schools, & communities to establish & maintain vegetable gardens,

Generate participation of those involved in the promotion, production, distribution & marketing of vegetables to increase their awareness on the nutritional & health benefits of vegetables,

Take part in the campaign to increase vegetable production by practicing backyard gardening or container gardening at home,

Advocate for the increase consumption of vegetable in home, communities and workplaces and increase demand of vegetable to support local vegetable farmer,

Boost awareness on the significant role that vegetables play in human nutrition as source of vitamins such as vitamins A and C, thiamine, niacin, and folic acid, and minerals such as iron and calcium, as well as dietary fibers,

Lead menu planners, may they be in the homes, hospitals, and other institutions into inclusion of vegetable dishes in every meal prepared, and

Extend support, in the promulgation to the health and nutrition policies in our country.

So help us God.