



REGIONAL DEVELOPMENT COUNCIL-X

Resolution No. 41 (s. 2014)

ADOPTING THE 2012 REVISED NUTRITIONAL GUIDELINES FOR FILIPINOS (ENGLISH VERSION) AND ITS VISAYAN TRANSLATION

WHEREAS, Presidential Decree No. 491 of 1974 or the “Nutrition Act of the Philippines” promulgated the creation of the National Nutrition Council (NNC) as the highest policy-making and coordinating body on nutrition;

WHEREAS, the NNC first formulated the Philippine’s 5-point nutritional guidelines in 1990 and was called the Dietary Guidelines for Filipinos;

WHEREAS, among the intended purposes of the Guidelines are : a) to provide the general public with primary recommendations on proper diet and wholesome practices to promote nutritional health for themselves and their families; b) to provide those concerned with nutritional information and education and a handy reference;

WHEREAS, in 2000, the NNC organized and coordinated an inter-agency expert group led by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) to modify the guidelines which led to the 10-point Nutritional Guidelines for Filipinos (NGF);

WHEREAS, further enhancement of the guidelines was undertaken by FNRI-DOST following the latter’s 2008 and 2011 survey results, and in lieu of the updated nutrition information and available scientific interventions to address food and nutrition concerns;

WHEREAS, the NNC Governing Board during its meeting on October 31, 2012 issued Resolution Number 6, series of 2012 adopting the 2012 Revised NGF;

WHEREAS, the 2012 Revised NGF promotes as its nutritional goal the improvement of the nutritional status, productivity and quality of life of the population, through adoption of desirable dietary practices and healthy lifestyle;

WHEREAS, the Revised NGF contains primary recommendations to promote good health through proper nutrition and simple statements that give advice on the consumption of foods and food components for which there are public health concerns;

WHEREAS, the 8th National Nutrition Survey results revealed the following health and nutrition statistics:

- a. Prevalence of wasting/thinness has increased in children 4 year old and below and 5-10 years old at 7.9 and 8.6 percent, respectively,
- b. Stunting and wasting/thinness among adolescent males are higher at 34 percent and 15 percent, respectively,
- c. 10 percent of adults aged 20 years old and older are suffering from chronic energy deficiency while 31.1 percent of same age group are overweight or obese,
- d. 22.3 percent of the 50-59 age group are hypertensive and 5.4 percent of same age group are diabetic, and

- e. The Philippines is unlikely to achieve its MDG commitment of reducing by half the underweight incidence in the country.

WHEREAS, the 2012 Revised NGF addresses these challenges with its 10-point messages:

No.	English Version	Visayan Translation
1	Eat a variety of foods everyday to get the nutrients needed by the body.	Kaon ug nagkalain-laing klase sa mga pagkaon matag adlaw aron makuha ang tukmang sustansiya nga gikinahanglan sa lawas.
2	Breastfeed infants exclusively from birth up to six months, then give appropriate complementary foods while continuing breastfeeding for two years and beyond for optimum growth and development.	Pasusuhon ang mga bata sa gatas sa inahan lamang gikan sa pagkatawo hangtod sa unom ka bulan ug hatagan sa hustong mga dugang pagkaon samtang padayon ang pagpasuso sulod sa duha ka tuig o labaw pa aron makab-ot ang eksakto nga pagtubo ug pagdako.
3	Eat more vegetables and fruits everyday to get the essential vitamins, minerals and fiber for regulation of body processes.	Kaon ug daghang utan ug prutas kada adlaw aron makakuha sa gikinahanglang mga bitamina, minerales ug fiber aron magpabiling normal ang kahimsog sa lawas.
4	Consume fish, lean meat, poultry, egg, dried beans or nuts daily for growth and repair of body tissues.	Kaon ug isda, unod nga karne, manok, itlog, pinaugang lisohong utanon o mani kada adlaw alang sa pagtubo ug pagpahimsog sa kaunuran.
5	Consume milk, milk products, and other calcium-rich foods, such as small fish and shellfish, everyday for healthy bones and teeth.	Inom ug gatas ug kaon sa mga produktong gikan niini ug uban pang pagkaon nga puno sa calcium sama sa gagmayng isda ug mga kinhason matag adlaw aron molig-on ang mga bukog ug ngipon.
6	Consume safe foods and water to prevent diarrhea and other food- and water-borne diseases.	Kaon lamang sa limpyo ug tukmang pagkaluto nga pagkaon ug moinom sa limpyong tubig aron malikayan ang pagkalibanga ug uban pang sakit.
7	Use iodized salt to prevent Iodine Deficiency Disorders.	Gamit ug iodized salt aron malikayan ang Iodine Deficiency Disorder.
8	Limit intake of salty, fried, fatty and sugar-rich foods to prevent cardiovascular diseases.	Limitahi ang mga parat, pinirito, mantikaon ug matam-is nga pagkaon aron malikayan ang sakit sa kasing-kasing.
9	Attain normal body weight through proper diet and moderate physical activity to prevent obesity and maintain good health.	Kinahanglan aboton ang tukma nga timbang pinaagi sa hustong pagkaon ug igong pisikal nga ehersisyo aron malikayan ang sobrang katambok ug mamentinar ang kahimsog ug abtik nga panglawas.
10	Be physically active, make healthy food choices, manage stress, avoid alcoholic beverages and do not smoke to help prevent lifestyle-related non-communicable diseases.	Seguroha nga aktibo ang lawas, pilia ang masustansiyang pagkaon, likayi ang stress o sobrang kahago, ilimnong makahubog ug pagpanigarilyo aron malikayan ang lifestyle-related non-communicable diseases.

WHEREAS, the DOH-NNC-X advocates for the wider and broader adoption of the 2012 Revised NGF through the promotion of the Regional Visayan version (**Napulo ka Talamdan sa Nutrisyon Para sa Filipino**) as part of its intensified Information Education and Communication (IEC) efforts;

THEREFORE BE IT RESOLVED, AS IT IS HEREBY RESOLVED, on motion duly seconded, and upon recommendation of the Social Development Committee (SDC-X) during its meeting on 22 July 2014 for the RDC-X to adopt the 2012 Revised Nutritional Guidelines for Filipinos and its Visayan translation, and strengthen the institutionalization of IEC advocacy through the following:

1. Develop advocacy material along the NGF messages;
2. Use photos of Filipinos and not other nationalities in the materials and photos of food products that are locally-available and not foreign made;
3. Carry the NNC and DOH logos, "Wastong Nutrition" icon, and NNC contact address, website and social media accounts (i.e. FB and Twitter) in advocacy materials/activities; and
4. Adopting the NGF as way of life.

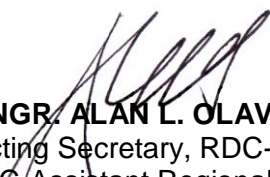
RESOLVED FURTHER, for the NNC to formulate specific recommendations from the Revised NGF on the proper amount of intake of sugar, sodium, protein, among others, and related dietary tips;

RESOLVED FURTHER, for the RDC to enjoin the LGUs and all other development stakeholders, including the government and private/industry sectors, academe, the civil society and general public to promote organic farming and intake of organic products, as well as encourage regular physical/medical check-up;

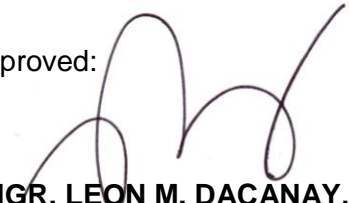
RESOLVED FINALLY, that copies of this resolution be furnished to DOH, NNC and FNRI-DOST central and regional offices, all LGUs and other parties/entities and that the NNC-X shall monitor and render report on the updates and action taken on this resolution to the RDC-X through the SDC-X.

Approved, 19 August 2014
102nd RDC-X Full Council Meeting
Grand Caprice Restaurant, Limketkai Center
Cagayan de Oro City

Certified Correct:


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Approved:


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