



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



**PLEDGE OF COMMITMENT**  
**Nutrition Month 2015**

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 attain and maintain normal weight.

Together, we do solemnly swear to:

*C*onsume healthier food and increase access to recreational physical activities

*O*rchestrate local activities that promote intake of vegetables and fruits and restrict intake of  
energy-dense and micronutrient poor foods

*N*otify people around me about the importance of exclusive breastfeeding during the first six  
months and giving appropriate complementary foods while continuing breastfeeding thereafter in  
the prevention of over nutrition in children

*T*rack and manage weight of family members, practice healthy lifestyle at home

*R*egulate food intake, read nutrition facts/labels, and limit intake of foods high in saturated fats,  
sodium and sugars

*O*rganize community participation in the promotion of home, school and community food  
production, promoting backyard, community and container gardening to increase vegetable  
consumption

*L*imit exposure of children to television, computers and other electronic gadgets to no more than  
2 hours a day and encourage them to play physical active games instead

So help us God.