Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases.

**DAILY DIETARY RECOMMENDATION FOR FILIPINO ADULTS (19-59 YEARS OLD)**

Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases.

**EAT MORE**

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>VEGETABLES &amp; LEGUMES</th>
<th>RICE, ROOT CROPS &amp; STARCHES</th>
<th>ANIMAL SOURCE FOODS</th>
<th>WATER</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 exchanges/day</td>
<td>6 exchanges/day</td>
<td>Females: 8-10 exchanges/day; Males: 9-11 exchanges/day</td>
<td>8 exchanges/day</td>
<td>8-10 glasses/day</td>
</tr>
</tbody>
</table>

*where one (1) exchange is equal to at least...*

---

**FRUITS**

- 1 pc small (100g)
- 1 pc Ponkan (100g)
- Orange (135g)
- 3 pcs Kiat Kiat (110g)
- 1 pc ripe (140g)
- 1 slice (135g)
- 5-12 pcs (70g)
- 1 slice (240g)
- 2 pcs (60g)

**VEGETABLES & LEGUMES**

- 1 pc Lacatan (60g)
- Latundan (55g)
- Saba (70g)
- 1 pc Unripe (100g)
- Ripe (105g)
- Indian (140g)
- Raw - 1/2 cup (40g)
- Cooked - 1/2 cup (45g)

**RICE, ROOT CROPS & STARCHES**

- 1/2 cup cooked Rice (80g)
- 4 pcs Puto (50g)
- 4 pcs Cuchinta (50g)
- 1 pc Suman (60g)
- 1 slice Biko (40g)
- 1 pc boiled Corn (65g)
- 1 pc cooked Potato (170g)
- 3 pcs Palitaw (50g)
- 1/2 cup Breakfast cereals
- 1 cup cooked Pasta (75g)
- 1 cup cooked Noodles (100g)

**ANIMAL SOURCE FOODS**

- 1 matchbox size lean meat (30g)
- 1/2 cup milk (125ml)
- 2 Tbsp Powdered milk (30g)
- 1 pc medium egg (60g)
- 1 matchbox size fish & chicken meat (30g)

**WATER**

- 8-10 glasses/day

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**Note:** Grams (g) specify "As Purchased (AP)" weight.

**Note:** Grams (g) specify as "Edible Portion (EP)" weight.

**Note:** Grams (g) specify as [EP] weight.

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<table>
<thead>
<tr>
<th>EAT MODERATELY</th>
<th>SUGAR</th>
<th>EAT LESS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FATS AND OIL</strong></td>
<td><strong>SUGAR</strong></td>
<td><strong>SALT AND CONDIMENTS</strong></td>
</tr>
<tr>
<td>5 exchanges/day</td>
<td>6 exchanges/day</td>
<td>Limit your daily salt intake to less than 5g (approximately 1 teaspoon) and use iodized salt.</td>
</tr>
</tbody>
</table>

*where one (1) exchange is equal to at least…*

| ½ pc (65g) Avocado | 1 tsp (5g) of Sugar | 1 pc (5g) of Ube Halaya |
| 4 tsp (20g) Coconut | 2 tsp (10g) of Condomed milk, jams, jellies | When cooking and preparing food, limit the amount of salt and high-sodium condiments (e.g., soy sauce and fish sauce). |
| 2 tsp (10g) Peanut butter | 2 tsp (10g) of condoned milk, jams, jellies | CAFFEINATED DRINKS |

*where one (1) exchange is equal to at least…*

| 1 Tbsp (15g) of Coconut cream, All-purpose cream, Cream cheese, Sandwich spread, Salad dressings | Chewing gum | Hard Candy |
| 1 tsp (5g) of Vegetable oil| Mayonnaise| Butter | Margarine |
| 1 pc (5g) of Yema | Pastillas | Marshmallows |

| 1 tsp (5g) of Vegetable oil| Mayonnaise| Butter | Margarine |
| 1 pc (5g) of Yema | Pastillas | Marshmallows |

**CAFFEINATED DRINKS**

Be careful not to consume too much caffeine. Larger amounts of caffeine may make you sleepless, irritable and may even trigger anxiety and cause diarrhea.

Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases.


### DAILY DIETARY RECOMMENDATION FOR FILIPINO ADULTS (19-59 YEARS OLD)

Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases.

### DID YOU KNOW?

**ONE (1) EXCHANGE** of each food group provides a specific amount of carbohydrates, protein, fats, and energy.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Carbohydrates (grams)</th>
<th>Protein (grams)</th>
<th>Fats (grams)</th>
<th>Energy (kcal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRUITS</td>
<td>10</td>
<td>-</td>
<td>-</td>
<td>40</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>3</td>
<td>1</td>
<td>-</td>
<td>16</td>
</tr>
<tr>
<td>RICE, ROOT CROPS &amp; STARCHES</td>
<td>23</td>
<td>2-4</td>
<td>-</td>
<td>92-108</td>
</tr>
<tr>
<td>MEAT, POULTRY, FISH &amp; SEAFOODS</td>
<td>-</td>
<td>8</td>
<td>1-10</td>
<td>41-122</td>
</tr>
<tr>
<td>MILK</td>
<td>12</td>
<td>8</td>
<td>5-10</td>
<td>80-170</td>
</tr>
<tr>
<td>FATS &amp; OIL</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>10</td>
</tr>
<tr>
<td>SUGAR</td>
<td>5</td>
<td>-</td>
<td>-</td>
<td>20</td>
</tr>
</tbody>
</table>

**Recommended Energy and Macronutrient of Teens and Adults per Day***

<table>
<thead>
<tr>
<th>AGE (years old)</th>
<th>Carbohydrates (grams)</th>
<th>Protein (grams)</th>
<th>Fats (grams)</th>
<th>Energy (kcal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>Female</td>
<td>Male</td>
<td>Female</td>
<td>Male</td>
</tr>
<tr>
<td>13-15</td>
<td>371-533</td>
<td>298-428</td>
<td>40-101</td>
<td>32-81</td>
</tr>
<tr>
<td>16-18</td>
<td>413-594</td>
<td>313-450</td>
<td>45-135</td>
<td>34-85</td>
</tr>
<tr>
<td>19-29</td>
<td>347-474</td>
<td>265-361</td>
<td>63-95</td>
<td>48-72</td>
</tr>
<tr>
<td>30-59</td>
<td>332-453</td>
<td>257-350</td>
<td>60-91</td>
<td>46-70</td>
</tr>
</tbody>
</table>

*Philippine Dietary Reference Intakes 2015, 2015 Food and Nutrition Research Institute, Department of Science and Technology. Revised September 2018*

### REMINDERS

#### When EATING MORE...

- When using canned or dried fruit, choose varieties without added salt or sugar.
- Do not overcook vegetables as this can lead to the loss of important vitamins.
- For snacks, choose raw vegies (salad) and fresh fruit rather than foods that are high in sugar, fat, or salt.
- Red meats can be eaten 1-2 x weekly. White meats can be eaten 2-3 x weekly. Eggs can be eaten 5-7 x weekly.
- Choose white meat which are low in fat, rather than red meat. Go for low-fat milk and dairy products.

#### When EATING MODERATELY...

- Consume unsaturated fats (e.g., found in fish, avocado, nuts, and vegetables oils) rather than saturated fats (e.g., found in fatty meat, butter, palm, and coconut oils, cream, cheese).

#### When EATING LESS...

- Limit your intake of soft drinks or sodas and other drinks that are high in sugar.