

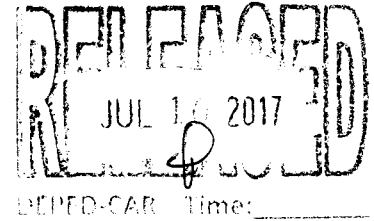
Republic of the Philippines  
DEPARTMENT OF EDUCATION  
**CORDILLERA ADMINISTRATIVE REGION**

Wangal, La Trinidad, Benguet, 2601  
Website: [www.depedcar.ph](http://www.depedcar.ph) | Email: [car@deped.gov.ph](mailto:car@deped.gov.ph)



**Regional Memorandum**  
**No. 210-2017**

To: **Schools Division Superintendents**  
**Division/School Health Personnel**  
**School Heads**  
**All Others Concerned**



From: **MAY B. ECLAR, Ph.D., CESO V**  
**Regional Director**

Subject: **Advocacy of DO 13, s. 2017 vis-à-vis the 2017 Nutrition Month Celebration**

Date: **July 7, 2017**

1. In consonance with the celebration of the Nutrition Month with the theme, "Healthy Diet, Gawing Habit for LIFE," all schools are directed to reiterate through the conduct of activities, DepEd Order No. 13, series 2017 or the Policy and Guidelines on Healthy Food and Beverage Choices in Schools and DepEd Offices.
2. The following are suggested activities to further the Department's advocacy on making available healthier food and beverage choices among the learners and DepEd personnel and provide guidance in selling and marketing such:
  - a. Symposia or forum on DO 13, s. 2017 with learners, parents, including canteen or store managers within and outside the school campus as participants;
  - b. Inclusion of this Order in your PTA Meeting agenda;
  - c. Poster making, essay writing, slogan making, and other similar contests that would raise awareness of this year's nutrition month theme and DO 13, s. 2017;
  - d. Cooking demo on healthy *baon* or packed-lunch with learners and parents as participants;
  - e. Other similar activities.
3. Schools are encouraged to coordinate with field experts like their local health workers or their division health personnel to serve as speakers during said fora or symposia.
4. The activities must focus on the Rationale of DepEd Order 13, s. 2017, Strategies to Implement (Food Standards, Pinggang Pinoy, Reading Nutrition Facts, Three Categories of Food Products, etc.), and Regulation of Sale and Marketing of Unhealthy Foods (Advertising, Sponsorship, and Promotion).

**Contact Numbers (Area Code: 074):**

Office of the Regional Director	422-1318	Administrative Division	422-1804	CLMD	422-7096	HRDD	422-9590
Fax	422-4074	Cash Section	423-2215	LRMDS	422-0615	NEAP-R	422-5500
Office of the ARD	422-9590	Payroll Section	424-3993	ESSD	423-2218	PPRD	422-9590
ICT Unit	422-1318	Records Section	423-2213	Finance Division	422-5155	QuAD	422-5187
Public Affairs Unit	422-1318	Supply Section	422-2198	FTAD	424-5187	COA	422-7434
Legal Unit	423-2214	General Services Unit	422-1804				



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5. Schools are also mandated to form a TWG to plan and develop the school's healthy menu as well as advocate to LGUs the regulation the marketing of unhealthy foods outside the school premise as per same DepEd Order.
6. The Division Health Personnel shall monitor the school's adherence to said Order and prepare a consolidated narrative report with pictorials on the highlights of the observance of Nutrition Month and Advocacy of DO 13, s. 2017. Reports shall be submitted through email ([essd.depedcar@gmail.com](mailto:essd.depedcar@gmail.com) and [car@deped.gov.ph](mailto:car@deped.gov.ph)) or to the DepEd CAR Regional Office - Education Support Services Division not later than September 15, 2017 as per Regional Memo No. 187, series 2017.
7. Enclosed is a copy of the advocacy material prepared by the Public Affairs Unit - Office of the Regional Director for reproduction and distribution.
8. Immediate dissemination and compliance with this Memorandum is directed.

Encl.:

Advocacy Material

References:

- DepEd Order No. 13, series 2017
- DepEd Memo No. 105, series 2017
- DepEd Memo No. 187, series 2017

ORD/pau/glip

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# **POLICY AND GUIDELINES ON HEALTHY FOOD AND BEVERAGE CHOICES IN SCHOOLS AND IN DEPED OFFICES**

## **DepEd Order No. 13, s. 2017**

**This Order aims to:**

- **make available healthier food and beverage choices among the learners and DepEd personnel and their stakeholders;**
- **introduce a system of categorizing locally available foods and drinks in accordance with geographical, cultural, and religious orientation; and**
- **provide guidance in the selling and marketing of foods and beverages in schools and DepEd offices, including the purchasing of foods for school feeding.**



**An Advocacy Material Prepared by:  
The Public Affairs Unit  
Office of the Regional Director**

# PIGGANG PINOY



This food guide is intended for apparently healthy Filipinos aged 19 years and above. Individuals with specific health conditions should consult a nutritionist-dietitian or any health care provider regarding their energy and nutrient needs.

## GO ENERGY GIVING

**Choose** whole grains like brown rice, corn, wheat bread and oatmeal.

**Go** for root crops like *gabi*, *kamote*, *kamoteng kahoy* and *ubi*.



## GROW BODY BUILDING

**Eat** fish, shellfish, lean meat, poultry, eggs and dried beans or nuts.

**Consume** milk, milk products and other calcium-rich foods like *dillis* and small shrimps.



## GLOW BODY REGULATING

**Enjoy** a wide variety of vegetables like *malunggay*, *kalabasa*, *sitaw*, *ampalaya* and others.

**Include** fresh fruits like banana, mango, *dalanghita*, papaya and others.



## WATER & BEVERAGES

**Drink** at least 8 glasses of water every day.

**Lessen** intake of sugar-rich drinks.



## Healthy Tips:

**Eat less** salty, fried, fatty and sugar-rich foods to prevent chronic diseases.

**Prepare** a good breakfast to have enough fuel to get through the day.

**Get** creative when cooking meals for kids.

**Serve** healthy snacks.

**Understand** nutrition information on product labels to make smart food choices



**Encourage  
kids to be active!**

# GREEN CATEGORY



## 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.

## General Description:

- Contains wide range of nutrients
- Saturated fats 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 teaspoon) per serving
- Sodium is less than 120 mg (equivalent to 300mg of salt or 1/20 teaspoon salt) per serving

List of Foods and Drinks under the GREEN category

Food	Example
Drinks	<ul style="list-style-type: none"> <li>• Milk (unsweetened)</li> <li>• Safe and clean water (nothing added)</li> <li>• Fresh Buko Water (unsweetened)</li> </ul>
Energy-giving (Go)	<ul style="list-style-type: none"> <li>• Milled Rice</li> <li>• Brown Rice or Iron-fortified Rice</li> <li>• Corn</li> <li>• Oatmeal</li> <li>• Whole wheat bread</li> <li>• Cassava (kamoteng kahoy)</li> <li>• Boiled Sweet potato (kamote)</li> <li>• Boiled Saging na Saba</li> <li>• Corn, Binatog</li> <li>• Boiled peanuts</li> <li>• Suman</li> <li>• Puto</li> </ul>
Body-building (Grow)	<ul style="list-style-type: none"> <li>• Fishes</li> <li>• Shellfish</li> <li>• Small shrimps</li> <li>• Lean meats</li> <li>• Chicken without skin</li> <li>• Nuts</li> <li>• Egg</li> </ul>
Body-regulating (Glow)	<ul style="list-style-type: none"> <li>• Fresh fruits, preferable those in season</li> <li>• Green, Leafy and yellow vegetables</li> </ul>



# YELLOW CATEGORY



## 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 serving, 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

### General Description:

May contain some nutrients but at the same time contains

- Saturated fat in 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

List of Foods and Drinks under the GREEN category

Food	Example
Drinks	<ul style="list-style-type: none"> <li>• 100% Fresh fruit juices</li> </ul>
Energy-giving (Go)	<ul style="list-style-type: none"> <li>• Fried rice</li> <li>• Bread (using white refined flour)</li> <li>• Biscuit</li> <li>• Banana cue, Camote cue, Turon, Maruya</li> <li>• Pancakes</li> <li>• Waffles</li> <li>• Champorado</li> <li>• Pancit</li> <li>• Arroz Caldo</li> <li>• Sandwiches (cheese, egg, chicken filling,etc)</li> <li>• Butter, Margarine, Mayonnaise (use sparingly)</li> </ul>
Body-building (Grow)	<ul style="list-style-type: none"> <li>• Processed foods such as meat/fish, hotdogs, sausage, burger patties, chicken nuggets, tocino, tapa, etc. (still subjects to evaluation of saturated or trans fat and sodium as reflected in their Nutrition Facts)</li> </ul>
Body-regulating (Glow)	<ul style="list-style-type: none"> <li>• Stir-fried Vegetables</li> </ul>



# RED CATEGORY



## 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.

## General Description:

- Saturated fat is more than 5 grams (equivalent to more than 1 teaspoon) per serving; or
- Contains trans fat no matter how significant 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

Cut-off Points for Packaged Food and Drinks with available Nutrition Label/  
Nutrition Facts under the RED category

Food	Example
Drinks	<ul style="list-style-type: none"><li>• Softdrinks, alcoholic drinks, sports waters, sports drinks, flavoured mineral water, energy drinks, sweetened waters, powdered juice drinks</li><li>• Any product containing caffeine (for school canteens)</li><li>• Any processed fruit/ vegetables juice with added sugar of more than 20 grams or 4 teaspoons per serving</li></ul>
Energy-giving (Go)	<ul style="list-style-type: none"><li>• Any jelly, ice crushes and slushies</li><li>• Any Ice cream/ Ice drops / Ice candies</li><li>• Cakes and slices, donuts, sweet biscuits and pastries and other sweet bakery products</li><li>• All types including chocolates, hard/ chewy candies, chewing gums, marshmallows, lollipops, yema, etc.</li><li>• French fries, bicho-bicho. etc.</li><li>• Instant noodles</li><li>• All types of heavily salted snacks such as chips or chicharia</li></ul>
Body-building (Grow)	<ul style="list-style-type: none"><li>• Chicharon</li><li>• Chicken skin</li><li>• Bacon</li><li>• Deep-fried foods including fish balls, kikiams, etc.</li></ul>
Body-regulating (Glow)	<ul style="list-style-type: none"><li>• Fruits canned in heavy syrup</li><li>• Sweetened fruits or vegetables or deep-fried</li></ul>



## Healthy kids need healthy canteens!

### ALWAYS ON THE CANTEEN MENU

### Encourage and promote these foods and drinks

These foods and drinks:

- are the best choices for a healthy school canteen
- should be available every day and be the main choices on the canteen menu
- contain a wide range of nutrients
- are generally low in saturated fat and/or sugar and/or sodium (salt).



### SELECT CAREFULLY

### Do not let these foods and drinks take over the menu and keep serve sizes small

These foods and drinks:

- contain some valuable nutrients
- contain moderate amounts of saturated fat and/or sugar and/or sodium (salt)
- if eaten in large amounts, may increase the amount of energy (kilojoules) being consumed.



### NOT RECOMMENDED ON THE CANTEEN MENU

### These foods and drinks should not be sold in a healthy school canteen

These foods and drinks:

- may contain excess energy (kilojoules) and/or saturated fat and/or sodium (salt) and/or sugarare low in nutritional value.



Source:

Australian Government Department of Health. 2010 National Security Canteen Guidelines.

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-nutrition-canteens>.



## Ages 1 - 6



## Ages 7 - 12



## Teens



## How to Understand Nutrition Facts Labels

The Nutrition Facts label are usually found at the back of food labels which provides nutrition information to the customers. 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 2000 and 2,500 calories diets.

### Nutrition Facts

Serving Size 1 pouch (55g)  
Serving Per Container 1

Amount Per Serving

Calories 230 Calories from Fat 80

% Daily Value

Total Fat 9g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	

Cholesterol 0mg	0%
Sodium 1690mg	70%
Total Carbohydrates 34g	11%

Dietary Fiber 3g	12%
Sugars 5g	

Protien 5g

Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 7%

\* Percent Daily Values are based on a 2000 calories diet.  
Your daily values may be higher or lower depending on your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	3756g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrates 4		Protein 4

Start Here

Check calories

Limit these nutrient

Get enough of these Nutrients

Footnote