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The Nutritional Guidelines for Filipinos (NGF) is a set of dietary guidelines based on the eating pattern, lifestyle, and health status of Filipinos. The NGF contains all the nutrition messages to healthy living for all age groups from infants to adults, pregnant and lactating women, and the elderly.

Nutritional Guidelines for Filipinos: a prescription to ...

Consume fish, lean meat, poultry, eggs, dried beans or nuts daily for growth and repair of body tissues. Consume milk, milk products and other calcium-rich foods, such as small fish and shellfish, every day for healthy bones and teeth. Consume safe foods and water to prevent diarrhoea and other food and water-borne diseases.

Food-based dietary guidelines - Philippines

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Food and Nutrition Trainings - FNRI Website

5. 10 Nutritional Guidelines For Filipinos 1. Eat a variety of foods everyday. 2. Breast-feed infants exclusively from birth to 4-6 months and then, give appropriate foods while continuing breast-feeding.

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Basic Nutrition | Nutrition.gov

For Filipinos, traditions in their home and in their family are important. They usually set aside a specific day for a certain celebration like festivals, birthday parties, reunions, etc. And of course, every gathering is dedicated to keeping up with each other over sumptuous food.

11 Things You Should Know About Filipino Culture

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known nutrition initiatives call on aspects of the HP model. E.g. PD Hearth has several kinds of modelling & practice (McNulty 2006) Barrier analysis (Dickins et al. 1997) systematizes participatory exploration of constraints. TIPS calls on direct experimentation & feedback in its formative research

MODELS AND THEORIES OF NUTRITION EDUCATION

Filipinos have among the worst health habits in Asia, according to a new research from Sun Life Financial Asia covering eight major markets in Asia Pacific.

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