

2020

Accomplishment Report



NUTRITION
FOUNDATION OF THE
PHILIPPINES, INC.
Accomplishment Report 2020

Since 1960

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NUTRITION FOUNDATION OF THE PHILIPPINES, INC.



The first private, non-stock, non-profit organization engaged in community nutrition with commitment to improve the nutritional status and well-being of the Filipino people.

VISION

A leading organization in nutrition.

Nutrition – a fundamental human right, which is the cornerstone of health.

MISSION

To uplift the nutritional well-being of individuals and families through the provision of quality technical services and evidence-based interventions.

CORE VALUES

- Teamwork
- Proactive
- Professionalism
- Ethical Stewardship
- Integrity
- Excellence
- Innovative
- Progressive
- Transparency
- Accountability

NFP LIFE MEMBERS

Ms. Ellen Ruth Abella	Dr. Ma. Socorro E. Ignacio
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Dr. Leila S. Africa

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Senior Supervising Nutritionist-Dietitian (up to 30 June 2020)

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NORIELINE C. CAGASAN, RND (up to 30 June 2020)

JESSICA ROSS E. PEREZ, RND (up to 30 June 2020)

Nutritionist-Dietitians

MA. LUISA G. GATCHALIAN

Administrative Assistant (up to 30 June 2020)

JOANN A. REYES

Administrative Assistant (from 3 August 2020)

NORY O. MENDOZA

Driver/Messenger (up to 30 June 2020)

NUTRITION FOUNDATION OF THE PHILIPPINES, INC.

ACCOMPLISHMENT REPORT, 2020

2020 was supposed to be the start of implementation of the Nutrition Foundation of the Philippines (NFP) Strategic Plan 2020-2025. A year when organizational restructuring was supposed to start. A year when the traditional Community Nutrition Practicum (CNP) and seminars were supposed to be conducted. A year when new products and services were supposed to have been developed. But all these had to be shelved because COVID-19 happened.

So as COVID-19 challenged the whole world, so it challenged NFP operations as well. Only one batch of the CNP was done (before the declaration of the enhanced community quarantine), the Board of Trustees was trimmed down from nine to six, and NFP staff had to be retrenched.

Notwithstanding this major challenge, the NFP continued its operations in 2020. This report captures what 2020 was for NFP and essays what it can be in 2021.

COMMUNITY NUTRITION PRACTICUM

One batch of the CNP was implemented from 4 February to 1 March 2020 with 71 senior BSND student-affiliates from three universities, i.e., Polytechnic University of the Philippines, Our Lady of Fatima University, and the University of Perpetual Help System – Laguna.

The student-affiliates were deployed in four barangays in Camiling, Tarlac, namely: Bilad, Marawi, Poblacion E., and Surgui 2nd. A registered nutritionist-dietitian served as in-house supervisor, with one being assigned in each barangay.

The student affiliates assessed the nutritional status of the members of their assigned households using anthropometric measures. They also collected data using the Household Baseline Information (Figure 1) which generated information on the socio-economic profile of households, the nutritional status of the household members, household diet diversity, infant and young child feeding, and presence of non-communicable diseases, among others.

A total of 888 households were profiled and the nutritional status of 1,633 adults and 1,173 children and teens assessed. The results of the survey showed that stunting among children 0-6 years old was high in three barangays and wasting high in one barangay (Table 1). For 7-19 years old children, both under- and over-nutrition was present. There is a higher percentage of overweight and obese than thin in all barangays. For adults, it was observed that the double burden of malnutrition is present in all barangays. Results of the assessment helped in identifying and prioritizing activities to be undertaken.

Figure 1. The Household Baseline Information

NUTRITION FOUNDATION OF THE PHILIPPINES, INC.
Dr. Juan Salado, Jr. Bldg. 107 E. Rodriguez Sr. Boulevard, Quezon City

CNP Form No. 006

Name of Interviewer: _____ Assigned Code:

INFORMATION SHEET

Pangalan ng Interviewer: _____ Kasarian: _____ Palayaw: _____
 Tindahan: _____
 Gulang / Edad: _____ Relihiyon: _____ Trabaho: _____
 Antas ng Edukasyon: _____
 / Hindi nakapag-aral / H.S. Graduate / Post Graduate
 / Elem. Undergraduate / Vocational/technical
 / Elem. Graduate / College Undergraduate
 / H.S. Undergraduate / College Graduate

Pangalan ng Asawa: _____ Kasarian: _____ Palayaw: _____
 Tindahan: _____
 Gulang / Edad: _____ Relihiyon: _____ Trabaho: _____
 Antas ng Edukasyon: _____
 / Hindi nakapag-aral / H.S. Graduate / Post Graduate
 / Elem. Undergraduate / Vocational/technical
 / Elem. Graduate / College Undergraduate
 / H.S. Undergraduate / College Graduate

Ilang katao mayroon sa loob ng bahay?
 Ilang anak: _____
 Sanggal (0-11 buwan) _____ Adult (20 gulang, patas) _____
 Mga batang (1-6 taong gulang) _____ Elderly (80 gulang, patas) _____
 Mga batang (7-11 taong gulang) _____ Teenager (12-19 taong gulang) _____

Ilan ang kabuugang bilang ng mga anak?
 Puno kayo nanganak? / Casuaran / Normal / Pareho
 Saan kayo nanganak? / Babay / Optimal / Lying-in / Clinic/Health Center / Obser: _____

Ilang anak ang nag-aral?
 Ilang anak ang nag-trabaho?
 Anu-ano ang mga trabaho nila?
 Magkano ang kabuuang kita sa pamilya sa loob ng isang buwan?
 Magkano ang ginastos para sa pagkain ng pamilya sa loob ng isang araw?

Anong uri ng tinahan mayroon ang pamilya?
 / Babay / halong kabay at kookrito / kookrito / barang barang / Nakiitina

May sarili bang tinahan? / Oo / Wala
 May sarili bang pulitan? / Oo / Wala
 Kang mawala, among klase ng pulitan? / de-buhos / Al-fash
 Kang wala, saan umihi at nagbuhos?

Pano ang sistema ng pagtatapon ng basang?
 / kinolektiko / tinatapon habi saan / tinatapon sa bakay / compost pit / sinasag

Saan bumibili ng pagkain para sa pamilya?
 / Takipapa/Tindahan / Palengke / Supermarket

Pano inchi-handa ang pagkain para sa pamilya?
 / nagbuhos sa bahay / bumibili ng luto / pareho

Iba pang magkukulunan ng pagkain. / Nigay / Iba pa _____
 / tawin (garden) / wala na

Kang may tinatam uno ang nakatanim?
 / NAWASAALUWA / balon / others _____
 / pino / delivery

Ano ang madalas na pamamaraan ng pagtanggap ng impormasyon?
 / Dyaryo/Magasin / Radyo / Cellphone
 / TV / Taw / Internet

Nakadalo na ba ang ina ng mga pag-aral/pagmamay-ari sa nutrisyon at kabuugan?
 / seminar / lecture
 / demo / Iba pa: _____

Kang magkakaroon ba ng pag-aral sa nutrisyon at kabuugan, kayo ba ay saad?
 / Oo / Hindi

Kang Oo, among mga paksa ang nais nitinyong maikama sa pag-araw pag-aral?
 1. _____ 2. _____

DIETARY DIVERSITY QUESTIONNAIRE

GRAS NG PAKGAIN	PAGKAIN	PAGLALARAWAN O MGA SANGKAP
Agahan		
Meryenda		
Tanghalian		
Meryenda		
Hapohan		
Meryenda		

COMPLEMENTARY FEEDING

IMPORMASYON UKOL SA MGA BATA (0-5 TAONG GULANG/0-71 BUWAN)

PANGALAN	PETA NG KAPANGANAKAN	PAANO PINABO	GAANO KATAGAL PINABO	KALAN BIKINGAN NG UNANG PAKGAIN	ANCIANG BIKING	BARUNA

TIMBANG NG MGA BATA (0-6 TAONG GULANG)

PANGALAN	PETA NG KAPANGANAKAN	EDAD SA BUWAN	TIMBANG (kg)	HABA/TAAS (cm)	PETA NG PAGTITIMBANG	NUTRITIONAL STATUS (Weight-for-age height-for-height)

TIMBANG NG IBA PANG MIYEMBRO NG PAMILYA (7-19 TAONG GULANG)

PANGALAN	KAPANGANAKAN	EDAD	TIMBANG (kg)	FAAS (cm)	BMI	NUTRITIONAL STATUS

TIMBANG NG IBA PANG MIYEMBRO NG PAMILYA (20 GULANG PATATA)

PANGALAN	EDAD	TIMBANG (kg)	FAAS (cm)	BMI	NUTRITIONAL STATUS

MEDICAL HISTORY
(Indicate if past or present)

MIYEMBRO NG PAMILYA NA MAY:

DIABETES	CVD	COPD	KIDNEY DISEASE	CANCER	IBA PANG BAKY
<input type="checkbox"/> Type I <input type="checkbox"/> Type II	<input type="checkbox"/> Hypertension <input type="checkbox"/> Stroke <input type="checkbox"/> Heart Disease Others, specify: _____	<input type="checkbox"/> Bronchitis <input type="checkbox"/> Emphysema	<input type="checkbox"/> Kidney Stones <input type="checkbox"/> Nephropathy <input type="checkbox"/> Renal Insufficiency <input type="checkbox"/> Kidney Failure Others, specify: _____	<input type="checkbox"/> Kanser	

OTHER HEALTH AND NUTRITION-RELATED SERVICES RECEIVED

/ Iron Supplementation (pregnant)
 / Vitamin A Supplementation (Patak) (6-59 months old)
 / Deworming (Parga) (1-12 years old)
 Others: _____

GRAS NG PAKGAIN

Grupo	Pangkat ng Pagkain	Halimbawa	Oo / Hindi O
1	Cereals and Products Inulit at mga produkto	Mais, kamis, tinapay, noodles, lagaw at iba pa	
2	Roots and Tubers Mga lamang ugat	Patatas, kamote, kamoteng kahoy at iba pa	
3	Vitamin A rich vegetables Gulay na mayaman sa Bitamina A	Kalabasa, carrot, at iba pang mayaman sa bitamina A na gulay	
4	Green Leafy Vegetables Berde at madalabong gulay	Pechay, kangkong, malunggay at iba pang berde at madalabong gulay	
5	Other Vegetables Iba pang gulay	Kanatis, sibuyan, talong at iba pang gulay	
6	Vitamin A rich Fruits Prutas na mayaman sa Bitamina A	Mango, papaya, 100% fruit juice at iba pang prutas na mayaman sa bitamina A	
7	Other Fruits Iba pang mga prutas	Dang prutas	
8	Organ Meats Mga lamang luto	Atay, balon balaman, puso, bituka ng manok o babay at mga produkto	
9	Flesh Meats and Products Karne at mga produkto	Baboy, baka, kambing, manok at mga produkto	
10	Egg Itlog	Itlog ng manok, pato o gugo at mga produkto	
11	Fish, sea foods and products Isda, lamang dagat at mga produkto	Dagat na isda o sarwa at mga produkto	
12	Legumes, Nuts and Seeds Mga bino at mani	Batang gulay, gisantes, putani, manngo, mani at iba pa	
13	Milk and Products Gatas at mga produkto	Gatas, keso at mga produkto	
14	Oil and Fat Taba at mantika	Mantika, mantikilya, margarina	
15	Sweets Matastamin	Asukal, honey, soft drinks, chocolates, candies, cakes, cookies	
16	Spices, Condiments and Beverages Mga pampalasa, pampanga at isusin	Tuyo, patis, saka, paminta, kape at iba pang pampalasa	
		Kabuugan	
		Ano/saan ang itinyong pangumabing pinagkukunan ng pagkain?	
Household level	Mayroon ba sa miyembro ng pamilya ang itinyong magkain maliban ang pagkain sa loob ng bahay?		

Table 1. Nutritional status of those covered by the CNP survey

Particulars	Barangay			
	<i>Bilad</i>	<i>Marawi</i>	<i>Poblacion</i>	<i>Surgui</i>
Children 0-6 years old, total	126	108 for underweight-for- age; 109 for stunting and wasting	62	103 for underweight-for- age, and wasting, 102 for stunting
• Underweight-for-age	19.0	13.9	9.7	8.7
• Stunting	25.4	17.4	21.0	22.5
• Wasting	14.3	7.4	6.5	1.9
- Moderate	4.8	1.9	1.6	
- Severe	9.5	5.6	4.8	1.9
7-19 year-old, total	248	259	102	165
• Thin	14.1	9.7	14.7	11.5
- Moderate	8.1	8.5	9.8	9.7
- Severe	6.0	1.2	4.9	1.8
• Overweight	9.7	11.6	14.7	15.2
• Obese	3.6	7.3	8.8	6.7
Adults, total	500	452	267	414
• Underweight	7.6	7.3	6.4	11.8
• Overweight	28.4		34.5	29.5
• Obese	8.8	11.5	13.1	8.9
History of CVD, percent of households	58	43	37	27

To ensure active participation in the assessment, the purpose of the data collection was thoroughly explained to the respondents using the Filipino language. In consideration of the Data Privacy Act, respondents were asked to sign a consent form once they agree to participate to the interview. Furthermore, the names of the respondents were not published in the accomplishment reports produced by the student-affiliates. However, the results of the nutritional assessment were turned over to the barangay nutrition scholars for monitoring and appropriate actions.

Various nutrition activities such as nutrition education for children and parents, cooking demonstrations, Nutri-fair, and Zumba sessions were conducted in the communities (Table 2).

Table 2. Projects implemented by CNP student-affiliates

Area	Project
Brgy. Bilad	1. <i>Pagkaing may Nutrisyon para sa Matibay na Pundasyon</i> An educational cooking show that improves the general knowledge about healthy ways of cooking. It aims to educate the residents about preparing practical, economical and

Area	Project
	<p>nutritious meals that can be a source of their livelihood while utilizing readily available resources through modified recipes.</p> <p>2. <i>Hataw na, Bilad!</i> Fun-filled energy-boosting Zumba session encouraging people to have a healthy lifestyle with free nutritional assessment. The program aims to raise awareness on how physical activity affects the nutritional status of an individual.</p> <p>3. <i>Nutri-Fairyahh!</i> A nutrition promotional event highlighting good nutrition and health practices through games with free nutritional assessment. The activity aims to guide the people towards good nutrition using a series of games and events.</p>
Brgy. Marawi	<p>1. <i>Zumbarangay Marawi</i> A 7-day Zumba experience that aims to engage the community with more physical activity and healthy lifestyle that will ensure a healthy weight loss. It aims to enhance health, fitness, and quality of life through daily physical activity.</p> <p>2. <i>Kalusugan ay Pahalagahan, Kalinisan ay Iwasan</i> This project aims to provide a Material Recovery Facility (MRF) for each purok in Barangay Marawi and at the same time educate the residents about proper waste disposal. In this activity, a short lecture about the good effects of proper waste disposal as well as the bad effects of not practicing it will be conducted before the turnover of the MRF to the barangay officials. Lastly, it also aims to provide extra income for the upcoming barangay projects which can be generated by means of selling the materials collected in the bin.</p> <p>3. <i>Nutrition Information Stall for All</i> This project aims to provide nutrition-related information that is readily available in the barangay health center to educate the residents about different nutrition topics that can help them improve their nutrition and health choices. A mini library stall with 500 pieces of nutrition-related leaflet and a soft copy will be provided for the benefit of the community.</p>
Brgy. Poblacion E	<p>1. <i>Agsala Ta Kabsat</i> A dance fitness program that targets participants who have less physical activity. An aerobic activity promotes improvement for cardiovascular health and a healthy lifestyle.</p> <p>2. <i>Pinggang Poblacion</i> A cooking demo is an activity highlighting different snack recipes with the use of common backyard vegetables. It aims to educate the residents about the correlation of health and diet through a one-day cooking demonstration with sample recipes like Ampalaya Tempura, Squash Pancake and Pink Lady.</p> <p>3. <i>Inter-Purok 2020: Palarong Nutrisyon Para sa Pangkalusugang Edukasyon</i> A series of fun and educational games that promote awareness and knowledge about nutrition and health. This activity aims to promote nutritional wellness and develop camaraderie among community members.</p>
Brgy. Surgui 2 nd	<p>1. <i>Sige Surgui, Zumba!</i> A fitness program that includes alternating fast and slow rhythms with easy to follow steps. It aims to address the prevalence of overnutrition in the community.</p> <p>2. <i>Wastong Nutrisyon sa Surgui, Hind Lugi: A Cooking Demonstration of Low-Cost Healthy Recipes</i> A cooking demonstration which aims to enhance the knowledge of the adults in preparing healthy and budget-friendly meals suitable for children 0-6 years old.</p>



Student affiliates interviewing residents for the Household Baseline Information survey.



Student affiliates conducting a kiddie class.



Day Care students and mothers' class attendees.



Student affiliates conducting a cooking demonstration.





Zumba sessions with barangay residents.



Nutri-Bingo and other games as part of a Nutri-fair.



Culminating activity with barangay officials and residents.

A pre- and post-practicum test was administered to assess the students' knowledge on basic public health nutrition concepts as well as their aptitude in conducting nutrition assessment, program planning and management in the community. Thus, the first part of the test evaluated their knowledge on basic public health nutrition concepts and assess their preparedness for the board examination as most of the questions were taken from previous board examinations. The second part of the test aimed to assess their preparedness and aptitude for the various procedures involved in nutrition assessment and program planning and implementation, key activities in the CNP. In general, post-test scores were higher than pre-test scores. The mean difference between pre-test and post-test scores was about 12 points.

The student-affiliates also assessed their CNP experience covering the overall technical training and practicum activities that were executed. For this batch, the average rating that was given was 4.77 equivalent to a “very good” rating.

Overall, the students believed that the practicum was able to help develop them both as a person and as a professional. The students also stated that the practicum was able to give them a sense of fulfillment, having seen how fortunate they are and having served the less fortunate. Most importantly, the practicum was able to make them realize the relevance and importance of the field of public health/community nutrition.

Some affiliates and community members gave feedback on their experience with the CNP.

Paano nabago ng CNP ang buhay ko? Tinulungan ako ng CNP na mas ma-boost pa ang aking self-confidence at mas makilala pa nag aking sarili at tinulungan din ako nito na ma-appreciate ang mga bagay maliit man o malaki. Tinuruan din ako nito kung paano makihalubilo sa mga tao kahit hindi man ako tagarito. Sa mga barangay officials ng Marawi sa pagsuporta sa amin simula una hanggang huli hanggang matapos ang pag-intern namin dito sa barangay nila at thank you rin sa mga co-affiliates ko sa mga memories na nabuo namin at sa pamilyang nabuo. At sa CNP, maraming maraming salamat sa inyo sa bagong experience, bagong memories, bagong karanasan at bagong natutunan namin dito. Maraming salamat po.” (Student-Affiliate, 2020)

“Marami akong natutunan sa CNP. Unang unang nabago ng CNP sa buhay ko ay mas nalinang ko ang aking simpatya at ilagay ang sarili ko sa sitwasyon ng bawat taong makakasalamuha ko dito. Pangalawa naman ay mas natutunan ko ang kahalagahan ng isang public health nutritionist at ang panghuli ay nalinang ko ang aking mga talento at kakayanan bilang isang ND student.” (Student-Affiliate, 2020)

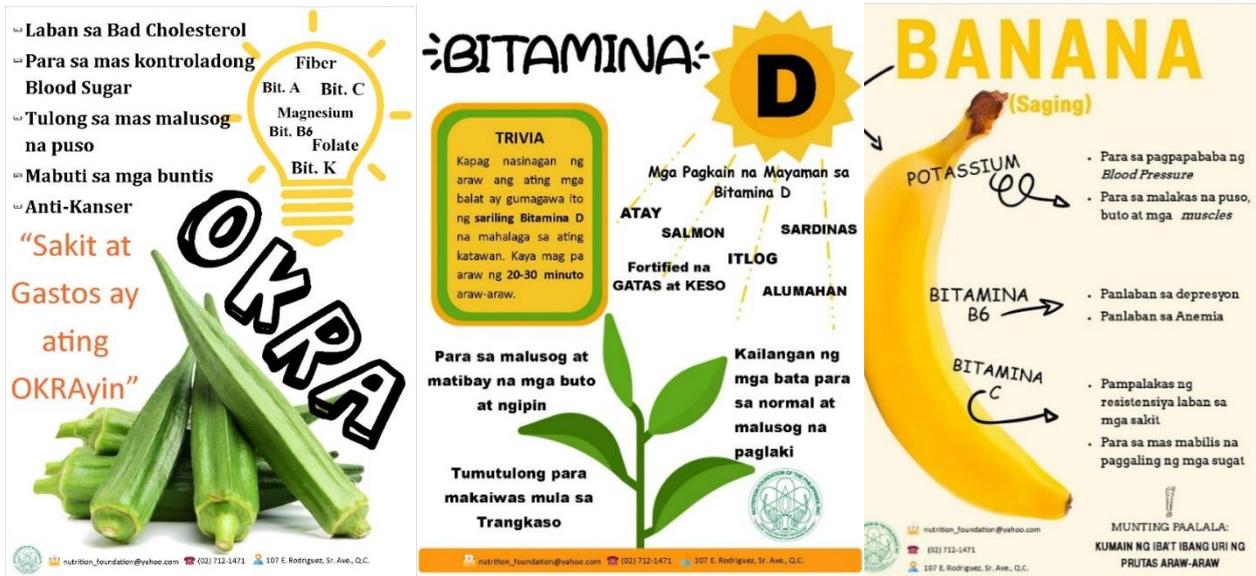
“Sa lahat po ng bumubuo ng Nutrition Foundation of the Philippines, sa mga supervisors, students na mga OJT, kami po ay lubos na nagpapasalamat, nagbibigay ng taos-puso na pag-entertain sa inyo sa mga nalalabi pang panahon, sa mga sandaling pagsasama natin, sa mga tinuro niyo sa aming mga constituents, lalo na sa mga parents—sa mga mommies. Bukod tangi doon, nagpapasalamat din kami sa mga sacrifices niyo sa paglilibot at pag-iimbata ng mga kabarangay namin. Higit sa lahat, naipadama niyo, naipahatid, ang mga bagay na hindi namin natutustusan o nagagampanan lalo na sa mga parents.” (Barangay Surgui 2nd Official, 2020)

NFP FACEBOOK PAGE

The NFP Facebook Page has 3,672 followers. The 43 posts for 2020 had a total reach of about 20,000, 232 likes and 130 shares. A little more than half of these posts were original ones and the rest, re-posts, which were mostly related to COVID-19.

Almost half of the original posts (12 of 22) were on health benefits of specific food items and 5 were on the functions of nutrients. The highest reach was for the post on the benefits of okra, followed by that on Vitamin D, and banana (Figure 3). In general, original posts had a higher reach than reposts.

Figure 2. NFP Facebook posts with the highest reach



Date posted: October 1, 2020
 Likes: 8
 Shares: 11
 Reach: 1,995

Date posted: August 13, 2020
 Likes: 13
 Shares: 10
 Reach: 1,034

Date posted: August 17, 2020
 Likes: 5
 Shares: 7
 Reach: 1,016

BITAMINA C

IMPORTANSIYA

- Para sa mas malakas na Resistensiya
- Para sa mas mabilis na paggaling ng sugat
- Kailangan para sa malakas at malusog ng mga buto, ngipin at muscles
- Proteksyon laban sa sakit sa puso at kanser

MGA PAGKAIN NA MAYAMAN SA BITAMINA C

- Bayabas • Sili • Kalabasa • Dalanghita
- Papaya • Kina o Kale • Melon • Broccoli
- Repolyo • Pinya • Mustasa • Orange
- Bell Pepper • Kamatis • Kalamansi • Lemon

nutrition.foundation@yahoo.com | (02) 712-1471 | 107 E. Rodriguez, Sr. Ave., Q.C.

Bitamina A

Ang bitamina A ay mahalaga para mapanatili ang malakas ang loob ng ating katawan. Katulad ng bago, ilamunan, bituka, at iba pa. Ito ay nagpapalakas ng ating resistensiya na tumutulong labanang mga mikrobyo na nagasasani ng mga impeksiyon.

Importante rin ito para sa maayos na paglaki ng mga bata. Tumutulong ito sa paglaki ng mga buto.

Importante rin ang bitamina A sa pagpapanatili ng malusog na mga mata at malinaw na paningin.

Pagkain na Mayaman sa Bitamina A

- Atay - Keso - Kangkong
- Dilis - Gatso - Tahong
- Itlog - Tulya - Kalabasa
- Carrot - Saluyot - Kamatis
- Berde at madahan na gulay

Sa pagkain, dapat ay.....

B V M

Balance Variety Moderasyon

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MALUNGAY

Bitamina C
Pampalakas ng RESISTENSIYA

CALCIUM
Para sa matibay na mga buto at ngipin

Bitamina A
Para sa malinaw na mga mata at malusog na balat

IRON
Tumutulong sa paglaban sa Anemia at para sa mas masustansiyang gatas ng ina

"SA TAMANG NUTRISYON, TAYO'Y AASENSO"

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KALABASA

Whatever!!!
Mayaman namon ako sa **FOLATE!**

Pre, wala ka sa **Bitamina A** ko!

Walang tataho namon sa **Bitamina B6** ko!

BITAMINA A
Para sa malusog na mga mata
Para sa malusog at malinis na balat
Tumutulong sa normal at malusog na paglaki ng mga bata
Lumalaban sa mga impeksyon

FOLATE
Para sa malusog at normal na pagbuhat
Tumutulong sa pag-iwas sa mga sakit sa puso
Ito ay anti-Kanser

BITAMINA B6
Para sa malusog at matatag na pag-iisip
Nakakatulong laban sa stress at depresyon
Tumutulong sa paggawa ng dugo para makalutas sa Anemia

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PARA SAAN ANG IRON?

1. KAILANGAN PARA SA NORMAL AT MALUSOG NA DUGO UPANG MAKAIWAS SA ANEMIA
2. PARA SA MAS MALUSOG AT MATALAS NA PAGIISIP
3. NAGPAPANATILI NG MALUSOG NA BALAT, KUKO, AT BUHOK
4. TUMUTULONG SA PAGLABAN SA SAKIT AT IMPEKSIYON
5. PARA SA NORMAL AT MAAYOS NA PAGLAKI NG BATA

MGA PINAGMUMULAN

Atay	Manok	Baboy	Baka
Tokwa	Tahong	Talaba	Isda
Malunggay	Mani	Ampalaya	Kangkong

Kumain ng mga pagkain na mayaman sa Bitamina C upang mas maipag-ig ng katawan ang IRON mula sa mga pagkain

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AMPALAYA

"Wag kang bitter sa'kin!"

Pang-kontrol sa Diabetes
Regular na pagdumi at malusog na sikmura

Anti-Kanser
Mabuti sa mga buntis

Malakas na Resistensiya

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PAPAYA

Para sa regular na pag dumi

Para sa mas makinang at makinis na kutis

Para sa malusog na puso

Nakakatulong sa pag-iwas sa kanser

Mataas sa Bitamina A at C na nagpapalakas ng resistensiya

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LUYA

The Miracle Food

1. Nakakatanggal ng sakit ng katawan
2. Mabisa sa pag kontrol ng **Blood sugar**
3. Para sa sakit ng **dismenoriya**
4. Nakakababa ng **cholesterol**
5. Anti Kanser
6. Mabising panlaban sa impeksyon, sipon, at trangkaso

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CALCIUM

- Para sa matibay at malakas na mga buto at ngipin
- Para sa malusog at kontroladong **blood pressure (BP)**

Mga Pagkain na Mayaman sa Calcium

• Malunggay	• Dilis
• Saluyot	• Salinyasi
• Mustasa	• Kuhol
• Alugbali	• Susong Pilipit
• Sardinas	• Gatas
	• Keso

PAALALA:
Ugalling lumabas at magpa-araw tuwing umaga, at mag ehersisyo araw-araw para sa mas malakas, matibay, at malusog na mga buto.

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Healthy Tips!

Pinggan ay Gawing **MAKULAY**

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KAMOTE

Fiber
Bitamina A

Mga Benepisyo:

Normal na Blood pressure	Malinaw na mga mata
Kontroladong Blood sugar	Malusog na balat
Pagbabawas ng Timbang	Malakas na resistensiya
Normal na Pagdumi	Normal na paglaki ng bata
Proteksyon sa Kanser	

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PINYA

Bitamina C
Bitamina A
Bitamina B
Fiber
Iron

- Mabuti sa kalusugan ng puso
- Nagpapababa ng **Cholesterol**
- Anti-Kanser
- Pampalakas ng resistensiya
- Mataas sa **BROMELAIN** na nakakatulong sa pamamaga at sakit ng katawan

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NFP Facebook page sample original posts for 2020

SPECIAL PROJECTS

NFP was also involved in two special projects related to food fortification.

It prepared a report entitled “Enhanced School Feeding with Iron Fortified Rice in Maguindanao, Philippines, *A Pilot Project of World Food Programme 2019*”, which documented documents the results of the pilot study. The report presented activities undertaken for the pilot study, experiences in undertaking these activities, lessons learned, and recommendations for scaling up the use of iron-fortified rice in social safety net programs.



Enhanced School Feeding with Iron Fortified Rice in Maguindanao, Philippines
A Pilot Project of World Food Programme 2019
Final Report 15 January 2021

Prepared by: 

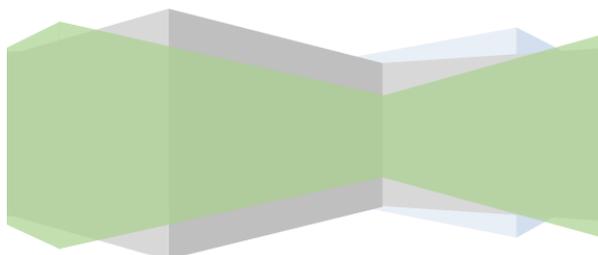
Nutrition Foundation of the Philippines, Inc. Dr. Juan Salcedo, Jr. Bldg., 107 E. Rodriguez, Sr. Blvd., Quezon City 1102



NUTRITION FOUNDATION OF THE PHILIPPINES, INC.

Assessment of the Philippine Food Fortification Program

DRAFT REPORT, DECEMBER 2020



Nutrition Foundation of the Philippines, Inc. Dr. Juan Salcedo, Jr. Bldg., 107 E. Rodriguez, Sr. Blvd., Quezon City 1102

The National Nutrition Council, with support from UNICEF, engaged the services of the NFP to assess the implementation of Republic Act (RA) 8976 or the Food Fortification Act of 2000. The assessment aimed to assess the implementation of both the mandatory and voluntary fortification as provided by RA 8976. Specifically, the assessment determined 1) the extent of compliance to RA 8976; 2) factors that facilitated and prevented implementation of RA 8976; and 3) the significant contribution of RA 8976 to the observed vitamin and iron status of the country. The final draft report has been submitted and will be finalized after the review of the NNC Technical Working Group on Food Fortification. Results of the assessment will help guide the formulation of the strategic plan on food fortification.

MOVING FORWARD

These accomplishments, modest as they may be, were consistent with the NFP vision, mission, and Strategic Plan for 2020-2025. The activities undertaken by student-affiliates in the practicum barangays as well as the Facebook posts were contributions to improving the nutrition knowledge of those reached. The studies on food fortification put to life the NFP purpose of conducting or aiding research as per its Articles of Incorporation,

Indeed 2020 pulled NFP back but NFP stayed on and did what it can do under a very constrained environment. Nonetheless, NFP faces 2021 determined to pursue and catch up with the implementation of the Strategic Plan for 2020-2025 and continue to join hands with government and non-government partners in pursuing the country’s nutrition targets as indicated in the Philippine Plan of Action for Nutrition 2017-2022.