

# Check out this Shortcut to a Guaranteed Healthy Meal

Want to have enough energy and stay healthy? The Department of Health, the Department of Science and Technology, and the Food and Nutrition Research Institute rolled out the Pinggang Pinoy initiative as a guide for Filipinos to maintain a healthy diet.

The move seeks to ensure that the average Filipino gets their recommended nutritional intake per day.

What does a Pinggang Pinoy comprise? It's pretty simple. Simply follow an imaginary partition on your plate divided as such.



## Glow Food (Half Plate)

Fill your plate with glow food or body regulating food. These comprise fruits and vegetables. Fruits and veggies take up a bigger portion because they provide the body with vitamins, minerals, and fiber.



## Grow Food (1/6th plate)

Go food is body building provides your body with protein and minerals necessary for the growth and repair of tissues, muscles, and bones. Meats, fish, and egg products are among the major source of these essentials.



## Go Food (remainder of the plate).

Go food are energy boosters that are found in rice, grains, and other starches. Go food provides you with energy to keep you going throughout the day.

It's a pretty easy pattern to follow to stay strong and healthy. Accompanied with proper exercise, good nutrition helps you ward away sickness and disease without having to spend a ton on medication.

Stay healthy Lasallians!

