

March 23, 2015

DIVISION MEMORANDUM


No.

038 : 2015²⁰¹⁵

DISSEMINATION OF THE NATIONAL NUTRITION COUNCIL'S "10 KUMAINMENTS"

To: Education Program Supervisors
Schools District Supervisors
Heads, public and private elementary schools
SDO employees

1. The National Nutrition Council (NNC) developed the "10 Kumainments", which is the simplified version of the revised Nutritional Guidelines for Filipinos, for better recall and understanding to help improve the nutritional status of Filipinos.
2. Civil Service Commission Memo Circular No. 05, s. 2015 entitled: Dissemination and Adoption of the "10 Kumainments" enjoins all agencies to promote public awareness on the program by undertaking activities, such as but not limited to the following:
 - a) Include relevant information in school's website, publications and social media; and post the "10 Kumainments" tablet in a conspicuous place;
 - b) Use the "10 Kumainments" as guide for the formulation of menus for meetings, seminars, conferences or other events; and
 - c) Conduct seminars using the audio-visual presentation which can be accessed via <http://tinyuri.com/10KumainmentsAVP>.
3. Attached are copies of the CSC MC No. 05, s. 2015 and a sample flyer of the "10 Kumainments" as reference.
4. Immediate and wide dissemination of this Memorandum is desired.


FEDERICO P. MARTIN, Ed.D.
OIC, Schools Division Superintendent

Encl: as stated

To be indicated in the Perpetual Index under the following subjects:

NUTRITION

HEALTH



The round metal gong of the Cordillera known locally as "gangsa" is a symbol of the upland people's culture that has been passed on from generation to another.

The profile of a person blowing a "tanggayob" represents a community being called for an important matter or action.

The lines that shape the mountains, the rice terraces, clouds and rivers symbolize the connectivity and flow of human interaction in a geographic area such as the Cordillera.

All the symbols combined represent unity and harmony of its people with culture and environment in beating the gong for self-determination.



MC No. 05, s. 2015

MEMORANDUM CIRCULAR

TO : ALL HEADS OF CONSTITUTIONAL BODIES, DEPARTMENTS, BUREAUS AND NATIONAL GOVERNMENT AGENCIES (NGAs); GOVERNMENT-OWNED AND CONTROLLED CORPORATIONS WITH ORIGINAL CHARTERS (GOCCs); AND STATE UNIVERSITIES AND COLLEGES (SUCs)

SUBJECT : Dissemination and Adoption of the "10 KUMAINMENTS"

The National Nutrition Council has developed the "10 Kumainments," the popular version of the revised National Guidelines for Filipinos to promote positive nutrition practices to prevent malnutrition and promote healthy lifestyle. The "10 Kumainments" contain shorter and simpler messages for better recall and understanding.

To promote public awareness on the program and encourage Filipinos to eat healthy diets and adopt a healthy lifestyle, all government agencies are encouraged to undertake activities, such as but not limited to the following:

1. Issue a department circular enjoining all units to ensure widest dissemination of the "10 Kumainments";
2. Include relevant information in all agencies' website, publications and social media; disseminate collaterals to partners and clients; and post the "10 Kumainments" tablet in a conspicuous place;
3. Use the "10 Kumainments" as guide for the formulation of menus for meetings, seminars, conferences or other events; and
4. Conduct seminars using the audio-visual presentation which can be accessed via <http://tinyuri.com/10KumainmentsAVP>.

For more information, please contact the Nutrition Information and Education Division of the National Nutrition Council at telephone number (02) 843-0142 or email info@nnc.gov.ph or visit www.nnc.gov.ph.


ROBERT S. MARTINEZ
Acting Chairman

MAR 06 2015

In a R. A. C. E. to Serve: Responsive, Accessible, Courteous and Effective Public Service

Sundin ang 10 Kumainments para sa sigla at lakas ng buhay!

The National Nutrition Council (NNC) developed the "10 KUMAINMENTS" to popularize the Nutritional Guidelines for Filipinos developed by an inter-agency Technical Working Group led by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) and approved by the National Nutrition Council Governing Board in October 2012.

The "10 KUMAINMENTS" are simple and easy to remember guidelines to help improve the nutritional status of Filipinos to be able to live healthier and more productive lives.

The "10 KUMAINMENTS" aim to improve the eating habits and behaviors of Filipinos to prevent malnutrition and diet-related non-communicable diseases such as cancer, diabetes, and cardiovascular diseases.

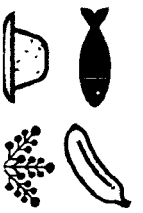
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KUMAINMENTS

Sigla at lakas ng buhay

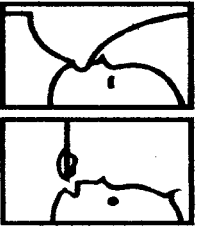
- I. Kumain ng iba't-ibang pagkain.
- II. Sa unang 6 months ni baby, breastfeeding lamang; mula 6 months, bigyan din siya ng ibang angkop na pagkain.
- III. Kumain ng gulay at prutas araw-araw.
- IV. Kumain ng isda, karne, at ibang pagkainng may protina.
- V. Uminom ng gatas; kumain ng pagkainng mayaman sa calcium.
- VI. Tiyaking malinis at ligtas ang ating pagkain at tubig.
- VII. Gumamit ng iodized salt.
- VIII. Hinoy-hinoy sa maalat, mamaritka at mataramis.
- IX. Paratilihin ang tamang timbang.
- X. Maging aktibo. Iwasan ang alak; huwag manigarilyo.





1. Kumain ng iba't-ibang pagkain.

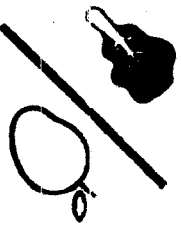
1. Eat a variety of foods everyday to get the nutrients needed by the body.



2. Sa unang 6 months ni baby, breastfeeding lamang; mula 6 months, bigyan din siya ng ibang angkop na pagkain.

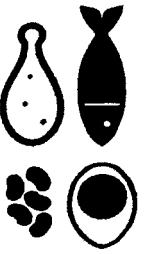
2. Breastfeed infants exclusively from birth up to 6 months then give appropriate complementary

foods while continuing breastfeeding for 2 years and beyond for optimum growth and development.



3. Kumain ng gulay at prutas araw-araw.

3. Eat more vegetables and fruits everyday to get the essential vitamins, minerals and fiber for regulation of body processes.



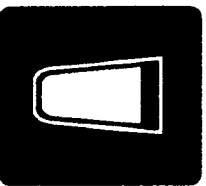
4. Kumain ng isda, karne, at ibang pagkain ng protina.

4. Consume fish, lean meat, poultry, egg, dried beans or nuts daily for growth and repair of body tissues.

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KUMAINMENTS
Sigla at lokes ng buhay

2012 Nutritional Guidelines for Filipinos*



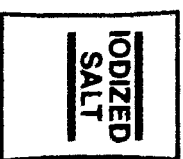
5. Uminom ng gatas; kumain ng pagkaing mayaman sa calcium.

5. Consume milk, milk products and other calcium-rich foods, such as small fish and shellfish, everyday for healthy bones and teeth.



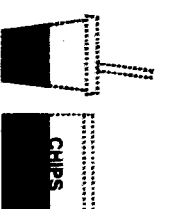
6. Tiyaking malinis at ligtas ang ating pagkain at tubig.

6. Consume safe foods and water to prevent diarrhea and other food-and water-borne diseases.



7. Gumamit ng iodized salt.

7. Use iodized salt to prevent Iodine Deficiency Disorders.



8. Hinay-hinay sa maaalat, maramitka, at matatamis.

8. Limit intake of salty, fried, fatty and sugar-rich foods to prevent cardiovascular diseases.



9. Panatilihin ang tamang timbang.

9. Attain normal body weight through proper diet and moderate physical activity to maintain good health and help prevent obesity.



10. Maging aktibo. Iwasan ang alak; huwag manigarilyo.

10. Be physically active, make healthy food choices, manage stress, avoid alcoholic beverages and do not smoke to help prevent lifestyle-related non-communicable diseases.

*Developed by the Technical Working Group led by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST).

For information, comments, and suggestions:

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Wastong Nutrisyon:
Alabado, South of Palapanan Rd