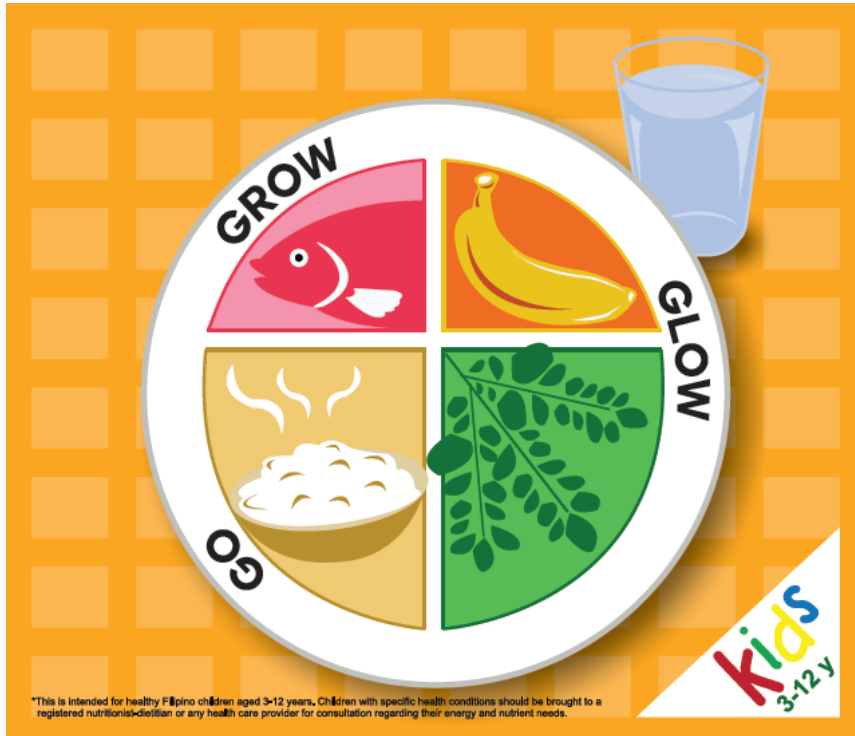


# Wellness

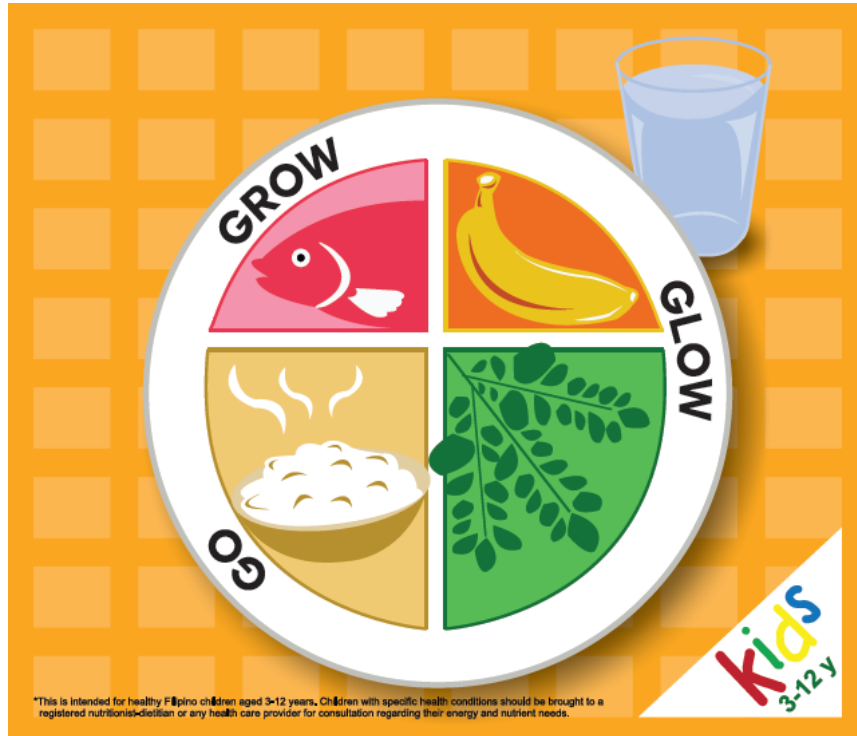
## CAMPUS

### MODULE 1 PINGGANG PINOY





**Pinggang Pinoy<sup>®</sup>**  
reminds us what  
our meal should  
look like each day.



\*This is intended for healthy Filipino children aged 3-12 years. Children with specific health conditions should be brought to a registered nutritionist-dietitian or any health care provider for consultation regarding their energy and nutrient needs.

A healthy meal consists of **Go** foods, **Grow** foods, and **Glow** foods, which should be eaten with a glass of water and/or nutritious beverage like milk.

## GO FOODS

Go foods have **carbohydrates** that give us energy to run, jump and play.





## GROW FOODS

Grow foods have **protein** that help our bodies grow big and strong.



## GLOW FOODS

Glow foods have **vitamins** and **minerals** that help make skin, eyes, and hair healthy, and help the body prevent colds and cough.



# WATER



Include water or a nutritious beverage with your meal.

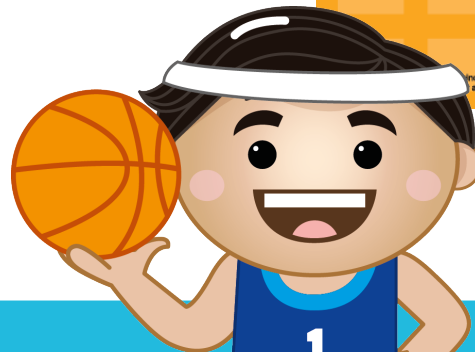
# WATER

Children should drink  
**6 glasses of water**  
or more everyday.



# PINGGANG PINOY

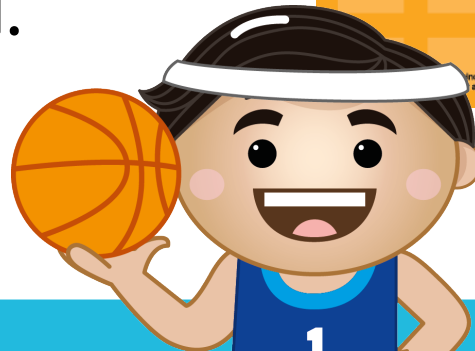
If we make each meal a Pinggang Pinoy<sup>®</sup> we will get the energy and nutrients our bodies need to be healthy.



For children aged 3-12 years, Children with specific health conditions should be brought to a health care provider for consultation regarding their energy and nutrient needs.

# PINGGANG PINOY

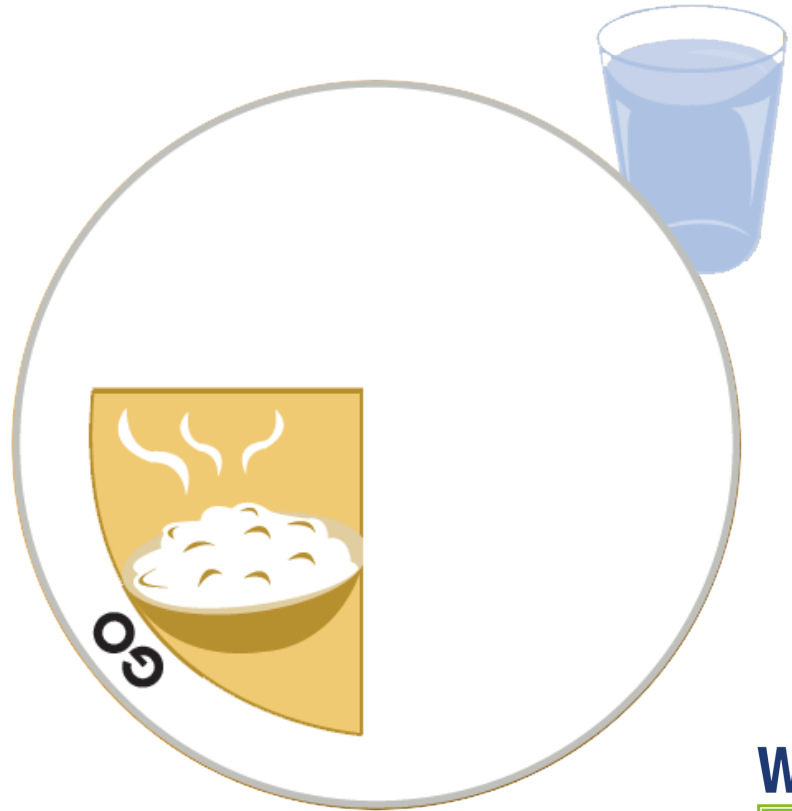
Just follow the **Pinggang Pinoy**<sup>®</sup> guide to know how much Go, Grow and Glow foods you should eat with each meal.



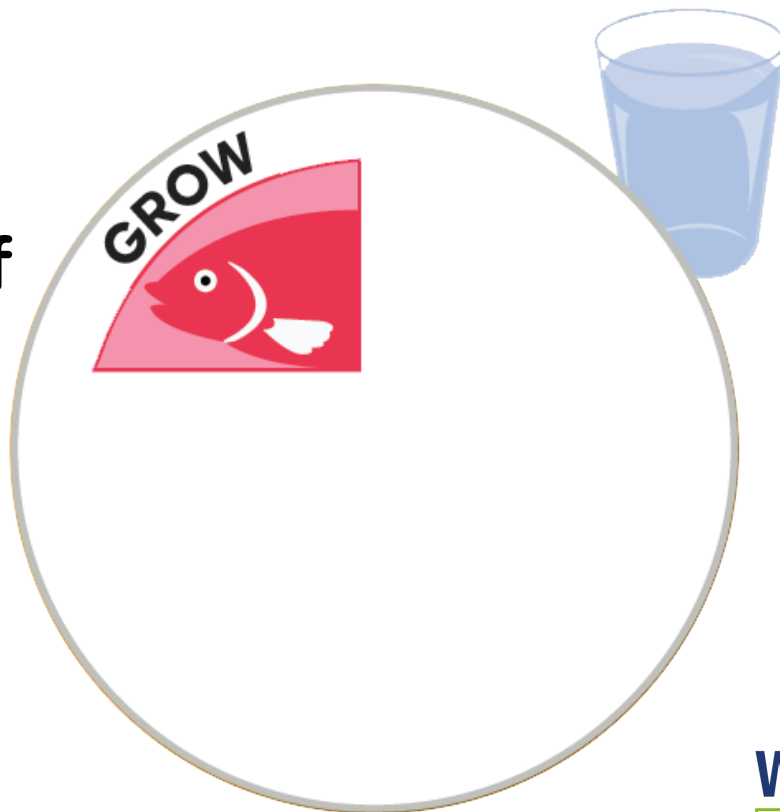
For children aged 3-12 years, Children with specific health conditions should be brought to a health care provider for consultation regarding their energy and nutrient needs.

## PINGGANG PINOY

Almost one-fourth of your plate should contain Go foods.



Almost one-fourth of your plate should have Grow foods.





## PINGGANG PINOY

Almost half of your plate should contain Glow foods, the more colorful, the better.



# PINGGANG PINOY

To complete your Pinggang Pinoy® don't forget to drink water or a nutritious beverage.

