

Wellness

CAMPUS

MODULE 1 PINGGANG PINOY



**Here are some common reasons  
why individuals don't eat  
balanced, nutritious meals ...**

# TASTE

Some people think that nutritious meals aren't tasty.



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Some people think that nutritious meals aren't tasty.

There are many recipe choices for nutritious yet delicious and tasty meals.



# BUDGET

Some think that nutritious meals are expensive.



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**Some think that nutritious meals are expensive.**

**There are many food choices that are nutritious, but do not cost much.**



# TIME

Some people are too busy to prepare a nutritious meal or end up skipping meals.



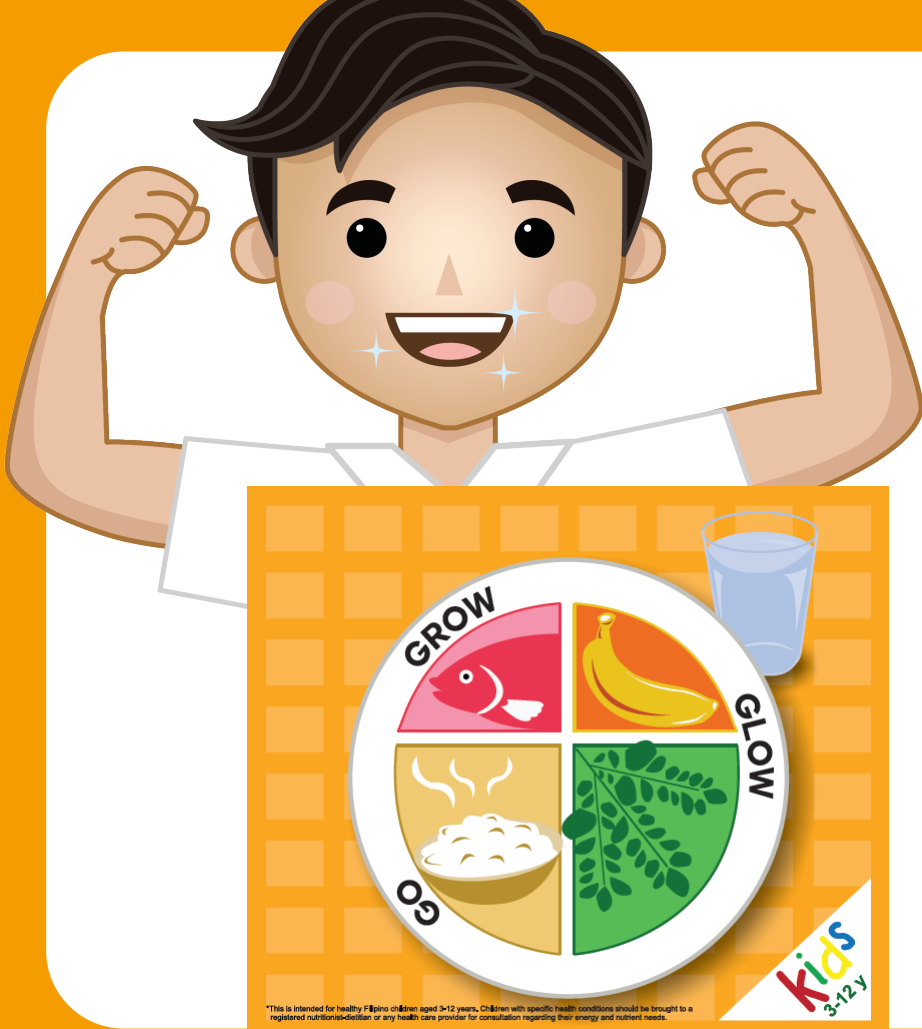
## TIME

Some people are too busy to prepare a nutritious meal or end up skipping meals.

Preparing nutritious food can be easy while eating balanced meals needs to be made a priority.







**Pinggang Pinoy<sup>®</sup>**  
helps us to get the  
nutrients and  
energy we need so  
that we will not  
become  
malnourished.



\*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 person who is malnourished:**

## A person who is malnourished:

- ✓ Does not have a strong, healthy body



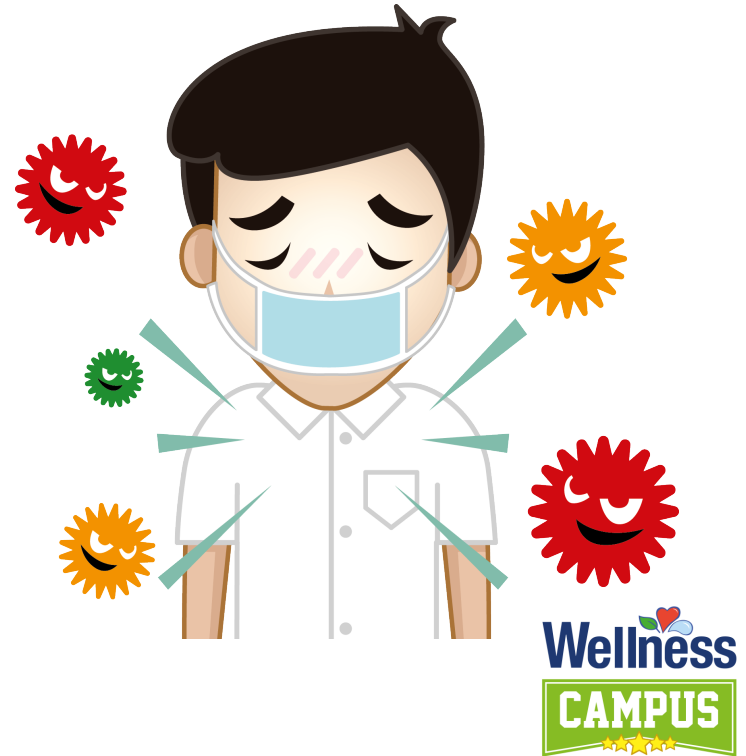
## A person who is malnourished:

- ✓ Does not have a strong, healthy body
- ✓ Often feels tired or dizzy



## A person who is malnourished:

- ✓ Does not have a strong, healthy body
- ✓ Often feels tired or dizzy
- ✓ Is more prone to infections and poor wound healing



## A person who is malnourished:

- ✓ Does not have a strong, healthy body
- ✓ Often feels tired or dizzy
- ✓ Is more prone to infections and poor wound healing
- ✓ Experiences problems with digestion

