

MODERATE ACUTE MALNUTRITION

MAM Recipes



World Food
Programme

Alternative to Ready to Use Supplementary Food (RUSF)

2020 - REV 1

SAVING
LIVES
CHANGING
LIVES

ABOUT THE COVER

Exposure to repeated bouts of acute malnutrition (wasting) coupled with infection puts a child more at risk of dying. It is, therefore, important that good nutrition beginning from the early stages of life is already maintained for the child's early brain development, normal growth and unleashing his potential in the future. The mother's health and nutrition is also crucial to the unborn child's status.

In WFP's Moderate Acute Malnutrition (MAM) Recipe Book, we featured a healthy rather than a malnourished child where both parents were involved from keeping a healthy pregnancy up to raising a well-nourished baby. During pregnancy, the mother's nutritional status (body mass index) was maintained within the normal range. With the guidance of her obstetrician-gynecologist or OB-GYN, the mother went through a smooth pregnancy and gave birth to a full-term healthy baby boy, Andres at 2.6 kilograms.

Andres was exclusively breastfed from birth to six months, and is still currently breastfeeding while being introduced to solid food such as mashed carrots. The mother aims to continue breastfeeding him until he reaches 2 years old. He just started eating complementary solid foods such as mashed carrots at 6 months old. He is well-nourished with a Mid-Upper Arm Circumference (MUAC) and Weight for Length (WFL) score within normal range. His father is very supportive and is involved in childcare since the beginning- changing diapers, assisting in breastfeeding and complementary feeding and rocking the baby to sleep among other things. Most importantly, he supported the breastfeeding mom both in physical and mental aspect of this journey. Their personal experience showed the importance of having a reliable support system to look out for both the mother and baby's welfare throughout the entire process.

The parents made sure that they seek guidance from their OB-GYN, Pediatrician, Lactation Adviser, other Health Workers and Volunteers in the community. The mother also shared that meaningful discussions from a breastfeeding mom's group in Facebook also helped her learn more, along with reading medical and nutrition journals and websites. Apart from those, studies published by the WFP, UNICEF, and WHO and guidelines from the Department of Health and the National Nutrition Council made her confident that everything she does that revolves around her health and the baby's is within the global and national standards.

We aspire that more children will get the nutrition support they need especially in the far-flung areas, with the support and involvement of the whole family and the community so that they can reach their optimum potential up to their adulthood.

FOREWORD

Following the issuance of the 2015 Department of Health's Administrative Order on the National Guidelines on the Management of Acute Malnutrition for Children Under-Five Years, the United Nations World Food Programme (WFP) extended its technical support to the Department in the development of the Manual of Operations specific for the Management of Moderate Acute Malnutrition (MAM).

The Manual features various types of supplementary food preparations for children with MAM, which ranges from the standard Ready to Use Supplementary Food (RUSF); Fortified Blended Food (FBF), such as the super cereals; and the locally-prepared foods. Both the RUSF and the FBF are procured internationally and in the absence of such, locally-prepared food remains the practical option. Further, children who are on RUSF and FBF often develop "taste fatigue" overtime that leads to poor compliance, and therefore, the slow recovery from acute malnutrition, underscoring the need for having alternatives.

The supply chain and logistics of RUSF and FBF have always been a perennial problem and children with MAM can't wait for it to be available before getting treated. Timeliness, maximum coverage, appropriate medical and nutritional rehabilitation and providing care as long as needed - are the four guiding principles of the integrated management of acute malnutrition.

During the roll-out training on the Management of Moderate Acute Malnutrition conducted by the DOH co-facilitated by WFP and support from NNC, there was a felt need to develop a supplementary material which contains the standard locally-available, culturally sensitive and age appropriate supplementary food that will serve as alternative to the standard regimen, thus, the birth of this Project "MAM Recipes- Alternative to Ready to Use Supplementary Food". As the recipes are meant for the rehabilitation of MAM, the term "supplementary" food will be used to distinguish it from "complementary" food given to children aged 6-23 months.

This Project was initiated in 2019 spearheaded by the WFP Nutrition Team (Martin Parreno and Corazon Barba), with support from the Senior Management (Stephen Gluning, Mats Persson, Jutta Neitzel, and Laurene Goublet) and the Communications and Partnership Unit (Catherine Mones and Katrina Mae Lerios) with the support of WFP's new Representative and Country Director Brenda Barton and additional assistance from new CPU colleagues Maitta Rizza Pugay and Justine Marie Sugay.

This initiative was made possible in collaboration with the University of the Philippines Los Baños - Institute of Human Nutrition and Food (UPLB-IHNF), through Prof. Divine Grace Domingo, utilizing existing local recipes compiled by WFP and recipes from the Menu Guide Calendars of the Department of Science and Technology- Food and Nutrition Research Institute (DOST-FNRI).

Special thanks to WFP HQ – Saskia de Pee, Nicolas Joannic, Deborah Wilson, Diane Ashley; and Bangkok Regional Bureau Nutrition team- Britta Schumacher and Anusara Singhkumarwong- for reviewing and providing further technical assistance in the development of this material.

ABOUT THE RECIPE

These standardized recipes are meant for children aged 6-59 months diagnosed with Moderate Acute Malnutrition (MAM). It will only be used in the absence of a standard Ready to Use Supplementary Food (RUSF) and should be prepared at the treatment facility or in any appropriate location where children can be fed. It can also be prepared at home if facilities are disrupted due to COVID-19. The recipes were patterned after the WFP nutrient specifications for the RUSF.

As children with MAM need higher macro and micronutrients than a normal child, each food serving was designed to contain 510-560 kcal of energy comprised of 11-16 grams of protein, 26-36 grams of fat and 30-70 grams of carbohydrates with the addition of the micronutrient powder. It has no or has very low sodium as children with MAM have problems maintaining sodium balance resulting to considerably high level in their bodies which is dangerous.

The macronutrient content of each recipe was computed and re-adjusted to meet the required standard. Verification and standardization were done twice with sensory evaluation in between. The recipes, compiled in this material, provide 10 servings; thus can be served to 10 children with MAM on a daily basis. Only one serving of any of the recipes is required for a child with MAM per day for at least 90 days or until the nutritional status goes back to normal, base from the criteria in the Manual of Operations. Child caregivers or any one that prepares the food can alternate the recipes everyday to avoid taste fatigue.

The recipes for children aged 6-11 months diagnosed with MAM can also be served to children aged 1-5 years old with MAM with additional provision of ½ cup of rice. These MAM recipes will serve as supplementary material to the Manual of Operations in the Management of Moderate Acute Malnutrition among Children Under-Five Years. The utilization and effectiveness of these recipes need to be further monitored and further explored.

It is important to note that once a child is enrolled in the MAM facility or while being provided with recipes containing MNP, the child should not be receiving additional MNP from the other Department of Health (DOH) programs on nutrient supplementation to avoid nutrient toxicity. Once the child has returned to normal nutritional status then the provision of MNP, as part of the regular DOH program, can resume.

Further, this MAM recipe should be provided to a child with MAM in addition to the daily regular intake of nutritious meals (breakfast, lunch, dinner) base from the Philippine Dietary Reference Intakes (PDRI) 2015¹ and the Pinggang Pinoy² (Filipino Plate) recommendations by the Food and Nutrition Research Institute and of the Infant and Young Child Feeding.

MESSAGE

The foundation of a progressive country is its healthy and productive citizen and investing in children's nutrition is paramount.

Undernutrition is one of the deterring factors of a country's comprehensive development. The Philippines lag behind other neighboring countries in the ASEAN region in terms of nutrition with nearly a million children under-five years suffering from acute malnutrition. The government is doubling its effort to address this in order to achieve the SDG 2 target of decreasing Acute Malnutrition to less than 5% by 2030.

WFP is supporting the government in finding quick and feasible solutions to address gaps in the management of childhood malnutrition with supply chain being one. While specialized nutritious food such as Ready to Use Supplementary Food (RUSF) and Fortified Blended Food (FBF) are the standards for treatment for Moderate Acute Malnutrition (MAM), these are not locally produced and not always globally available on time.

Children with MAM can't wait as their risk of dying is 2-3 times than that of a normal child, thus, WFP with its partners, designed recipes as alternative to the standard treatment. The ingredients are culturally acceptable and locally available, and it also fosters local production of those ingredients energizing local economy.

We hope that this material, as supplement to the MAM Manual of Operations, will provide additional resource to the Program Managers from the national up to the local levels in their effort to suppress childhood undernutrition.


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SAFE FOOD PRACTICES

Some food-borne infections can be very serious among vulnerable groups especially among malnourished, and immunocompromised young children. Sanitation and hygiene practices also have crucial roles to play in the supplementary food preparations for children with Moderate Acute Malnutrition (MAM).

Those who are responsible in the food preparations should not only ensure giving nutritious food, but also safe and clean food at all times. In all childcare facilities, school kitchen, community kitchen, and all other facilities where the food preparations will be done, food safety is everyone's responsibility, and not just the food service staff. Contaminants like harmful bacteria, molds, and viruses can cause illness and may spread quickly among children, not only because of contaminated food, but because of shared toys, eating utensils among others.

Providing of nutritious, clean, and safe supplementary food is essential in assuring that children will reach their full potential for growth, development, and health. Serving a safe supplementary food is not difficult, however, it requires engagement and attention to detail at all phases from buying, storing, preparing, cooking, and serving of food.

Here are five general keys to safer food:

1. Keep a clean environment for handling food (including hand washing, cleaning key surfaces and utensils, protecting food preparation areas from insects, and pests and other animals).
2. Separate raw and cooked food.
3. Cook food thoroughly.
4. Store at safe temperature
5. Use of safe water and raw material.

SAFE FOOD PRACTICES

Here are a few tips to prevent outbreaks of food-borne diseases:

A. Buying Food

1. Always follow a schedule of purchasing raw materials to ensure freshness of ingredients.
2. Buy from reputable dealers and grocers who keep their selling areas and facilities clean and sanitary, and keep food at the appropriate temperatures (i.e., holding dairy foods, meats, and seafood at refrigerator temperatures).
3. Always check food labels and expiration dates.
4. Do not buy canned goods with dents, bulges, or leaking canned containers or other similar packaging.
5. Avoid buying packages that are above the frost line in the store's freezer. If the package cover is transparent, select products with frost or ice crystals, which indicate that the product has been stored for a long time, or thawed and refrozen.
6. Fish, meat & poultry must smell fresh with no visible signs of discoloration.
7. Vegetables and fruits should not have bruises or discoloration.

B. Storing Food

1. Refrigerate perishable items as quickly as possible after purchase.
2. Refrigerator temperature should be below 41°F (5°C) and freezer temperature should be 5 °F (-15°C). Check it periodically with a thermometer to make sure that the ideal temperature is maintained.
3. Keep eggs in their original container and store them in the refrigerator itself, not the door, where the temperature is warmer.
4. If raw meat, poultry, or fresh seafood will be used within two days, store them under the coldest part of the refrigerator, usually below the freezer compartment or in a special meat keeper.

5. Make sure to store raw meat, poultry products and fresh seafood with separate packages and make sure to wrap them tightly so that raw juices cannot leak out and contaminate other foods.
6. If raw meat, poultry, or fresh seafood will not be used within two days, store them in the freezer which should have 0°F.
7. Label ingredients with name, date, and time of purchase before storing.
8. Read label directions for storing other foods (i.e., mayonnaise and ketchup need to be refrigerated after they have been opened).
9. Leftovers should be placed in the refrigerator within 2 hours of being cooked.
10. Cover leftover ingredients, wrap them in an airtight packaging, or seal them with plastic wrap.
11. Apply First in First Out (FIFO) and First Expiry First Out (FEFO).
12. Only take out refrigerated raw food when needed

C. Preparing Food

1. Wash hands thoroughly with clean water and soap for at least 20 seconds before beginning food preparation and every time after handling raw foods, including fresh produce.
2. Preparation area must be cleaned, well maintained and pest-free.
3. When thawing frozen food (i.e. meat, poultry and seafood products), defrost it in the refrigerator, microwave oven, or in a water-tight plastic bag submerged in cold water, which should be changed every 30 minutes.
4. Never defrost frozen food at room temperature because this is ideal for bacteria to grow and multiply.
5. Marinate foods in the refrigerator, and discard marinade after use because raw juices of the food may harbor bacteria.
6. Use separate utensils for raw and cooked food when preparing foods.
7. Always use a clean cutting board. Wash cutting boards with hot water, soap and a scrub brush. If possible, use one cutting board for fresh produce and a separate one from raw meat, poultry, and seafood. Replace cutting boards once it become excessively worn or develop hard-to-clean grooves.
8. When opening canned foods, always wash the top of the can to prevent dirt from coming in contact with the food.
9. Wash fresh fruits and vegetables thoroughly with water only.
10. Use separate towels for specific working stations.

11. In terms of the food handler's cooking attire and hygiene practices:

- Keep clothes clean to prevent carrying contaminants into the kitchen.
- Use different apron when working in different stations to prevent cross contamination.
- Wear hair net, face mask and use disposable gloves when handling raw and cooked foods.
- Change disposable gloves regularly.
- Use non-slip and full covered shoes that protect you from burns, spills and splatters.
- Do not wear jewelries, nail polish and or artificial fingernails as they might contaminate the food.
- Do not handle foods if you are sick.
- Never cough or sneeze over the food.
- Cover all cuts and wounds with bandage.

D. Cooking Food

1. As microorganisms grow in a "Temperature Danger Zone" of 40 °F to 140 °F (4 °C to 60 °C), avoid leaving unattended food in the open. Don't keep food exposed at Temperature Danger Zone for more than 4 hours because that is enough time for the microorganisms to multiply in the food.
2. Cook foods to appropriate minimum internal temperature:
 - Seafood: 145 °F (63°C)
 - Beef, lamb, and pork: 160 °F (71 °C)
 - Poultry breast: 165 °F (74 °C)
 - Whole poultry and thighs: 180 °F (82 °C)
3. Always use a thermometer to ensure that the product has reached the correct internal temperature. Color is not always a good indicator.
4. When using the microwave in heating foods, rotate the dish and stir its contents several times to ensure even cooking and temperature. Follow standing times, and use thermometer to check if they have reached the correct internal temperature
5. Cook eggs until the white is firm and the yolk begins to harden.

E. Serving Food

1. Keep hot foods at 140 °F (60°C) or higher, and cold foods at 40°F (4°C) or lower.
2. Do not keep leftovers at room temperature for more than two hours. Refrigerate as quickly as possible.
3. Use different set of utensils for cooking and serving.
4. Use a clean spoon, plates or cup to give foods to children.
5. The table that will be used for serving should be wiped of any dirt or covered with tablecloth.
6. Make sure children wash their hands with soap for 20 seconds before and after eating.



SUPPLEMENTARY FOOD FOR 6-11 MONTHS



ARROZCALDO WITH GATA

NUTRITION DATA PER SERVING:

Energy 513 kcal | **Protein** 14.6 g | **Fat** 31.3 g | **Carbohydrates** 43.4 g

COST: PHP 16.75 per serving

YIELD: 10 servings

SERVING SIZE: 1 cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour and 30 minutes cooking

INGREDIENTS

- 5 tbsp. onion, bulb, minced
- 5 tsp. garlic, minced
- 5 tsp. ginger, julienne
- 500 g or 2 ½ cups rice, milled, glutinous
- 250 g chicken breast, ground
- 5 tsp. oil, coconut
- 1/8 tsp. ground black pepper
- 10 pcs. quail egg, boiled
- 2 ½ boiled egg, diced
- 750 ml coconut milk, thick

MATERIALS NEEDED

- Large Saucepot
- Ladle/ Wooden Spoon

DIRECTIONS

- Put water in a pot and boil the sticky rice for 30-40 minutes until the rice is soft and sticky. Then, set aside.
- In a separate pot, sauté ginger, onion and garlic. Cook for 3 minutes.
- Add chicken breast and season with ground pepper. Cook for 10 minutes under medium heat until the chicken is brown.
- Transfer the pre-boiled sticky rice into the pot and add 2 ½ cups of water. Blend well. Boil for 5 minutes.
- Add coconut milk and blend well. Boil for 5 minutes.
- Add 1 tablespoon of diced boiled for each serving.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



CHICKEN SOPAS

NUTRITION DATA PER SERVING:

Energy 506 kcal | **Protein** 16 g | **Fat** 32.6 g |
Carbohydrates 37.7 g

COST: PHP 17.50 per serving

YIELD: 10 servings

SERVING SIZE: 1 cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 45 minutes cooking

INGREDIENTS

- 400 g pasta, macaroni
- ¼ kg chicken breast, ground
- 100 g Baguio beans, diced
- 200 g carrots, diced
- 5 tbsp. onion, bulb, minced
- 5 tsp. garlic, minced
- 2 ½ pcs. chicken egg, whole, medium, beaten
- 200 ml milk, evaporated
- 10 tbsp. oil, coconut
- 1 cup margarine
- 1/8 tsp. ground black pepper
- 10 cups of water

MATERIALS NEEDED

- Large Pot
- Ladle
- Solid Measuring Cup
- Measuring Spoon
- Liquid Measuring Cup

DIRECTIONS

- Heat vegetable oil and margarine in a cooking pot.
- Once the oil became hot, sauté onion and garlic. Cook for 3 minutes until the onion is translucent and the garlic is brown.
- Add ground chicken. Season with black pepper. Cook for 10 minutes until brown.
- Add the carrots and Baguio beans sauté for 5 minutes or until the vegetables are soft.
- Add the macaroni. Blend all the ingredients in the pot.
- Pour water and let it boil. Cover the cooking pot and continue to cook in medium heat for 5 minutes.
- Season with pepper. Boil for 20 minutes until the pasta is cooked.
- During boiling time, swirl scrambled egg into the soup. Boil for 1 minute.
- Add evaporated milk. Stir. Transfer to a serving bowl.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



CHICKEN LOMI

NUTRITION DATA PER SERVING:

Energy 523 kcal | **Protein** 15.3 g | **Fat** 30.1 g | **Carbohydrates** 47.8 g

COST: PHP 17.05 per serving

YIELD: 10 servings

SERVING SIZE: : ½ cup; one serving is enough for a child with MAM

COOKING TIME: 45 minutes preparation and cooking

INGREDIENTS

- 8 tbsp. oil, coconut
- 50 g onion, minced
- 20 g garlic, minced
- 200 g carrots, julienned
- 200 g chicken breast, flaked
- 10 cups of water
- 700 g fresh flat miki
- 200 g cabbage, chopped
- 2 pcs. chicken egg, beaten
- 50 g cornstarch
- 1/8 tsp. ground black pepper

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- Heat oil in a cooking pot.
- Saute garlic, onion, and carrots for 2 minutes.
- Add the flaked chicken. Cook for 1-2 minutes until the chicken turns light brown.
- Pour the water into the pot. Let boil.
- Add cabbage and miki noodles. Cook for 8-10 minutes.
- Pour the egg. Continuously stir to prevent the egg from forming.
- Add 1/4 cup of water to cornstarch and stir to mix. Pour it into the pot. Stir until the soup thickens.
- Add ground black pepper. Cook for 2 minutes.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



CREAMY CHICKEN AND CORN SOUP

NUTRITION DATA PER SERVING:

Energy 549 kcal | **Protein** 18 g | **Fat** 38.8 g | **Carbohydrates** 32 g

COST: PHP 16.25 per serving

YIELD: 10 servings

SERVING SIZE: : 1 cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 40 minutes cooking

INGREDIENTS

- 300 g chicken breast, ground
- 1 kg grated white corn
- 300 ml coconut milk, thick
- 15 tbsp. oil, coconut
- 1/8 tsp. black pepper, ground
- 5 pcs. chicken egg, whole, medium, beaten

MATERIALS NEEDED

- Saucepot
- Blender
- Ladle
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- Grate the corn, then set aside the cobs.
- In a saucepot, add 10 cups water and boil corn cobs. After 10 minutes of boiling, remove corn cobs. Set aside the water.
- In a separate saucepot, add oil and ground chicken. Season with black pepper.
- Cook the chicken for 10 minutes or until brown under medium-low heat.
- Add the grated corn and blend. Add the water from boiled corn.
- Boil for 3 minutes until the consistency thicken.
- Add coconut milk and stir for 1 minute until the cream is blended.
- Add beaten egg into the soup. Boil for 1 minute.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



HALAYANG KALABASA

NUTRITION DATA PER SERVING:

Energy 535 kcal | **Protein** 14.7 g | **Fat** 27.1 g |
Carbohydrates 58.2 g

COST: PHP 17.00 per serving

YIELD: 10 servings

SERVING SIZE: : ½ cup; one serving is enough for a child with MAM

COOKING TIME: 3 hours cooking

INGREDIENTS

- 1940 g squash (*kalabasa*), boiled, mashed
- 500 ml condensed milk
- 1000 ml evaporated milk
- 10 tbsp. coconut oil

MATERIALS NEEDED

- Large Carajay/ Sauce Pot
- Wooden Spoon
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- In a large pot, mix boiled and mashed squash, condensed milk, evaporated milk and oil. Blend for 3 hours under low-medium heat until the consistency thickens.
- Transfer into a bowl. Allow to cool for at least an hour.
- In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



MASHED POTATO AND CARROTS

NUTRITION DATA PER SERVING:

Energy 531 kcal | **Protein** 11.8 g | **Fat** 35.4 g | **Carbohydrates** 41.2 g

COST: PHP 30.36 per serving

YIELD: 10 servings

SERVING SIZE: : ½ cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour cooking

INGREDIENTS

- 1½ kg potatoes, cut into cubes
- 1 kg carrots, cut into cubes
- 150 g cheese, grated
- 20 tbsp. margarine
- 500 ml milk, evaporated

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- In a pot filled with water, boil the potatoes and carrots for 30 minutes or until soft. Drain and mash.
- In a separate pot, add milk, and butter. Stir for 1 minute.
- Add the mashed potatoes and carrots.
- Under low-medium heat, blend for 10 minutes or until the potatoes and carrots absorb the liquid.
- Add the grated cheese. Blend for another 2 minutes.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



SWEET GINATAANG MUNGGO

NUTRITION DATA PER SERVING:

Energy 541 kcal | **Protein** 12.4 g | **Fat** 35.2 g |
Carbohydrates 43.2 g

COST: PHP 12.50 per serving

YIELD: 10 servings

SERVING SIZE: 1 cup; one serving is enough for a child with MAM

COOKING TIME: 40 minutes pre-preparation of pounded mung bean seeds and glutinous rice; 1 hour cooking

INGREDIENTS

- 225 g munggo beans, dried
- 113 g sugar, white, refined
- 1000 ml coconut milk, thick
- 200 g rice, milled, glutinous

MATERIALS NEEDED

- Large Saucepot
- Ladle

DIRECTIONS

- Heat a small wide pan over medium-low heat. Add the munggo beans and keep stirring to toast until brown for 10 minutes.
- Let the toasted munggo beans cool and then using a mortar and pestle, pound it coarsely.
- Transfer the pounded munggo beans onto a fine mesh sieve set over a bowl. Shake the sieve to get rid of the fine pieces. Set aside the pounded munggo beans, discarding the ones in the bowl.
- In a heavy pan over medium high heat, add the rice, toasted munggo beans and coconut milk. Cook over low heat and stir frequently for 1 hour or until the rice is cooked and the munggo beans are tender.
- Add the sugar and stir until dissolved. Remove from the heat.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



Photo Credit: Martin Parreno/WFP

SUPPLEMENTARY FOOD FOR 1-5 YEARS OLD



AFRITADA

NUTRITION DATA PER SERVING:

Energy 512 kcal | **Protein** 15.1 g | **Fat** 26 g |
Carbohydrates 54.8 g

COST: PHP 24.00 per serving

YIELD: 10 servings

SERVING SIZE: ½ cup served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 30 mins cooking

INGREDIENTS

- ½ kg chicken breast, cubes
- 500 ml tomato sauce, Heinz
- 10 tbsp. sugar, white, refined
- 1/8 tsp. black pepper, ground
- 200 g potato, small diced
- 200 g carrots, small diced
- 300 g Baguio beans, sliced
- 10 tbsp. onion, bulb, minced
- 10 tsp. garlic, minced
- 15 tbsp. oil, coconut

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- In a pot, blanched potatoes, carrots and Baguio beans for 10 minutes. Drain and set aside.
- In the same pot, add oil and sauté garlic and onion under medium-low heat. Cook for 3 minutes until onion is translucent and garlic is brown.
- Add the chicken. Season with ground black pepper. Cook for 10 minutes or until brown.
- Add the carrots, potatoes and baguio beans. Cook for 2 minutes.
- Add the tomato sauce. Boil for 5 minutes. Add ½ cup water.
- Add the white sugar. Boil for 2 minutes.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



BITE-SIZE BREADED CHICKEN

WITH SWEET SAUCE

NUTRITION DATA PER SERVING:

Energy 533 kcal | **Protein** 15 g | **Fat** 27.2 g |
Carbohydrates 57.1 g

COST: PHP 20.00 per serving

YIELD: 10 servings

SERVING SIZE: 50 g of chicken per serving served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour cooking

INGREDIENTS

Marinated Chicken

- 450 g chicken breast, cut into approximately 1" by 1"
- 10 tbsp. cornstarch
- 2 ½ chicken egg, whole, medium
- 150 g bread crumbs
- ½ tsp. ground black pepper
- 10 pcs. calamansi, small
- 15 tbsp. oil, coconut for frying

Sweet Sauce

- 10 tbsp. ketchup, tomato, sweet

- 1 ¼ tsp. worcestershire sauce
- 2 tbsp. white sugar, refined
- ¼ cup water
- 2 ½ tsp. Cornstarch
- 5 tsp. water for cornstarch

MATERIALS NEEDED

- Carajay
- Turner
- Sauce Pan
- Ladle
- Strainer
- Utility Plate

DIRECTIONS

- Heat coconut oil in a large carajay over medium-low heat.
- Season the chicken breast with salt and pepper, to taste. Squeeze the lemon or calamansi juice. Working one at a time, dredge chicken breast in cornstarch, dip into egg, then dredge in bread crumbs, pressing to coat.
- Add the breaded chicken breast to the carajay and cook until evenly golden and crispy, about 3-4 minutes on each side. Transfer to a paper towel-lined plate.
- Serve immediately with ½ cup rice and sweet sauce:
 - a. Stir water, ketchup, brown sugar, and Worcestershire sauce together in a bowl.
 - b. In a pan, stir under low heat the mixture until dissolved and the flavors blend.
 - c. Mix cornstarch and water. Add to the sauce. Stir until the consistency thickens.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



CHEESE CROQUETTES

NUTRITION DATA PER SERVING:

Energy 546 kcal | **Protein** 15.2 g | **Fat** 32.6 g |
Carbohydrates 48 g

COST: PHP 18.50 per serving

YIELD: 10 servings

SERVING SIZE: 2 pieces; one serving is enough for a child with MAM

COOKING TIME: 1 hour cooking

INGREDIENTS

- 225 g potatoes, mashed
- 1 pc. chicken, whole, beaten
- 4 pcs. egg whites, beaten
- 4 pcs. chicken egg yolk, beaten
- 100 g cheese, cubes, 20 pieces, 5 grams per cube
- 100 g all-purpose flour
- 250 ml evaporated milk
- 500 g bread crumbs
- 225 g oil, coconut
- 1/8 tsp. black pepper, ground

MATERIALS NEEDED

- Deep Fryer
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- Add the milk, pepper, 4 egg yolks, and flour to mashed potatoes. Chill and shape 10 grams of potatoes using 25 grams of bread crumbs. Add 1 piece of cheese cube inside. Repeat until all potatoes are molded.
- Dip the mashed potatoes to the beaten egg, then roll through bread crumbs again.
- Fry for 2 minutes or until golden brown. Do not overcrowd the fryer. If small, fry 2 croquettes at a time. May be served with ketchup or cheese dip.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



GINATAANG SITAW AT KALABASA

NUTRITION DATA PER SERVING:

Energy 514 kcal | **Protein** 14.5 g | **Fat** 34.7 g | **Carbohydrates** 36 g

COST: PHP 16.00 per serving

YIELD: 10 servings

SERVING SIZE: ½ cup vegetables + ¼ cup reduced coconut milk sauce served with ½ cup rice ; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour cooking

INGREDIENTS

- 350 g or 2 pcs. chicken breast, cut into cubes (1")
- 500 ml coconut milk, thick
- 5 tbsp. or 2 ½ pcs. small onion, bulb, minced
- 5 tsp. or 5 cloves garlic bulb, minced
- 250 g string beans (*sitaw*), cut into ½" long
- 875 g squash (*kalabasa*), cut thinly approximately 3 cm thick
- 10 tbsp. oil, coconut
- ½ tsp. and 1/8 tsp black pepper, ground

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- Heat oil in a large carajay, medium heat.
- Sauté garlic and onion.
- Add the chicken and season with ½ tsp. ground black pepper. Then, continue to cook for 10 minutes until the color turns light brown.
- Add the squash and string beans in the carajay and sauté for 5 minutes.
- Add the coconut milk. Cook for 15 minutes or until the vegetables are soft.
- Sprinkle some ground black pepper into the pot. Stir and cook for 2 minutes.
- Remove the chicken, squash and string beans. Set aside. Reduce sauce for 25 minutes under low heat.
- Transfer to a serving bowl.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



HOMEMADE FISH BALL

NUTRITION DATA PER SERVING:

Energy 556 kcal | **Protein** 16 g | **Fat** 34.2 g | **Carbohydrates** 46 g

COST: PHP 64.27 per serving

YIELD: 10 servings

SERVING SIZE: 5 balls per serving served with ½ cup of rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour cooking

INGREDIENTS

- 1 ¾ kg galunggong, medium sized, slightly orange tail
- ¼ tsp. black pepper, ground
- 200 g carrot, boiled, mashed
- 1 cup and 4 tbsp. oil, coconut
- 200 g potato, boiled, mashed
- 5 pcs. chicken egg, whole, medium
- 2 ½ cups all-purpose flour

MATERIALS NEEDED

- Deep Fryer
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- Before boiling the fish, clean the fish thoroughly. Remove head and entrails. Make sure that no blood will be left.
- In a pot, add water and boil the fish for 1 hour under medium-low heat. Drain and set aside.
- Flake the fish. Use only the white meat. Remove fish bones, dark meats and skin. (1 ¾ kg of fish will yield 350 g of fish meat)
- In a bowl, blend the flour, salt and pepper in a mixing bowl.
- Add the fish meat, as well as the potatoes and carrots to the dry ingredients until well combined.
- Whisk the eggs and add them to the mixture. To form balls, scoop a tablespoon of the mixture.
- Heat the frying pan. Pour enough oil in the pan to cover the fish balls.
- Deep fry the fish balls for 3-5 minutes or until they have turned golden brown. Do not overcrowd the pan. If a small pan is used, cook 3 balls at a time. If large, 5 balls at a time. Drain and serve. May be served with tomato ketchup or sweet and sour ketchup.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



LUMPIANG GULAY

NUTRITION DATA PER SERVING:

Energy 516 kcal | **Protein** 13.2 g | **Fat** 36.9 g |
Carbohydrates 32.5 g

COST: PHP 30.75 per serving

YIELD: 10 servings

SERVING SIZE: 2 rolls; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 15 minutes cooking; 1 hour frying

INGREDIENTS

- 200 g pork, lean meat, ground
- 200 g carrots, sliced in long, thin strips
- 200 g sweet potato, sliced in long, thin strips
- 10 tbsp. onion, minced
- 2 ¼kg munggo bean sprout (*toge*)
- 500 g Baguio beans, diced
- 20 pcs. spring roll wrapper, plain, large, thick
- 15 tbsp. oil, coconut

- 1/8 tsp. ground pepper

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- Heat 5 tbsp. cooking oil in a carajay. Once the oil gets hot, sauté garlic and onion.
- When the onion gets soft, add ground pork. Stir fry for 2 minutes. Add ground black pepper. Stir.
- Add the carrots, sweet potato, and Baguio beans and then cook for 3 minutes.
- Stir-in the bean sprouts. Cook for 5-8 minutes until the sprouts are soft.
- Transfer the cooked vegetable in a plate. Drain the excess liquid. Set aside until cooled down.
- Start to wrap the cooked vegetables using the egg roll wrappers. Lay the wrapper flat on a big plate. Place 50 grams of vegetables at the end of the wrapper. Fold the opposite edges of the wrapper and then roll until the vegetables are secured. Seal the end of the wrapper with water then gently press the wet loose end towards the egg roll.
- Heat the oil in the pot. Fry egg rolls in medium heat, 1 minute per side, until brown. Do not overcrowd the pan. Cook 3 rolls per batch.
- Remove the egg roll and drain. Serve with vinegar or ketchup.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



MACARONI SALAD

NUTRITION DATA PER SERVING:

Energy 555 kcal | **Protein** 15.6 g | **Fat** 31.9 g |
Carbohydrates 51.4 g

COST: PHP 16.07 per serving

YIELD: 10 servings

SERVING SIZE: 1 cup; one serving is enough for a child with MAM

COOKING TIME: 1 hour and 30 minutes preparation and cooking

INGREDIENTS

- 450 g uncooked medium elbow macaroni
- 200 g boneless, flaked chicken breasts
- 100 g carrot, peeled and diced
- 2 pcs. hard boiled eggs, peeled and coarsely chopped
- 250 g crushed pineapple
- 50 g Eden cheese
- 50 g pickle, relish, sweet
- 50 g onion, minced
- 1½ cup mayonnaise
- ½ cup condensed milk
- 1/8 tsp ground black pepper

MATERIALS NEEDED

- Large carajay
- Ladle
- Solid Measuring cup
- Measuring Spoon
- Strainer

DIRECTIONS

- In a pot over medium-low heat, add enough water to boil macaroni. Cook for 18-20 minutes or until firm to bite. Drain well.
- In a pot, add chicken meat and enough water to cover. Heat, cover, and simmer about 30-45 minutes or until cooked through. Drain from the liquid, allow to completely cool and shred. Set aside.
- In a pot, bring water to a boil. Add diced carrots and cook for about 30 seconds. Using a slotted spoon, remove from water and plunge into an ice bath until completely cool. Drain and set aside.
- In a large bowl, combine macaroni, chicken, carrots, eggs, crushed pineapple, cheese, sweet pickle relish, onions, mayonnaise, and sweetened condensed milk. Gently stir together until evenly distributed.
- Season with pepper to taste. Refrigerate for about 1 hour to cool completely and to allow flavors to meld.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



MAJA BLANCA

NUTRITION DATA PER SERVING:

Energy 530 kcal | **Protein** 10.2 g | **Fat** 33.7 g |
Carbohydrates 46.6 g

COST: PHP 16.50 per serving

YIELD: 10 servings

SERVING SIZE: 1 square slice; one serving is enough for a child with MAM

COOKING TIME: 1 hour and 30 minutes preparation and cooking

INGREDIENTS

- 800 ml coconut milk
- 150 ml evaporated milk
- 250 g white sugar, refined
- 200 g corn, whole kernel
- 250 g cheese, grated
- 150 g cornstarch
- 20 ml water

MATERIALS NEEDED

- Large carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- In a pot, add coconut milk, water, sugar and evaporated milk. Stir under low heat. Bring to boil for 10 minutes.
- Add corn kernels and grated cheese. Stir slowly for 1 minute.
- Combine the cornstarch and water. Add the mixture into the pot and stir thoroughly for 5 minutes. Mix until desired consistency was reached.
- Grease the pan with oil or butter. Pour the mixture into a serving tray then flatten the top using a spatula or spoon.
- Allow to cool for at least an hour.
- Cut into 10 equal sizes.
- In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



MISWA AND UPO SOUP WITH PORK MEATBALLS

NUTRITION DATA PER SERVING:

Energy 560 kcal | **Protein** 15.4 g | **Fat** 34.6 g | **Carbohydrates** 46.5 g

COST: PHP 30.00 per serving

YIELD: 10 servings

SERVING SIZE: 1 cup, 2 meatballs served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 30 minutes cooking

INGREDIENTS

- 9 tbsp. onion, , bulb, minced
- 9 tsp. garlic, minced
- 200 g misua
- 200 g upo, cut into quarters and thinly approximately 2 cm each
- 10 tsp. oil, coconut
- 10 cups of water
- Pork Meatballs
- 500 g pork, ground
- 5 tbsp. all-purpose flour
- 1 tbsp. onion, minced
- 1 tsp. garlic, minced
- 1/8 tsp. black pepper
- ½ piece chicken egg, medium

MATERIALS NEEDED

- Large carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- In a bowl, mix the ground pork, onion and garlic. Add the all-purpose flour and egg. Season with pepper. Set aside.
- In a pot, add oil and sauté onion and garlic. Cook for 2 minutes until onion is translucent and garlic is brown under medium-low heat.
- Add the ground pork. Cook for 10 minutes or until brown. Add pepper.
- Add the upo. Blend well for 2 minutes.
- Add water, cover and bring to boil for 10 minutes.
- While boiling, form balls using the ground meat and drop in boiling water.
- Add the misua and boil for another 3 minutes.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



MUNGBEAN & CHICKEN PATTY

NUTRITION DATA PER SERVING:

Energy 526 kcal | **Protein** 15.3 g | **Fat** 33.6 g | **Carbohydrates** 40.7 g

COST: PHP 17.25/serving

YIELD: 10 servings

SERVING SIZE: 2 pieces served with ½ cup rice (50g each patty) ; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour cooking

INGREDIENTS

- 150 g munggo beans, green, dried, boiled
- 9 cups water for boiling
- 10 tbsp. onion, bulb, minced
- 275 g chicken breast, ground
- 200 g squash (*kalabasa*), grated
- 200 g carrots, grated
- 75 g onion, spring, minced
- 2 ½ pieces chicken egg, medium, whole, beaten
- 100 g cheese, cheddar, grated
- 5 tbsp. wheat flour, all-purpose
- ½ tsp. black pepper
- 20 tbsp. (2 tbsp. per patty) oil, coconut

MATERIALS NEEDED

- Large Carajay/ Non-stick Pan
- Turner
- Solid Measuring Cup
- Measuring Spoon

DIRECTIONS

- Wash the munggo seeds. Then, in a covered pan, pour 3 cups of water and boil the munggo beans over medium fire for 20 minutes. Strain the mung bean seeds. In the same pan, pour another 3 cups of water and boil for 30 minutes until tender. Strain then set aside.
- In a bowl, combine the munggo, onion, chicken, squash, carrots, and spring onion. Blend well. Set aside.
- In a separate bowl, mix together the egg, pepper, and all-purpose flour.
- Pour in the munggo mixture. Blend well.
- Scoop out 1/4 cup of the mixture. Mold into patties.
- Using a carajay or a non-stick pan, heat oil. Use 2 tbsp. of oil for each patty. Fry the patties, 5 minutes per side, over medium fire until golden brown. Remove from the pan when cook and drain excess oil.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



MUNGBI WITH CHICKEN

NUTRITION DATA PER SERVING:

Energy 543 kcal | **Protein** 15 g | **Fat** 27.7 g |
Carbohydrates 58.4 g

COST: PHP 19.00 per serving

YIELD: 10 servings

SERVING SIZE: 1 cup each serving served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 40 minutes pre-preparation of mung bean seeds; 1 hour cooking

INGREDIENTS

- 500 g or 2 ½ cups munggo seed, green, dried
- 8 cups of water for boiling mung bean seed
- 20 tbs. butter, Magnolia, salted
- 10 tbs. onion, bulb, minced
- 10 tsp. garlic, minced
- 300 g chicken breast, ground
- 50 g malunggay leaves only, without stems
- 200 g sotanghon noodles
- 1 ¼ tsp. black pepper, ground

MATERIALS NEEDED

- Pot
- Ladle
- Measuring spoon
- Liquid Measuring cup

DIRECTIONS

- Boil munggo seeds for 40 minutes until soft. Set aside.
- In a separate pot, add oil and sauté the garlic and onions under medium-low heat.
- Add the ground chicken and cook for 15 minutes or until brown. Season with ¼ tsp. ground black pepper.
- Add the boiled munggo seeds into the pot and boil for 5 minutes.
- Add another 2 cups of water into the pot. Boil for 10 minutes.
- Add the sotanghon to the pot and cook for 10 minutes.
- Add the malunggay leaves. Serve while hot with ½ cup rice.
- Let the dish cool down a bit. In each serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving.



POCHERO

NUTRITION DATA PER SERVING:

Energy 547 kcal | **Protein** 15 g | **Fat** 27.9 g |
Carbohydrates 58.9 g

COST: PHP 26.00 per serving

YIELD: 10 servings

SERVING SIZE: ½ cup served with with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 30 mins cooking

INGREDIENTS

- 500 ml tomato sauce, Heinz
- 10 tbsp. onion, bulb, minced
- 10 tsp. garlic, minced
- 500 g chicken breast, cubes
- 200 g carrots, diced
- 200 g Baguio beans, diced
- 200 g Chinese cabbage, approximately 1" per side
- 300 g banana, saba, cubes
- 15 tbsp. oil, coconut
- ¼ tsp. ground pepper

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- In a pot, blanch Baguio beans and carrots for 10 minutes. Drain and set aside.
- In a pot, add oil and sauté garlic and onion under medium-low heat.
- Add the chicken. Season with ground black pepper. Cook for 10 minutes until brown.
- Add the carrots and Baguio beans. Cook for 2 minutes.
- Add the tomato sauce. Boil for 5 minutes.
- Add the banana saba and cabbage. Cook for 2 minutes.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



PORK AND BEANS

NUTRITION DATA PER SERVING:

Energy 523 kcal | **Protein** 11.3 g | **Fat** 31.4 g |
Carbohydrates 50.2 g

COST: PHP 36.07 per serving

YIELD: 10 servings

SERVING SIZE: ½ cup served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: Approximately 4 hours boiling for kidney beans and 30 minutes cooking

INGREDIENTS

- 150 g kidney/snap bean seed, white, dried
- 3 ½ cups water for boiling
- 450 g pork meat, lean, ground
- 650 ml tomato sauce
- 250 g snap bean pod, green, cut diagonally thinly approximately 3 cm
- 1 tbsp. onion, bulb, minced
- 1 tbsp. garlic, minced
- 5 tbsp. oil, coconut

- 1/8 tsp. pepper
- ¼ cup water

MATERIALS NEEDED

- Large carajay
- Ladle
- Solid Measuring cup
- Measuring Spoon
- Strainer

DIRECTIONS

- In a covered pan, add water and boil the white kidney beans over medium fire for 4 hours or until tender. A technique which can be used is by turning off the stove while boiling and by letting the beans cooked over covered pot. Strain and set aside.
- In another pan, heat oil. Sauté onion, garlic and pork. Cook for 10 minutes or until pork becomes tender. Season with 1/8 tsp. pepper.
- Add the Baguio beans. Sauté for 3 minutes. Add ¼ cup water. Boil for 3 minutes.
- Add the tomato sauce. Simmer for another 5 minutes.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



PORK BITES IN GRAVY

WITH RICE AND BEANS

NUTRITION DATA PER SERVING:

Energy 536 kcal | **Protein** 13.2 g | **Fat** 34.4 g |
Carbohydrates 43.3 g

COST: PHP 29.50 per serving

YIELD: 10 servings

SERVING SIZE: 55 g of pork per serving + ½ cup rice and 45 g snap beans; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour and 30 minutes cooking

INGREDIENTS

- 550 g pork belly, less fat, cut into cubes
- 450 g Baguio beans, blanched, cut into slants ½" each
- 11 tbsp. oil, coconut
- 5 pcs. calamansi, small
- 10 tbsp. onion, bulb, minced
- 10 tsp. garlic, minced
- 10 tbsp. Cornstarch
- ¾ cup water
- 150 g onion spring for garnish: 1 tsp. per serving

MATERIALS NEEDED

- Large Carajay
- Slotted Spoon
- Solid Measuring cup
- Measuring Spoon

DIRECTIONS

- Season the pork cubes with salt and pepper and calamansi.
- In a carajay, add oil and fry pork cubes for 10 minutes or until brown. Drain and set aside.
- In the same pan, remove excess oil and sauté onions and garlic. Add ½ cup water. Simmer for 3 minutes.
- Add the cornstarch mixture by mixing cornstarch and water. Mix until the consistency thickens. Add fried pork cubes.
- Serve the pork with rice and blanched Baguio beans.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.



SWEET AND SOUR CHICKEN

NUTRITION DATA PER SERVING:

Energy 508 kcal | **Protein** 15 g | **Fat** 25.7 g | **Carbohydrates** 54.3 g

COST: PHP 29.00 per serving

YIELD: 10 servings

SERVING SIZE: 55 g of chicken and ½ cup of sweet and sour sauce served with ½ cup rice; one serving is enough for a child with MAM

COOKING TIME: 1 hour pre-preparation; 1 hour cooking

INGREDIENTS

Marinated Chicken

- 500 g chicken breast, cut into ½ inch cubes
- ½ tsp. black pepper, ground
- ½ tsp. white sugar
- 5 pcs. chicken egg, egg white only
- 3 tbsp. onion, spring, minced

Sweet and Sour Sauce

- 5 tbsp. or 2½ pcs. small onion, bulb, minced
- 2 cups or 200 g carrots, diced
- 1 cup or 100 g celery, diced

- 2 ½ cups of water
- 1 cup white sugar, refined
- 8 tbsp. of vinegar
- 200 ml of coconut oil (for frying)
- 2 tbsp. of coconut oil (for sauteing)

MATERIALS NEEDED

- 2 sauce pans with cover
- Turner
- Solid Measuring cup
- Measuring Spoon
- Liquid measuring cup

DIRECTIONS

- Using a bowl, marinate the chicken with black pepper, white sugar, egg whites, and spring onions. Blend well. Cover, and place inside the refrigerator for at least an hour.
- Heat oil under medium-low heat in a saucepan or deep fat fryer.
- Drop pieces of chicken in the oil, one by one, and fry for 10 minutes or until evenly browned. Drain on paper towels or rack with strainer. Fry chicken per batches. Avoid overcrowding.
- On a separate sauce pan, heat oil over medium heat. Stir in the onion, celery and carrots. Add ¼ cup of water and cook the vegetables until tender and when water evaporates. Remove from heat and set aside.
- In a bowl, mix water, salt, white sugar, vinegar, and ketchup. Bring to boil, and mix in cornstarch and water to thicken.
- Let the dish cool down a bit. In one serving portion, add one (1) sachet of Multiple Micronutrient Powder (MNP) before serving. MNP should be added once a day only.

ANNEX

Macro and Micro Nutrient Content Supplementary Food for Children to 6-11 months

Arrozcaldo with Gata

Estimated energy and nutrient content per serving	Nutrient	Content	6 to 11 Male		6 to 11 Female	
			REI&RNI	%Contribution	REI&RNI	%Contribution
	Energy (kcal)	514	720	71	630	82
	Protein (g)	15.1	17	89	15	101
	Fat (g)	31.2	-	-	-	-
	Carbohydrates (g)	43.5	-	-	-	-
	Calcium (mg)	44	400	11	400	11
	Phosphorus (mg)	187	275	68	275	68
	Iron (mg)	3.1	10	31	9	34
	Vitamin A (µg RE)	32	400	8	400	8
	Thiamin (mg)	0.12	0.4	30	0.3	40
	Riboflavin (mg)	0.08	0.4	20	0.3	27
	Niacin (mg NE)	6.7	5	134	5	134
	Vitamin C (mg)	1	40	3	40	3

Chicken Sopas

Estimated energy and nutrient content per serving	Nutrient	Content	6 to 11 Male		6 to 11 Female	
			REI&RNI	%Contribution	REI&RNI	%Contribution
	Energy (kcal)	506	720	71	630	81
	Protein (g)	16.3	17	96	15	109
	Fat (g)	33.6	-	-	-	-
	Carbohydrates (g)	36.3	-	-	-	-
	Calcium (mg)	119	400	30	400	30
	Phosphorus (mg)	169	275	61	275	61
	Iron (mg)	3.7	10	37	9	41
	Vitamin A (µg RE)	403	400	101	400	101
	Thiamin (mg)	1.11	0.4	278	0.3	370
	Riboflavin (mg)	0.34	0.4	85	0.3	113
	Niacin (mg NE)	7.7	5	154	5	154
	Vitamin C (mg)	3	40	8	40	8

Chicken Lomi

Estimated energy and nutrient content per serving	Nutrient	Content	6 to 11 Male		6 to 11 Female	
			REI&RNI	%Contribution	REI&RNI	%Contribution
	Energy (kcal)	523	720	72	630	83
	Protein (g)	15.3	17	97	15	110
	Fat (g)	30.1	-	-	-	-
	Carbohydrates (g)	47.8	-	-	-	-
	Calcium (mg)	80	400	20	400	20
	Phosphorus (mg)	105	275	38	275	38
	Iron (mg)	3.7	10	37	9	41
	Vitamin A (µg RE)	342	400	86	400	86
	Thiamin (mg)	0.18	0.4	45	0.3	60
	Riboflavin (mg)	0.09	0.4	22	0.3	30
	Niacin (mg NE)	6.9	5	138	5	138
	Vitamin C (mg)	10	40	25	40	25

Creamy Chicken and Corn Soup

Estimated energy and nutrient content per serving Nutrient	Content	6 to 11 Male		6 to 11 Female	
		REI&RNI	%Contribution	REI&RNI	%Contribution
		Energy (kcal)	549	720	76
Protein (g)	18	17	106	15	120
Fat (g)	38.8	-	-	-	-
Carbohydrates (g)	32	-	-	-	-
Calcium (mg)	52	400	13	400	13
Phosphorus (mg)	253	275	92	275	92
Iron (mg)	3.6	10	36	9	40
Vitamin A (µg RE)	37	400	9	400	9
Thiamin (mg)	0.27	0.4	68	0.3	90
Riboflavin (mg)	0.27	0.4	68	0.3	90
Niacin (mg NE)	8.3	5	166	5	166
Vitamin C (mg)	6	40	15	40	15

Halayang Kalabasa

Estimated energy and nutrient content per serving Nutrient	Content	6 to 11 Male		6 to 11 Female	
		REI&RNI	%Contribution	REI&RNI	%Contribution
		Energy (kcal)	535	720	74
Protein (g)	14.7	17	78	15	89
Fat (g)	27.1	-	-	-	-
Carbohydrates (g)	52.8	-	-	-	-
Calcium (mg)	521	400	130	400	130
Phosphorus (mg)	261	275	95	275	95
Iron (mg)	1.3	10	13	9	14
Vitamin A (µg RE)	260	400	65	400	65
Thiamin (mg)	0.52	0.4	130	0.3	173
Riboflavin (mg)	0.47	0.4	117	0.3	157
Niacin (mg NE)	2.8	5	56	5	56
Vitamin C (mg)	16	40	40	40	40

Mashed Potato and Carrots

Estimated energy and nutrient content per serving Nutrient	Content	6 to 11 Male		6 to 11 Female	
		REI&RNI	%Contribution	REI&RNI	%Contribution
		Energy (kcal)	531	720	74
Protein (g)	11.8	17	69	15	79
Fat (g)	35.4	-	-	-	-
Carbohydrates (g)	41.2	-	-	-	-
Calcium (mg)	384	400	96	400	96
Phosphorus (mg)	311	275	113	275	113
Iron (mg)	3.9	10	39	9	43
Vitamin A (µg RE)	1670	400	418	400	418
Thiamin (mg)	1.9	0.4	475	0.3	633
Riboflavin (mg)	0.5	0.4	125	0.3	167
Niacin (mg NE)	5.9	5	118	5	118
Vitamin C (mg)	53	40	133	40	133

Sweet Ginataang Munggo

Estimated energy and nutrient content per serving Nutrient	Content	6 to 11 Male		6 to 11 Female	
		REI & RNI	% Contribution	REI & RNI	% Contribution
		Energy (kcal)	541	720	75
Protein (g)	12.4	17	73	15	83
Fat (g)	35.2	-	-	-	-
Carbohydrates (g)	43.7	-	-	-	-
Calcium (mg)	52	400	13	400	13
Phosphorus (mg)	195	275	71	275	71
Iron (mg)	3.1	10	31	9	34
Vitamin A (µg RE)	3	400	1	400	1
Thiamin (mg)	0.2	0.4	50	0.3	67
Riboflavin (mg)	0.07	0.4	18	0.3	23
Niacin (mg NE)	3.8	5	76	5	76
Vitamin C (mg)		40	-	40	-

Supplementary Food for Children to 1-5 years old

Afritada

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution
Nutrient									
Energy (kcal)	512	1000	51	920	55	1350	38	1260	41
Protein (g)	15.1	18	84	17	88	22	69	21	72
Fat (g)	26	-	-	-	-	-	-	-	-
Carbohydrates (g)	54.8	-	-	-	-	-	-	-	-
Calcium (mg)	93	500	19	500	19	550	17	550	17
Phosphorus (mg)	164	460	36	460	36	500	33	500	33
Iron (mg)	3	8	38	8	38	9	33	9	33
Vitamin A (µg RE)	386	400	97	400	97	400	97	400	97
Thiamin (mg)	0.12	0.5	24	0.4	30	0.5	24	0.5	24
Riboflavin (mg)	0.11	0.5	22	0.4	27	0.6	18	0.5	22
Niacin (mg NE)	9.1	6	152	6	152	7	130	7	130
Vitamin C (mg)	19	45	42	45	42	45	42	45	42

Bite-size Breaded Chicken

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution
Nutrient									
Energy (kcal)	509	1000	51	920	55	1350	38	1260	40
Protein (g)	16.2	18	90	17	95	22	74	21	77
Fat (g)	34.9	-	-	-	-	-	-	-	-
Carbohydrates (g)	32.3	-	-	-	-	-	-	-	-
Calcium (mg)	50	500	10	500	10	550	9	550	9
Phosphorus (mg)	227	460	49	460	49	500	45	500	45
Iron (mg)	2.4	8	30	8	30	9	27	9	27
Vitamin A (µg RE)	8	400	2	400	2	400	2	400	2
Thiamin (mg)	0.42	0.5	84	0.4	105	0.5	84	0.5	84
Riboflavin (mg)	0.12	0.5	24	0.4	30	0.6	20	0.5	24
Niacin (mg NE)	6.6	6	110	6	110	7	94	7	94
Vitamin C (mg)	4	45	9	45	9	45	9	45	9

Cheese Croquettes

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution
Nutrient									
Energy (kcal)	546	1000	55	920	59	1350	40	1260	43
Protein (g)	15.2	18	84	17	89	22	69	21	72
Fat (g)	32.6	-	-	-	-	-	-	-	-
Carbohydrates (g)	48	-	-	-	-	-	-	-	-
Calcium (mg)	107	500	21	500	21	550	19	550	19
Phosphorus (mg)	120	460	26	460	26	500	24	500	24
Iron (mg)	1.5	8	19	8	19	9	17	9	17
Vitamin A (µg RE)	141	400	35	400	35	400	35	400	35
Thiamin (mg)	0.06	0.5	12	0.4	15	0.5	12	0.5	12
Riboflavin (mg)	0.22	0.5	44	0.4	55	0.6	37	0.5	44
Niacin (mg NE)	3.1	6	52	6	52	7	44	7	44
Vitamin C (mg)	7	45	16	45	16	45	16	45	16

Ginataang Sitaw at Kalabasa

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution
Nutrient									
Energy (kcal)	514	1000	51	920	56	1350	38	1260	41
Protein (g)	15	18	83	17	88	22	68	21	71
Fat (g)	34.7	-	-	-	-	-	-	-	-
Carbohydrates (g)	35.6	-	-	-	-	-	-	-	-
Calcium (mg)	100	500	20	500	20	550	18	550	18
Phosphorus (mg)	192	460	42	460	42	500	38	500	38
Iron (mg)	3.2	8	40	8	40	9	36	9	36
Vitamin A (µg RE)	150	400	38	400	38	400	38	400	38
Thiamin (mg)	0.14	0.5	28	0.4	35	0.5	28	0.5	28
Riboflavin (mg)	0.12	0.5	24	0.4	30	0.6	20	0.5	24
Niacin (mg NE)	7.7	6	128	6	128	7	110	7	110
Vitamin C (mg)	24	45	53	45	53	45	53	45	53

Homemade Fishball

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution
Nutrient									
Energy (kcal)	556	1000	56	920	61	1350	41	1260	44
Protein (g)	16	18	89	17	94	22	73	21	76
Fat (g)	34.2	-	-	-	-	-	-	-	-
Carbohydrates (g)	46	-	-	-	-	-	-	-	-
Calcium (mg)	111	500	22	500	22	550	20	550	20
Phosphorus (mg)	195	460	42	460	42	500	39	500	39
Iron (mg)	4.6	8	57	8	57	9	51	9	51
Vitamin A (µg RE)	431	400	108	400	108	400	108	400	108
Thiamin (mg)	0.11	0.5	22	0.4	27	0.5	22	0.5	22
Riboflavin (mg)	0.25	0.5	50	0.4	63	0.6	42	0.5	50
Niacin (mg NE)	9.7	6	162	6	162	7	139	7	139
Vitamin C (mg)	8	45	18	45	18	45	18	45	18

Lumpiang Gulay

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution
Nutrient									
Energy (kcal)	516	1000	52	920	56	1350	38	1260	41
Protein (g)	13.2	18	73	17	78	22	60	21	63
Fat (g)	36.9	-	-	-	-	-	-	-	-
Carbohydrates (g)	32.5	-	-	-	-	-	-	-	-
Calcium (mg)	155	500	31	500	31	550	28	550	28
Phosphorus (mg)	312	460	68	460	68	500	62	500	62
Iron (mg)	4.8	8	60	8	60	9	53	9	53
Vitamin A (µg RE)	357	400	89	400	89	400	89	400	89
Thiamin (mg)	0.48	0.5	96	0.4	120	0.5	96	0.5	96
Riboflavin (mg)	0.4	0.5	80	0.4	100	0.6	67	0.5	80
Niacin (mg NE)	10	6	167	6	167	7	143	7	143
Vitamin C (mg)	106	45	236	45	236	45	236	45	236

Macaroni Salad

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution
Nutrient									
Energy (kcal)	555	1000	56	920	60	1350	41	1260	44
Protein (g)	15.6	18	87	17	92	22	71	21	74
Fat (g)	31.9	-	-	-	-	-	-	-	-
Carbohydrates (g)	51.4	-	-	-	-	-	-	-	-
Calcium (mg)	119	500	24	500	24	550	22	550	22
Phosphorus (mg)	161	460	35	460	35	500	32	500	32
Iron (mg)	2.7	8	34	8	34	9	30	9	30
Vitamin A (µg RE)	223	400	56	400	56	400	56	400	56
Thiamin (mg)	0.3	0.5	60	0.4	75	0.5	60	0.5	60
Riboflavin (mg)	0.24	0.5	48	0.4	60	0.6	40	0.5	48
Niacin (mg NE)	6.5	6	108	6	108	7	93	7	93
Vitamin C (mg)	3	45	7	45	7	45	7	45	7

Maja Blanca

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution
Nutrient									
Energy (kcal)	530	1000	53	920	58	1350	39	1260	42
Protein (g)	10.2	18	57	17	60	22	46	21	49
Fat (g)	33.7	-	-	-	-	-	-	-	-
Carbohydrates (g)	46.6	-	-	-	-	-	-	-	-
Calcium (mg)	235	500	47	500	47	550	43	550	43
Phosphorus (mg)	254	460	55	460	55	500	51	500	51
Iron (mg)	2	8	25	8	25	9	22	9	22
Vitamin A (µg RE)	36	400	9	400	9	400	9	400	9
Thiamin (mg)	0.11	0.5	22	0.4	27	0.5	22	0.5	22
Riboflavin (mg)	0.14	0.5	28	0.4	35	0.6	23	0.5	28
Niacin (mg NE)	2.2	6	37	6	37	7	31	7	31
Vitamin C (mg)		45	-	45	-	45	-	45	-

Miswa and Upo Soup

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution
Nutrient									
Energy (kcal)	560	1000	56	920	61	1350	41	1260	44
Protein (g)	15.4	18	86	17	91	22	0.7	21	73
Fat (g)	34.6	-	-	-	-	-	-	-	-
Carbohydrates (g)	46.5	-	-	-	-	-	-	-	-
Calcium (mg)	59	500	12	500	12	550	11	550	11
Phosphorus (mg)	137	460	30	460	30	500	27	500	27
Iron (mg)	3.7	8	46	8	46	9	41	9	41
Vitamin A (µg RE)	77	400	19	400	19	400	19	400	19
Thiamin (mg)	0.24	0.5	48	0.4	60	0.5	48	0.5	48
Riboflavin (mg)	0.16	0.5	32	0.4	40	0.6	27	0.5	32
Niacin (mg NE)	6.3	6	105	6	105	7	90	7	90
Vitamin C (mg)	4	45	9	45	9	45	9	45	9

Mungbean and Chicken Patty

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution
Nutrient									
Energy (kcal)	526	1000	53	920	53	1350	53	1260	42
Protein (g)	15.3	18	85	17	90	22	70	21	73
Fat (g)	33.6	-	-	-	-	-	-	-	-
Carbohydrates (g)	40.7	-	-	-	-	-	-	-	-
Calcium (mg)	206	500	41	500	41	550	37	550	37
Phosphorus (mg)	210	460	46	460	46	500	42	500	42
Iron (mg)	2.7	8	34	8	34	9	30	9	30
Vitamin A (µg RE)	400	400	100	400	100	400	100	400	100
Thiamin (mg)	0.09	0.5	18	0.4	22	0.5	18	0.5	18
Riboflavin (mg)	0.11	0.5	22	0.4	27	0.6	18	0.5	22
Niacin (mg NE)	6.2	6	103	6	103	7	89	7	89
Vitamin C (mg)	10	45	22	45	22	45	22	45	22

Mungbi with Chicken

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution
Nutrient									
Energy (kcal)	543	1000	54	920	59	1350	40	1260	43
Protein (g)	15	18	83	17	88	22	68	21	71
Fat (g)	27.7	-	-	-	-	-	-	-	-
Carbohydrates (g)	58.4	-	-	-	-	-	-	-	-
Calcium (mg)	296	500	59	500	59	550	54	550	54
Phosphorus (mg)	206	460	45	460	45	500	41	500	41
Iron (mg)	3.7	8	46	8	46	9	41	9	41
Vitamin A (µg RE)	200	400	50	400	50	400	50	400	50
Thiamin (mg)	0.13	0.5	26	0.4	33	0.5	26	0.5	26
Riboflavin (mg)	0.11	0.5	22	0.4	27	0.6	18	0.5	22
Niacin (mg NE)	6.8	6	113	6	113	7	97	7	97
Vitamin C (mg)	12	45	27	45	27	45	27	45	27

Pochero

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution	REI& RNI	%Contribution
Nutrient									
Energy (kcal)	547	1000	54	920	59	1350	41	1260	43
Protein (g)	15	18	83	17	88	22	68	21	71
Fat (g)	27.9	-	-	-	-	-	-	-	-
Carbohydrates (g)	58.9	-	-	-	-	-	-	-	-
Calcium (mg)	112	500	22	500	22	550	20	550	20
Phosphorus (mg)	171	460	37	460	37	500	34	500	34
Iron (mg)	3.7	8	46	8	46	9	41	9	41
Vitamin A (µg RE)	408	400	102	400	102	400	102	400	102
Thiamin (mg)	0.13	0.5	26	0.4	33	0.5	26	0.5	26
Riboflavin (mg)	0.13	0.5	26	0.4	33	0.6	22	0.5	26
Niacin (mg NE)	9.4	6	157	6	157	7	134	7	134
Vitamin C (mg)	29	45	64	45	64	45	64	45	64

Pork and Beans

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI&RNI	%Contribution	REI&RNI	%Contribution	REI&RNI	%Contribution	REI&RNI	%Contribution
Nutrient									
Energy (kcal)	523	1000	52	920	57	1350	39	1260	42
Protein (g)	11.3	18	63	17	66	22	51	21	54
Fat (g)	31.4	-	-	-	-	-	-	-	-
Carbohydrates (g)	50.2	-	-	-	-	-	-	-	-
Calcium (mg)	78	500	16	500	16	550	14	550	14
Phosphorus (mg)	140	460	30	460	30	500	28	500	28
Iron (mg)	3	8	38	8	38	9	33	9	33
Vitamin A (µg RE)	81	400	20	400	20	400	20	400	20
Thiamin (mg)	0.25	0.5	50	0.4	63	0.5	50	0.5	50
Riboflavin (mg)	0.15	0.5	30	0.4	37	0.6	25	0.5	30
Niacin (mg NE)	5.2	6	87	6	87	7	74	7	74
Vitamin C (mg)	12	45	27	45	27	45	27	45	27

Pork Bites in Gravy with Rice and Beans

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI&RNI	%Contribution	REI&RNI	%Contribution	REI&RNI	%Contribution	REI&RNI	%Contribution
Nutrient									
Energy (kcal)	536	1000	54	920	58	1350	40	1260	43
Protein (g)	13.2	18	73	17	78	22	60	21	63
Fat (g)	34.4	-	-	-	-	-	-	-	-
Carbohydrates (g)	43.3	-	-	-	-	-	-	-	-
Calcium (mg)	95	500	19	500	19	550	17	550	17
Phosphorus (mg)	195	460	42	460	42	500	39	500	39
Iron (mg)	3.3	8	41	8	41	9	37	9	37
Vitamin A (µg RE)	72	400	18	400	18	400	18	400	18
Thiamin (mg)	0.44	0.5	88	0.4	110	0.5	88	0.5	88
Riboflavin (mg)	0.15	0.5	30	0.4	37	0.6	25	0.5	30
Niacin (mg NE)	5.6	6	93	6	93	7	80	7	80
Vitamin C (mg)	19	45	42	45	42	45	42	45	42

Sweet and Sour Chicken

Estimated energy and nutrient content per serving	Content	1 to 2 yr, Male		1 to 2 yr, Female		3 to 5 yr, Male		3 to 5 yr, Female	
		REI&RNI	%Contribution	REI&RNI	%Contribution	REI&RNI	%Contribution	REI&RNI	%Contribution
Nutrient									
Energy (kcal)	508	1000	51	920	55	1350	38	1260	40
Protein (g)	15	18	83	17	88	22	68	21	71
Fat (g)	25.7	-	-	-	-	-	-	-	-
Carbohydrates (g)	54.3	-	-	-	-	-	-	-	-
Calcium (mg)	77	500	15	500	15	550	14	550	14
Phosphorus (mg)	135	460	29	460	29	500	27	500	27
Iron (mg)	3.2	8	40	8	40	9	36	9	36
Vitamin A (µg RE)	391	400	98	400	98	400	98	400	98
Thiamin (mg)	0.07	0.5	14	0.4	18	0.5	14	0.5	14
Riboflavin (mg)	0.11	0.5	22	0.4	27	0.6	18	0.5	22
Niacin (mg NE)	8.1	6	135	6	135	7	116	7	116
Vitamin C (mg)	9	45	20	45	20	45	20	45	20

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