



## OFFICE OF THE MUNICIPAL MAYOR

### EXECUTIVE ORDER NO. 2020 - 51 -A Series of 2020

#### AN ORDER ADOPTING THE 2012 NUTRITIONAL GUIDELINES

**WHEREAS**, the Constitution and Republic Act Number 7160 otherwise known as the Local Government Code of the Philippines mandates the promotion of the general welfare of the people as essential requisite for the enjoyment by all the people in the blessings of democracy;

**WHEREAS**, given the worsening nutrition situation in the Philippines, with fluctuating trends in Central Luzon and the new information on nutrition and related interventions to address nutrition problems, the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) initiated again the revision of the 2000 Nutrition Guidelines for Filipinos (NGF) to increase its relevance;

**WHEREAS**, the FNRI-DOST, through an inter-agency and multi-disciplinary technical working group, developed the 2012 NGF by undertaking the necessary processes including multi-sectoral consultations;

**WHEREAS**, in line with the People's agenda 10 of the Municipal Government of Bulakan, particularly Universal Health Care, the municipality recognizes the need to develop a productive, efficient and people-centered health delivery system that promotes and protects rights of all Bulakenyos to health care, thus, allowing them to enjoy the highest attainable standard of health without distinction of race, religion, political belief, economic or social condition;

**WHEREAS**, the magnitude of the malnutrition problem in the municipality needs greater involvement and participation of the people at the grassroots level;

**WHEREAS**, the nutritional needs, which is equally important to ensuring food security and addressing hunger, should be addressed during the first two years of life and the interventions should address the immediate needs as well as its root causes;

**WHEREAS**, Section 465 (b) (2) (iii) of the Republic Act 7160, provides that the Mayor may issue such executive orders for the faithful and appropriate enforcement and execution of laws and ordinances;

**NOW THEREFORE, I, VERGEL C. MENESES** as the Municipal Mayor of the Municipality of Bulakan, by virtue of the powers vested in me by law, do hereby adopt the revised 2012 NGF, to wit:

#### **SECTION 1. REVISED 2012 NUTRITIONAL GUIDELINES.** – This EO adopts:

1. Eat a variety of foods every day to get the nutrients needed by the body.
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. Eat more vegetables and fruits every day to get the essential vitamins, minerals and fiber for regulation of the body processes.
4. Consume fish, lean meat, poultry, egg, dried beans or nuts daily for growth and repair of body tissues.

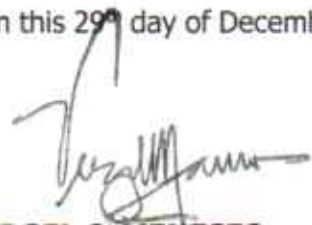
5. Consume milk, milk products and other calcium-rich foods, such as small fish and shellfish, every day for healthy bones and teeth.
6. Consume safe foods and water to prevent diarrhea and other food and water-borne diseases.
7. Use iodized salt to prevent Iodine Deficiency Disorders.
8. Limit intake of salty, fried, fatty and sugar-rich foods to prevent cardiovascular diseases.
9. Attain normal body weight through proper diet and moderate physical activity to maintain good health and help prevent obesity.
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.

**SECTION 2. COMMITMENT.** – The Municipal Nutrition Committee Secretariat of LGU Bulakan shall:

- a. Advocate and support the 2012 NGF within the scope of our influence to the local nutrition committees;
- b. Ensure that the Guidelines on the Local Nutrition Planning is disseminated as widely as possible to all stakeholders to help local nutrition committees in their strategic and purposive local nutrition planning;
- c. Monitor and ensure that this order is fully implemented.

**SECTION 3. EFFECTIVITY.** – This Order shall take effect immediately upon signing hereof and remain effective binding unless revoked, repealed or modified.

Done in the Municipality of Bulakan, Province of Bulacan this 29<sup>th</sup> day of December, 2020.

  
**VERGEL C. MENESES**  
Municipal Mayor