



DEPARTMENT OF EDUCATION
REGION XI
DO. 13, S. 2017



GREEN CATEGORY
(Always Available)



Drinks - Milk (Unsweetened)
Energy Giving (GO)

- Milled Rice
- Brown Rice or Iron-Fortified rice
- Corn
- Oatmeal
- Whole wheat bread
- Cassava (Kamoteng Kahoy)
- Boiled Sweet Potato (Kamote)
- Boiled saging na saba
- Corn, Binatog
- Boiled peanuts
- Suman
- Puto

Body Building (Grow)

- Fishes
- Shellfish
- Small shrimps
- Lean Meats
- Chicken without skin
- Nuts
- Egg

Body Regulating (Glow)

- Fresh Fruits, preferably those in season
- Green, leafy, and yellow vegetables

YELLOW CATEGORY

(Served once or twice a week only)



Drinks – 100% Fresh Fruit Juices
Energy Giving (GO)

- Fried Rice
- Bread (using white refined flour).
- Biscuits
- Banana cue, Camote cue, Turon, Maruya.
- Pancakes
- Waffles
- Champorado
- Pancit
- Arroz caldo
- Sandwiches (cheese, egg, chicken filling, etc.)
- Butter, Margarine, Mayonnaise (use sparingly)

Body-building (Grow)

- Processed food such as meats/fish, hotdogs, sausage, burger patties, chicken nuggets, tocino, tapa, etc. (still subjected to evaluation of saturated or trans fat and sodium as reflected in their Nutrition Facts).

Body Regulating (Glow)

- Stir-fried Vegetables

RED CATEGORY
(NOT RECOMMENDED)



- Drinks** – Soft drinks, alcoholic drinks, sports waters, sports drinks, flavoured mineral water, energy drinks, sweetened water, powdered juice drinks.
- Any product containing caffeine (for school canteens)
 - Any processed fruits/vegetable juice with added sugar of more than 20 grams or 4 teaspoons per serving.

Energy Giving (GO)

- Any jelly, ice crushes, and slushies
- Any ice cream/Ice drops/Ice candies
- Cakes and slices, donuts, sweet biscuits and pastries, and other sweet bakery products.
- All types including CHOCOLATES, hard/chewy CANDIES, chewing GUMS, Marshmallows, lollipops, yema, etc.
- French fries, *bicho-bicho*, etc.
- Instant noodles.
- All types of heavily salted snacks such as chips or *chichiria*.

Body-building (Grow)

- *Chicharon*
- Chicken Skin
- Bacon
- Deep-fried foods including fish balls, kikiams, etc.

Body Regulating (Glow)

- Fruits canned in heavy syrup.
- Sweetened fruits or vegetables or deep-fried.