



# *Low Protein* RECIPE BOOK

A project of the  
Newborn Screening Reference Center  
Dietary Department, Philippine General Hospital, Philippine General Hospital  
University of the Philippines Manila

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## PREFACE

Inborn errors of metabolism are a complex group of disorders that can present with various life threatening signs and symptoms. The aim of the National Comprehensive Newborn Screening Program of the Department of Health is the early identification of patients for early intervention and treatment to avoid complications such as mental retardation and death. One of the required treatments for most conditions included in the current newborn screening (NBS) panel is dietary management. Others would require complete elimination of a particular "harmful" substance (i.e. lactose for galactosemic patients) while others may benefit from limiting certain food groups (i.e. protein restriction for patients with maple syrup urine disease). It is then a challenge to identify food and dishes that can be suitable, palatable and nutritious for metabolic patients who have dietary restrictions. In addition, the preparation can be quite tedious because the metabolic patient's meal is made separately from the rest of the family members.

To assist the patients and their families, health care practitioners and specialists in metabolic diseases, the Newborn Screening Reference Center – National Institutes of Health, University of the Philippines Manila in collaboration with the Dietary Department of the Philippine General Hospital came up with a Metabolic Recipe Book containing recipes of meals that are appropriate for these patients. The ingredients included in the recipes are affordable and available in the Philippine market. As a guide to the users of the booklet, the corresponding protein and caloric content of the meals are also indicated.

This book contains 40 recipes on a variety of dishes from soups to viands that are easy to prepare (even for the amateur cook), delicious and nutritious. This allows the metabolic patient to enjoy a meal that can be shared by the whole family.

# Message



For a family, meal gathering is one of the most cherished occasions as this has many memories attached to it - stories that the family shares, favorite dishes cooked by our loved ones and the recipes for special events. But what if one of the family members cannot join during meal times? What if one cannot enjoy the same dish the family is sharing? In this case, meal times can be challenging for the family with members who have special diet restrictions.

Metabolic patients have modified or restricted diet. Healthy recipes with ingredients recommended for children with metabolic disorders are not easily available. It oftentimes leaves the parents or guardians feeling inadequate to manage their children's condition.

The Newborn Screening Reference Center (NSRC) - National Institutes of Health, University of the Philippines Manila is privileged to have worked closely with the Dietary Department of the Philippine General Hospital in coming up with recipes that taste good, simple to prepare, easy on the pocket and can be enjoyed by the whole family. By using everyday ingredients in the kitchen, parents or guardians can prevent themselves and their family from the hassle of shopping and preparing separate meals for different members of the family.

As always will be, we remain passionate about increasing the public's awareness in understanding the risk factors of metabolic disorders and providing management assistance to every affected family. This recipe book shows how we can take responsibility for our patients' health, and how to help their families enjoy family meal times together.

  
**Carmencita M. David-Padilla, MD, MAHPS**  
Director, Newborn Screening Reference Center

# Message



Congratulations to the Dietary Department of the Philippine General Hospital, for coming out with the ***Metabolic Recipe Book***. We take pride in our participation in this project which is intended to benefit patients affected with metabolic disorders. The Dietary Department has collaborated with the Newborn Screening Reference Center of the National Institutes of Health on the dietary requirements of our patients by assisting parents in the preparation of easy-to-cook meals that can be shared by the whole family.

The recipes featured in this book celebrate the successful collaborations among health professionals, nutritionist-dietitians and parents in providing patients with a resource designed considering two important factors: diet restriction and budget.

More than just a book of recipes, this book is a testimony to a commitment of improving the lives of our patients.

Happy and healthy cooking!

  
**Jose C. Gonzales, MD**  
Director, Philippine General Hospital

# Message



The journey began in 1992 when Dr. Carmencita D. Padilla came to the Dietary Department looking for a dietitian for her patients. I happen to meet her that day and our partnership as doctor-dietitian began. Maple Syrup Urine Disease (MSUD), Phenylketonuria (PKU), Galactosemia, and other metabolic conditions at that time were in textbooks only. In time I met these children, their parents and other significant members of the family. It also provided the opportunity to meet and work with dedicated doctors, nurses and other team members as we started our metabolic clinic. We faced challenges and difficulties in dealing with the dietary management of these children. The journey continued.

This recipe book came about as part of our commitment to provide information for health care professionals and families of children requiring a low protein diet. Compliance to a low protein diet among infants and children require careful planning and preparation of meals to provide the essential nutrients for optimum growth and development.

The recipes included in this book are comfortingly familiar in terms of ingredients, preparation and food combination. The ingredients are available all year round, all over the country and very affordable. Cooking methods are simply boiling, frying and sautéing. Some recipes require no cooking. The natural flavor of each ingredient is well respected. Flavorings include garlic, onion, tomatoes, ginger, tanglad, pandan, and others with enough salt to enhance and not overpower the dishes. The use of cooking oil is important to develop the flavors and for additional energy. Pay attention to the cooking time to avoid over cooking and loss of nutrients.

Careful measurement using a weighing scale that reads by 1 gram and standard measuring cup and spoon is required. One serving of each recipe has been calculated for the protein, energy, fat and carbohydrate content. These information will assure that the child is given the right amount to comply with the diet prescription.

My hope is that these recipes will enable families to enjoy meals together even if a child is on a low protein diet. Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. (3 John 2)

  
**Elizabeth M. Limos, RN-D**  
Metabolic Dietitian, Philippine General Hospital

## Acknowledgment

We thank the following for unselfishly sharing their time and expertise during the conceptualization and preparation of this recipe book:

- The Metabolic Team of the Institute of Human Genetics, University of the Philippines Manila-National Institutes of Health for starting out to dream of a recipe book that may be used by their metabolic patients;
- The Dietary Department of the Philippine General Hospital for making this dream a reality by spearheading the write-up of the recipe book; Special thanks goes to Elizabeth Limos, RN-D for overseeing the recipe testing and write-up, as well as, to Christinebelle Villas, RN-D and Maria Carousel Diaz, RN-D for assisting in the recipe testing and taste evaluation to ensure that recipes are kept simple and easy to use by families of our metabolic patients;
- Aster Lynn Sur, RN-D, RN who steadfastly coordinated the different phases of the recipe book preparation and write-up;
- The Staff of the Newborn Screening Reference Center, Marian Baylon, Susan Jalad, Vina Mendoza, and Riza Suarez for helping with some of the write-ups, correspondences, copy editing, and coordination;
- The Information, Publication and Public Affairs Office and its staff Cynthia Villamor, Anne Loren Claire Santos, and January Kanindot for making possible the photo shoot, the lay out and the cover design; and
- The Newborn Screening Society of the Phils., Inc. for their partial funding support.

We are grateful for the support and encouragement given to us by University of the Philippines Manila to embark on this endeavor.

We thank the Department of Health for recognizing the relevance and importance of newborn screening, and for supporting the program.

And finally, we thank the Philippine General Hospital for serving as 'base' of the activities for the preparation of this recipe book.

The background of the entire page is a vibrant red color with a repeating damask pattern. The pattern consists of intricate, symmetrical floral and scrollwork designs in a slightly darker shade of red, creating a textured, ornate appearance.

*Low Protein*  
**RECIPE BOOK**



## CHAMPORADO (Chocolate-Flavored Rice Porridge)

Makes 5-1/3 cups • Serving size: 2/3 cup  
Preparation time: 15 minutes • Cooking time: 25 to 30 minutes

### INGREDIENTS

- 1/2 cup (91g)  
Rice, malagkit (glutinous)
- 1 - 1/2 piece (24g)  
Chocolate, tablea
- 6 tablespoons (60g)  
Brown sugar
- 6 cups Water

### PROCEDURE

1. Soak malagkit in 2 cups water for 15 minutes.
2. Boil 4 cups water with 1-1/2 pieces tablea and 6 tablespoons brown sugar.
3. Add malagkit including water. Cook for 15 to 20 minutes.

### NUTRIENT INFORMATION:

ONE SERVING: 2/3 cup (150 grams)

Energy: 73 kcal  
Protein: 0.79 gram  
Fat: 0.57 gram  
Carbohydrate: 16.14 grams



## LUGAW WITH KAMOTE (Rice Porridge with Sweet Potato)

Makes 5-1/4 cups • Serving size: 1/2 cup

Preparation time: 10 minutes • Cooking time: 35 to 45 minutes

### INGREDIENTS

- 2 tablespoons Cooking oil
- 1 tablespoon (2 cloves) (13g) Garlic, minced
- 2 ½ tablespoons (1 piece, small) (27g) Onion, minced
- 1 tablespoon (1 piece, small) (9g) Ginger, minced
- 1/3 cup (60g) Rice, malagkit (glutinous)
- 1 cup (1 piece, medium) (112g) Kamote (sweet potato), yellow or orange, cut in small cubes
- 1 tablespoon Rock salt
- 6 cups Water

### PROCEDURE

1. Soak malagkit in 2 cups water for 15 minutes.
2. Heat cooking oil in a pot.
3. Saute garlic, onion and ginger.
4. Add 4 cups water and kamote. Boil for 10 minutes until soft.
5. Add malagkit including water. Boil for 20 to 30 minutes.
6. Add salt.

### NUTRIENT INFORMATION:

ONE SERVING: ½ cup (109 grams)

Energy: 55 kcal  
Protein: 0.65 gram  
Fat: 1.81 grams  
Carbohydrate: 8.93 grams



## LUGAW WITH KALABASA (Rice Porridge with Squash)

Makes 5 - ½ cups • Serving size: ½ cup

Preparation time: 10 minutes • Cooking time: 35 to 40 minutes

### INGREDIENTS

- 1/3 cup (61g)  
Rice, malagkit (glutinous)
- 2 tablespoons  
Cooking oil
- 1 tablespoon (2 to 3 cloves) (10g)  
Garlic, minced
- 3 tablespoons (1 piece, small) (29g)  
Onion, minced
- 1 teaspoon (1/4 piece, small) (4g)  
Ginger, minced
- 1½ cups (189g)  
Kalabasa (squash), cut into small cubes
- 1 tablespoon Rock salt
- 6 cups Water

### PROCEDURE

1. Soak malagkit in 2 cups water for 15 minutes.
2. Heat cooking oil in a pot.
3. Saute garlic, onion and ginger.
4. Add 4 cups water and kalabasa .  
Boil until kalabasa is soft.
5. Add malagkit, including water.  
Boil for 20 to 30 minutes.
6. Add salt.

### NUTRIENT INFORMATION:

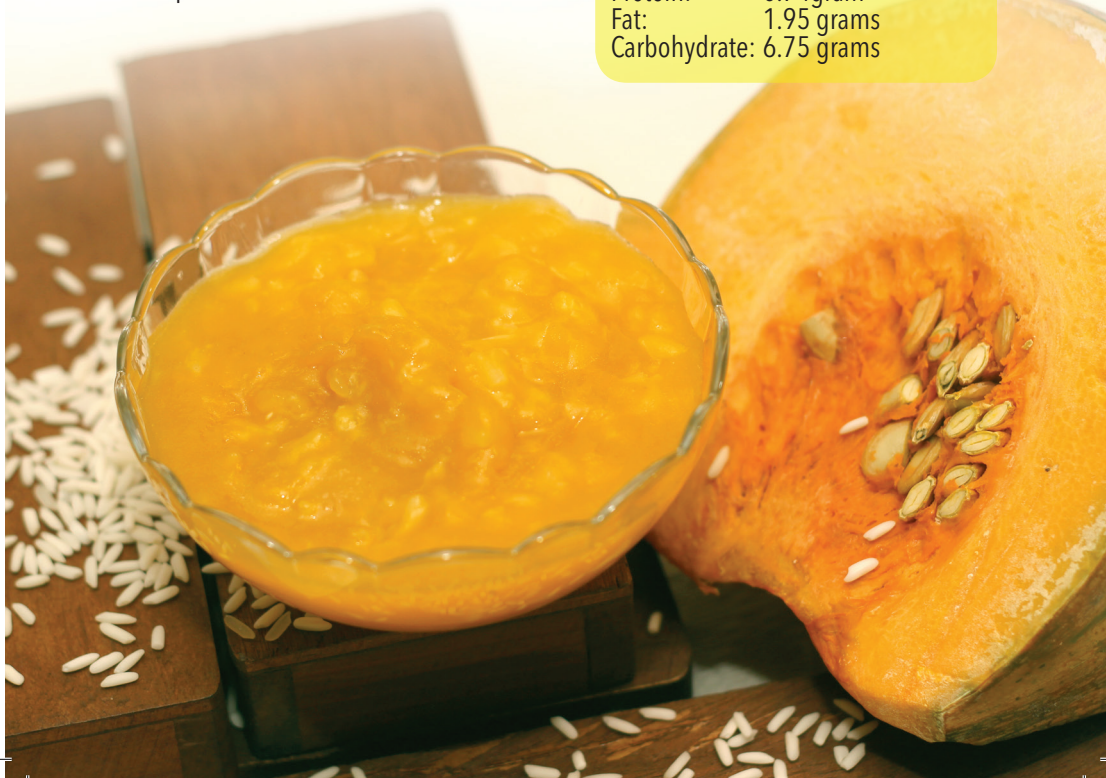
ONE SERVING: ½ cup (112 grams)

Energy: 47 kcal

Protein: 0.74gram

Fat: 1.95 grams

Carbohydrate: 6.75 grams



## LUGAW WITH POTATO (Rice Porridge with Potato)

Makes 5 cups • Serving size: ½ cup  
Preparation time: 10 minutes • Cooking time: 30 to 40 minutes

### INGREDIENTS

- 1/3 cup (60g)  
Rice, malagkit (glutinous)
- 2 tablespoons Cooking oil
- 1 tablespoon (2 to 3 cloves) (10g)  
Garlic, minced
- 3 tablespoons (1 piece, small) (29g)  
Onion, minced
- 1 teaspoon (1/2 piece, small) (4g)  
Ginger, minced
- 1 cup (141g) (1 piece, medium)  
Potato, cut into small cubes
- 1 tablespoon Rock salt
- 6 cups Water

### PROCEDURE

1. Soak malagkit in 2 cups water for 15 minutes.
2. Heat cooking oil in a pot.
3. Saute garlic, onion and ginger.
4. Add 4 cups water and potato. Boil until potato is soft.
5. Add malagkit, including water. Boil for 20 to 30 minutes.
6. Add salt.

### NUTRIENT INFORMATION:

ONE SERVING: ½ cup (112 grams)  
Energy: 47 kcal  
Protein: 0.74gram  
Fat: 1.95 grams  
Carbohydrate: 6.75 grams



## VEGETABLE LUMPIA (Vegetable Spring Rolls)

Makes 18 pieces • Serving size: 1 piece

Preparation time: 15 to 20 minutes • Cooking time: 20 to 25 minutes

### INGREDIENTS

- 2 tablespoons Cooking oil
- 1 tablespoon (2 to 3 cloves) (10g) Garlic, minced
- 7 tablespoons (1 piece, large) Onion, minced
- 1 cup (1 piece, small) (116g) Carrot, thinly shredded
- 2-2/3 cups (1 piece, small) (134g) Repolyo (cabbage), thinly shredded
- 9 pieces, big Lumpia wrapper, cut into half
- 1/2 tablespoon Rock salt
- Cooking oil (for frying)

### NUTRIENT INFORMATION:

ONE SERVING: 1 piece (20 grams)

Energy: 57 kcal

Protein: 0.81 gram

Fat: 3.83 grams

Carbohydrate: 4.88 grams

### PROCEDURE

1. Heat cooking oil in a pan.
2. Saute garlic and onion.
3. Add carrot. Cook for 5 minutes.
4. Add repolyo. Cook for 3 to 5 minutes.
5. Add salt.
6. Cool for 10 minutes.
7. Place 1 tablespoon of vegetables in the lumpia wrapper.
8. Roll and tuck the ends to seal. Repeat with the remaining vegetables and wrapper.
9. Fry until golden brown.



## SAYOTE AND CARROT GUISADO (Sauteed Chayote and Carrot)

Makes 2 cups • Serving size: ¼ cup

Preparation time: 10 minutes • Cooking time: 15 to 20 minutes

### INGREDIENTS

- 2 tablespoons Cooking oil
- 1 tablespoon (2 to 3 cloves) (9g)  
Garlic, minced
- 6 tablespoons (1 piece, large) (61g)  
Onion, minced
- ½ cup (2 pieces, small) (71g)  
Tomatoes, cut into small pieces
- 1/3 cup (1/2 piece, small) (42g)  
Carrot, cut into thin circular slices
- 1 2/3 cups (1 piece, large)  
(232g) Sayote (Chayote), cut into cubes
- 1 teaspoon Rock salt
- ½ cup Water

### PROCEDURE

1. Heat cooking oil in a pan.
2. Saute garlic and onion until light brown.
3. Add tomatoes.
4. Add ½ cup water. Simmer for 5 minutes.
5. Add carrot. Cook for 5 minutes.
6. Add salt.
7. Add sayote. Cook for 12 to 15 minutes.

### NUTRIENT INFORMATION:

ONE SERVING: ¼ cup (41 grams)

Energy: 33 kcal

Protein: 0.43 gram

Fat: 2.07 grams

Carbohydrate: 3.20 grams



## PINAKBET

Makes 3-2/3 cups • Serving size: 1/3 cup  
Preparation time: 10 minutes • Cooking time: 10 to 15 minutes

### INGREDIENTS

- 2 tablespoons Cooking oil
- 1 tablespoon (2 to 3 cloves) (10g) Garlic, minced
- 5 tablespoons (1 piece, medium) (53g) Onion, minced
- 1 cup (3 pieces, medium) (113g) Tomatoes, cut into small pieces
- ½ cup (4 strings) (52g) Sitaw (string beans)
- 1/3 cup (3 pieces, small) (30g) Okra
- 2 ¼ cups (257g) Kalabasa (squash)
- 1 ½ cups (1 piece, medium) (115g) Talong (eggplant)
- 1 teaspoon Rock salt
- ½ cup Water

### PROCEDURE

1. Slice vegetables into small pieces.
2. Heat cooking oil in a pan.
3. Saute garlic and onion until light brown.
4. Add tomatoes.
5. Add ½ cup water, sitaw, and okra.
6. Simmer for 5 minutes.
7. Add kalabasa. Simmer for 3 minutes.
8. Add talong.
9. Add salt to taste.

### NUTRIENT INFORMATION:

ONE SERVING: 1/3 cup (47 grams)

Energy: 34 kcal  
Protein: 0.73 gram  
Fat: 1.70 grams  
Carbohydrate: 3.85 grams



## KALABASA GUISADO (Sauteed Squash)

Makes 2 ½ cups • Serving size: ¼ cup  
Preparation time: 10 minutes • Cooking time: 15 minutes

### INGREDIENTS

- 2 tablespoons Cooking oil
- 1 tablespoon (2 to 3 cloves) (9g) Garlic, minced
- 5 tablespoons (1 piece, large) (52g) Onion, minced
- ½ cup (2 pieces, medium) (76g) Tomatoes, cut into small pieces
- 3 ¼ cups (410g) Kalabasa (squash), cut into small cubes
- 1 cup Water
- 1 teaspoon Rock salt

### PROCEDURE

1. Heat cooking oil in a pan.
2. Saute garlic and onion.
3. Add 1 cup water and tomatoes. Simmer for 5 minutes.
4. Add kalabasa. Simmer for 5 minutes.
5. Add salt to taste.

### NUTRIENT INFORMATION:

ONE SERVING: ¼ cup (46 grams)

Energy: 38 kcal  
Protein: 0.72 gram  
Fat: 1.94 grams  
Carbohydrate: 4.36 grams





## UPO AND CARROT GUISADO (Sauteed Bottle Gourd and Carrot)

Makes 3 cups • Serving size: 1/3 cup

Preparation time: 10 minutes • Cooking time: 15 minutes

### INGREDIENTS

- 2 tablespoons Cooking oil
- 1 tablespoon (2 to 3 cloves) (9g)  
Garlic, minced
- 7 tablespoons (1 piece, large) (73g)  
Onion, minced
- ½ cup (2 pieces, medium) (80g)  
Tomatoes, cut into small pieces
- ½ cup (1 piece, small) (73g)  
Carrot, cut into thin circular slices
- 4 cups (1 piece, small) (440g)  
Upo (bottle gourd), cut into cubes
- ¼ cup Water
- 1 teaspoon Rock salt

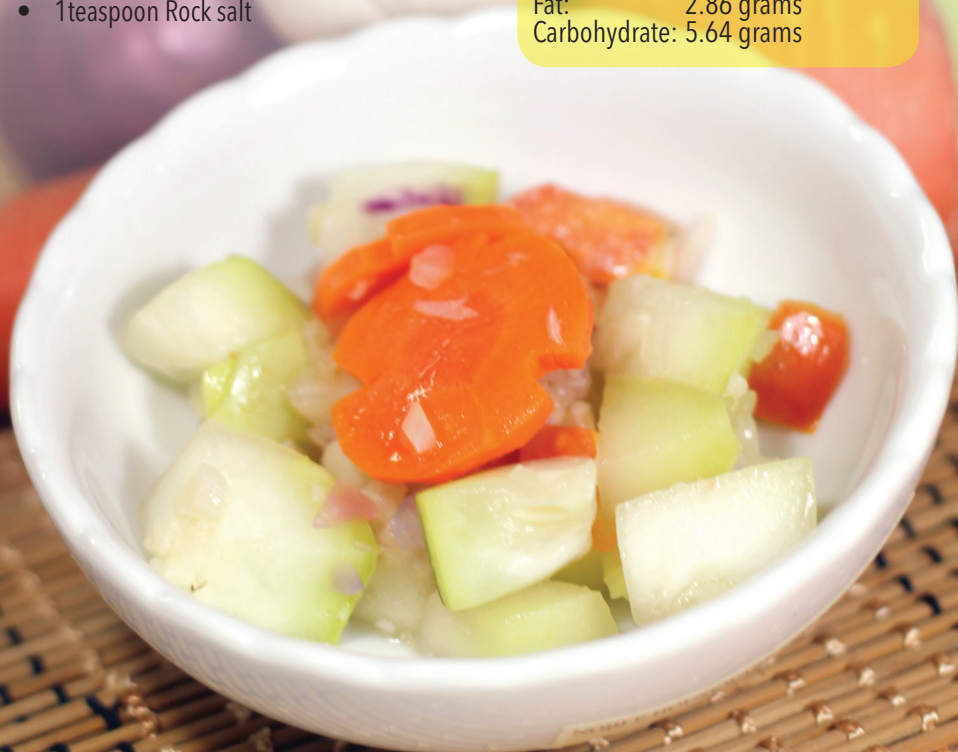
### PROCEDURE

1. Heat cooking oil in a pan.
2. Saute garlic and onion until light brown.
3. Add tomatoes.
4. Add ¼ cup water and carrot.  
Cook until soft.
5. Add upo. Simmer for 2 minutes.
6. Add salt to taste.

### NUTRIENT INFORMATION:

ONE SERVING: 1/3 cup (76 grams)

Energy: 52 kcal  
Protein: 0.84 gram  
Fat: 2.86 grams  
Carbohydrate: 5.64 grams



## SITAW ADOBO (String Beans Adobo)

Makes 2 ¼ cups • Serving size: 3 tablespoons

Preparation time: 10 minutes • Cooking time: 15 minutes

### INGREDIENTS

- 2 tablespoons Cooking oil
- 1 tablespoon (2 to 3 cloves) (9g)  
Garlic, minced
- 6 tablespoons (1 piece, large) (59g)  
Onion, minced
- 1 tablespoon Vinegar
- 1/4 cup (60g) Soy sauce
- 1 cup Water
- 1 tablespoon Brown sugar
- 2 ½ cups (2 bundles) (256g)  
Sitaw (string beans)

### PROCEDURE

1. Cut sitaw into half-inch pieces.
2. Saute garlic and onion until light brown.
3. Add water, vinegar, soy sauce and brown sugar. Simmer for 3 minutes.
4. Add sitaw. Simmer for 7 minutes.

### NUTRIENT INFORMATION:

ONE SERVING: 3 tablespoons (34 grams)  
Energy: 35 kcal  
Protein: 0.97 gram  
Fat: 1.72 grams  
Carbohydrate: 3.84 grams



## KANGKONG ADOBO (Swamp Cabbage Adobo)

Makes 3 cups • Serving size: 3 tablespoons  
Preparation time: 10 minutes • Cooking time: 10 minutes

### INGREDIENTS

- 2 tablespoons Cooking oil
- 1 tablespoon (3 cloves) (10g)  
Garlic, minced
- 6 tablespoons (1 piece, large) (62g)  
Onion, minced
- ¼ cup (56g) Soy sauce
- 1 tablespoon Vinegar
- 1 tablespoon Brown sugar
- 1 cup Water
- 8 cups (2 bundles) (269g)  
Kangkong (swamp cabbage)

### PROCEDURE

1. Separate kangkong leaves from stalks.
2. Cut the stalks into half-inch long pieces.
3. Saute garlic and onion until light brown.
4. Add water, soy sauce, vinegar and brown sugar.
5. Add kangkong. Simmer for 5 minutes.

### NUTRIENT INFORMATION:

ONE SERVING: 3 tablespoons (28 grams)  
Energy: 25 kcal  
Protein: 0.94 gram  
Fat: 1.30 grams  
Carbohydrate: 2.43 grams



## PANCIT BIHON (Rice Noodle)

Makes 6 cups • Serving size: 1/3 cup  
Preparation time: 10 minutes • Cooking time: 25 to 30 minutes

### INGREDIENTS

- 130 g (half of 260g pack) Bihon (rice noodle), dry
- 3 tablespoons Cooking oil
- 1 tablespoon (2 to 3 cloves) (9g) Garlic, minced
- 7 tablespoons (1 piece, large) (84g) Onion, minced
- 1 cup (1 piece, small) (95g) Carrot, cut into thin slices
- 3 cups (1 head, small) (175g) Repolyo (cabbage), cut into thin slices
- 1/3 cup (80g) Soy sauce
- 3 1/3 cups Water
- 2 pieces, medium (18g) Calamansi

### PROCEDURE

1. Soak bihon in 3 cups water for 20 minutes
2. Saute onion and garlic until light brown.
3. Add 1/3 cup water and 1/3 cup soy sauce. Simmer for 3 minutes.
4. Add soaked bihon including the water.
5. Simmer for 10 minutes.
6. Add carrot. Simmer for 5 minutes.
7. Add repolyo. Simmer for 2 minutes.
8. Remove from heat.
9. Add calamansi juice extract.

### NUTRIENT INFORMATION:

ONE SERVING: 1/3 cup (59 grams)  
Energy: 49 kcal  
Protein: 0.79 gram  
Fat: 1.62 grams  
Carbohydrate: 7.73 grams



## TURON DE SABA (Banana Spring Rolls)

Makes 24 pieces • Serving size: 1 piece  
Preparation time: 15 minutes • Cooking time: 10 minutes

### INGREDIENTS

- 4 pieces, medium (180g)  
Banana, saba
- 1/3 cup Brown sugar
- 6 pieces, big (70g)  
Lumpia wrapper, cut into four
- Cooking oil for frying

### PROCEDURE

1. Slice each saba lengthwise into 6 pieces.
2. Roll saba slices in brown sugar. Wrap in lumpia wrapper.
3. Heat cooking oil in a pan.
4. Roll wrapped saba in brown sugar before frying.
5. Fry wrapped saba until golden brown.
6. Drain excess cooking oil.

### NUTRIENT INFORMATION:

ONE SERVING: 1 piece (12 grams)

Energy: 41 kcal  
Protein: 0.40 gram  
Fat: 1.21 grams  
Carbohydrate: 7.17 grams



## PIZZA SAUCE

Makes ½ cup • Serving size: 1 teaspoon  
Preparation time: 10 minutes • Cooking time: 15 minutes

### INGREDIENTS

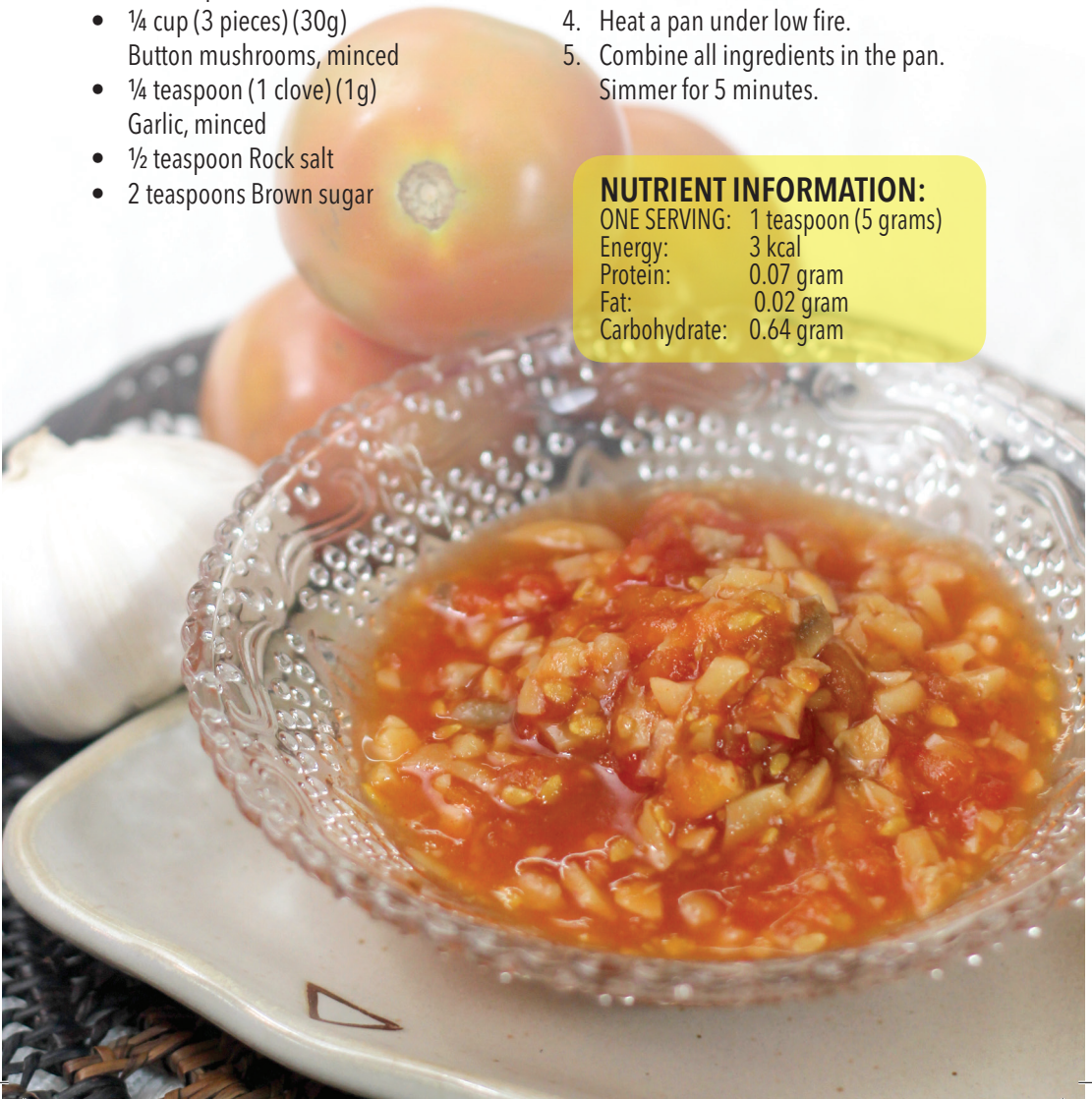
- ½ cup (3 pieces, medium) (107g) Tomato
- 2 tablespoons Water
- ¼ cup (3 pieces) (30g) Button mushrooms, minced
- ¼ teaspoon (1 clove) (1g) Garlic, minced
- ½ teaspoon Rock salt
- 2 teaspoons Brown sugar

### PROCEDURE

1. Boil whole tomatoes for 10 minutes.
2. Drain and discard the water.
3. Peel tomatoes and crush.
4. Heat a pan under low fire.
5. Combine all ingredients in the pan. Simmer for 5 minutes.

### NUTRIENT INFORMATION:

ONE SERVING:	1 teaspoon (5 grams)
Energy:	3 kcal
Protein:	0.07 gram
Fat:	0.02 gram
Carbohydrate:	0.64 gram



## PAN PIZZA

Makes 20 pieces • Serving size: 1 piece

Preparation time: 5 minutes

### INGREDIENTS

- 10 pieces, small (116g) Pandesal
- 2 tablespoons (26g) Pineapple, crushed
- ½ cup (120g) Pizza sauce (see page 14)

### PROCEDURE

1. Slice each pandesal into two.
2. Lightly toast pandesal (optional).
3. Spread 1 teaspoon pizza sauce per slice of pandesal.
4. Top with ¼ teaspoon crushed pineapple per slice.

### NUTRIENT INFORMATION:

ONE SERVING: 1 piece (10 grams)

Energy: 24 kcal

Protein: 0.68 gram

Fat: 0.27 grams

Carbohydrate: 4.65 grams



## POTATO FRIES

Makes 3 cups • Serving size: ¼ cup

Preparation time: 30 minutes • Cooking time: 20 minutes

### INGREDIENTS

- 4 cups (3 pieces, medium) (426g) Potatoes
- 1 teaspoon Rock salt
- Cooking oil for frying

### NUTRIENT INFORMATION:

ONE SERVING: ¼ cup (8 grams)  
Energy: 77 kcal  
Protein: 0.64 gram  
Fat: 6.22 grams  
Carbohydrate: 4.55 grams

### PROCEDURE

1. Peel potatoes and slice into small and very thin pieces (1/2 centimeter thick, 3 centimeters long).
2. Add salt.
3. Heat cooking oil in a pan.
4. Deep fry potato slices in batches.
5. Drain to remove excess cooking oil.
6. Air dry for 5 minutes.





## KAMOTE CHIPS (Sweet Potato Chips)

Makes 4  $\frac{3}{4}$  cups • Serving size: 1/3 cup  
Preparation time: 10 minutes • Cooking time: 15 minutes

### INGREDIENTS

- 3 cups (2 pieces, medium) (198g) Kamote (sweet potato), orange or yellow
- Cooking oil for frying

### NUTRIENT INFORMATION:

ONE SERVING: 1/3 cup (6 grams)  
Energy: 35 kcal  
Protein: 0.15 gram  
Fat: 1.97 grams  
Carbohydrate: 4.21 grams

### PROCEDURE

1. Peel and slice kamote very thinly using a vegetable peeler.
2. Divide into 3 batches.
3. Heat cooking oil in a pan.
4. Deep fry kamote slices until light brown and crispy.
5. Drain to remove excess cooking oil.
6. Air dry for 5 minutes.



## KALABASA AND CARROT CHIPS (Squash and Carrot Chips)

Makes 4 cups • Serving size: 1/3 cup  
Preparation time: 10 minutes • Cooking time: 15 minutes

### INGREDIENTS

- 2 cups (167g)  
Kalabasa (squash)
- 2 cups (1 piece, large) (136g)  
Carrot
- Cooking oil for frying

### NUTRIENT INFORMATION:

ONE SERVING: 1/3 cup (4 grams)  
Energy: 60 kcal  
Protein: 0.31 gram  
Fat: 5.62 grams  
Carbohydrate: 2.09 grams

### PROCEDURE

1. Peel and slice kalabasa and carrot very thinly using a vegetable peeler.
2. Divide into 4 to 5 batches.
3. Heat cooking oil in a pan.
4. Deep fry kalabasa and carrot slices until light brown and crispy.
5. Drain to remove excess cooking oil.
6. Air dry for 5 minutes.



## TALONG CHIPS (Sweet Eggplant Chips)

Makes 1 cup • Serving size: 1/3 cup  
Preparation time: 5 minutes • Cooking time: 10 minutes

### INGREDIENTS

- 2 cups (1 piece, large) (134g) Talong (eggplant)
- 3 tablespoons Brown sugar
- Cooking oil for frying

### PROCEDURE

1. Slice talong into thin slices.
2. Heat cooking oil in a pan. Fry talong slices in batches. Cook until golden brown.
3. Drain to remove excess cooking oil.
4. Air dry for 5 minutes.
5. Sprinkle brown sugar.
6. Serve immediately.

### NUTRIENT INFORMATION:

ONE SERVING: 1/3 cup (30 grams)  
Energy: 194 kcal  
Protein: 0.47 gram  
Fat: 15.65 grams  
Carbohydrate: 12.72 grams



## LABANOS CHIPS (Sweet Radish Chips)

Makes 1 1/3 cups • Serving size: 1/4 cup  
Preparation time: 5 minutes • Cooking time: 10 minutes

### INGREDIENTS

- 2 cups (1 piece, small) (155g) Labanos (radish)
- 3 tablespoons Brown sugar
- Cooking oil for frying

### NUTRIENT INFORMATION:

ONE SERVING: 1/4 cup (11 grams)

Energy: 100 kcal  
Protein: 0.23 gram  
Fat: 6.75 grams  
Carbohydrate: 9.47 grams

### PROCEDURE

1. Slice labanos thinly using a vegetable peeler.
2. Heat cooking oil in a pan. Fry labanos slices in batches. Cook until light brown.
3. Drain to remove excess cooking oil.
4. Air dry for 5 minutes.
5. Sprinkle brown sugar.
6. Serve immediately.



## GREEN PAPAYA CHIPS

Makes 2 cups • Serving size: 1/3 cup

Preparation time: 5 minutes • Cooking time: 10 minutes

### INGREDIENTS

- 3-2/3 cups (1 piece, small) (174g) Green papaya
- 3 tablespoons Brown sugar
- Cooking oil for frying

### NUTRIENT INFORMATION:

ONE SERVING: 1/3 cup (16 grams)

Energy: 121 kcal  
Protein: 0.35 gram  
Fat: 9.76 grams  
Carbohydrate: 7.91 grams

### PROCEDURE

1. Slice green papaya thinly using a vegetable peeler.
2. Heat cooking oil in a pan. Fry green papaya slices in batches. Cook until light brown.
3. Drain to remove excess cooking oil.
4. Air dry for 5 minutes.
5. Sprinkle brown sugar.
6. Serve immediately.



## SUAM NA MAIS (Corn Soup)

Makes 2 cups • Serving size: 3 tablespoons

Preparation time: 10 minutes • Cooking time: 20 to 25 minutes

### INGREDIENTS

- 2 tablespoons Cooking oil
- 1 tablespoon (3 cloves) (9g)  
Garlic, minced
- 6 tablespoons (1 piece medium) (58g)  
Onion, minced
- 1 tablespoon (1/2 piece small) (9g)  
Ginger, minced
- 1 ¼ cups (1 piece small) (168g)  
Mais, dilaw (yellow corn)
- 3 cups Water or rice washing
- 1 cup (1 bundle) Malunggay  
(horseradish) leaves
- 1 tablespoon Patis (fish sauce)

### PROCEDURE

1. Heat cooking oil in a pot.
2. Sauté garlic, onion and ginger.
3. Add mais and water. Simmer for 15 to 20 minutes.
4. Add patis to taste.
5. Remove from heat. Add malunggay leaves.
6. Serve hot.

### NUTRIENT INFORMATION:

ONE SERVING: 3 tablespoons (23 grams) vegetables only, soup may be added as desired.

Energy:	41 kcal
Protein:	0.93 gram
Fat:	1.63 grams
Carbohydrate:	5.59 grams



## TINOLA SOUP

Makes 2 1/3 cups • Serving size: 1/3 cup  
Preparation time: 10 minutes • Cooking time: 12 to 15 minutes

### INGREDIENTS

- 2 teaspoons (1/2 piece, small) (7g)  
Ginger, cut into thin slices
- 1 cup (1 bundle) (30g)  
Malunggay (horseradish) leaves
- 2 cups (1 piece, large) (253g)  
Sayote (Chayote), cut into cubes
- 5 cups Water
- 2 tablespoons (19g)  
Patis (fish sauce)
- 1/4 cup (1 piece, small) (35g)  
Onion, cut into four

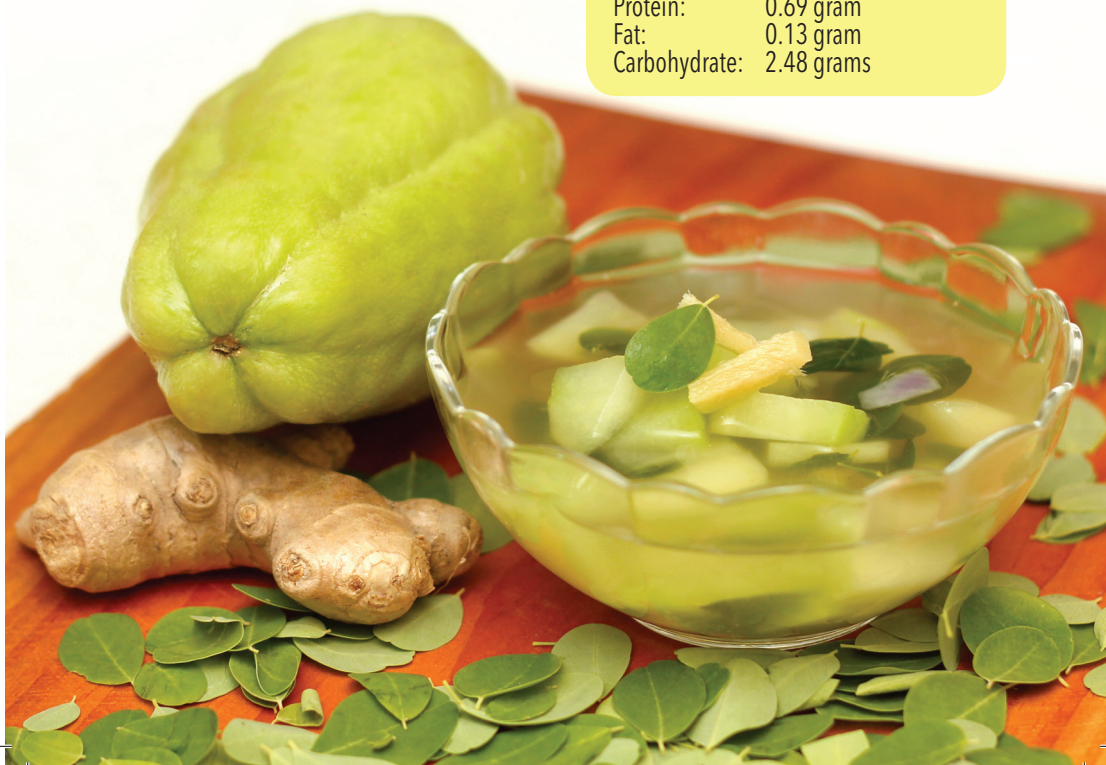
### PROCEDURE

1. Boil water with ginger, onion and Sayote for 10 minutes.
2. Add patis. Simmer for 2 minutes.
3. Turn off heat. Add malunggay leaves.
4. Serve hot.

### NUTRIENT INFORMATION:

ONE SERVING: 1/3 cup (41 grams)  
vegetables only, soup may be added as  
desired.

Energy:	14 kcal
Protein:	0.69 gram
Fat:	0.13 gram
Carbohydrate:	2.48 grams



## SINIGANG SA KALAMANSI (Sinigang with Calamansi or Philippine Lemon)

Makes 2 2/3 cups • Serving size: ¼ cup  
Preparation time: 10 minutes • Cooking time: 15 minutes

### INGREDIENTS

- 1/3 cup (1 piece, small) (43g)  
Onion, cut into four
- 3 tablespoons (6 to 8 pieces) (32g)  
Calamansi extract
- ¼ cup (2 pieces) (27g) Okra
- ½ cup (3 strings) (57g)  
Sitaw (string beans)
- ½ cup (1 piece, small) (67g)  
Labanos (radish)
- 1 ¼ cup (1 piece, medium) (98g)  
Talong (eggplant)
- 2 cups (1 bundle) (64g)  
Kangkong (swamp cabbage)
- 5 cups Water
- 1 tablespoon Rock salt

### PROCEDURE

1. Boil water with onion for 7 minutes.
2. Add okra, sitaw, and labanos. Simmer for 5 minutes.
3. Add salt and talong.
4. Add calamansi. Simmer for 2 minutes.
5. Turn off heat. Add kangkong.
6. Serve hot

### NUTRIENT INFORMATION:

ONE SERVING: ¼ cup (32 grams)  
vegetables only, soup may be added  
as desired

Energy:	13 kcal
Protein:	0.56 gram
Fat:	0.11 gram
Carbohydrate:	2.37 grams





## SINIGANG SA SAMPALOK (Sinigang with Tamarind)

Makes 3 cups • Serving size: ¼ cup  
Preparation time: 10 minutes • Cooking time: 15 minutes

### INGREDIENTS

- 8 to 10 pieces small (69g) Sampalok, hilaw (tamarind, unripe)
- ¼ cup (1 piece, small) (34g) Onion
- 1 cup (3 pieces, medium) (112g) Tomatoes, cut into small pieces
- ¼ cup (2 pieces) (27g) Okra
- ½ cup (2 strings) (49g) Sitaw (string beans)
- ½ cup (1 piece, small) (53g) Labanos (radish)
- 1 cup (1 piece, medium) (83g) Talong (eggplant)
- 3 cups (1 bundle) (67g) Kangkong (swamp cabbage)
- 5 cups Water
- 1 tablespoon Rock salt

### PROCEDURE

1. Boil sampalok in 2 cups water for 8 minutes. Strain. Keep sampalok extract.
2. Boil onion, sampalok extract and tomatoes in 3 cups water for 7 minutes.
3. Add okra, sitaw, and labanos. Simmer for 5 minutes.
4. Add salt and talong.
5. Turn off heat. Add kangkong.
6. Serve hot.

### NUTRIENT INFORMATION:

ONE SERVING: 1/4 cup (31 grams) vegetables only, soup may be added as desired.

Energy:	15 kcal
Protein:	0.54 gram
Fat:	0.10 gram
Carbohydrate:	2.89 grams



## SINIGANG SA KAMYAS (Sinigang with Balimbi)

Makes 3 cups • Serving size: ¼ cup  
Preparation time: 10 minutes • Cooking time: 15 minutes

### INGREDIENTS

- 1/3 cup (1 piece, small) (43g)  
Onion, cut into four
- 2 cups (12 to 15 pieces) (228g)  
Kamyas (balimbi), cut into small pieces
- 1/3 cup (2 pieces) (40g) Okra
- ½ cup (2 strings) (45g)  
Sitaw (string beans)
- 2/3 cup (1 piece, small) (72g)  
Labanos (radish)
- 1 cup (1 piece, medium) (71g)  
Talong (eggplant)
- 2 cups (1 bundle) (65g)  
Kangkong (swamp cabbage)
- 5 cups Water
- 1 tablespoon Rock salt

### PROCEDURE

1. Boil 5 cups water with onion and kamyas for 5 minutes.
2. Add okra, sitaw, and labanos. Simmer for 5 minutes.
3. Add salt.
4. Add talong. Simmer for 2 minutes.
5. Turn off heat. Add kangkong.
6. Serve hot.

### NUTRIENT INFORMATION:

ONE SERVING: ¼ cup (33 grams)  
vegetables only, soup may be added  
as desired

Energy:	12 kcal
Protein:	0.52 gram
Fat:	0.09 gram
Carbohydrate:	2.33 grams



## SINIGANG SA BAYABAS (Sinigang with Guava)

Makes 3 cups • Serving size: 1/3 cup

Preparation time: 5 minutes • Cooking time: 18 to 20 minutes

### INGREDIENTS

- 1/3 cup (1 piece, small) (40g)  
Onion, cut into four
- 10 to 12 pieces (245g)  
Bayabas, (guava, pink or red),  
cut into four
- 3 cups (1 bundle) (77g)  
Kamote dahon, murado  
(sweet potato leaves, purple variety)
- 5 cups Water
- 2 tablespoons Rock salt

### PROCEDURE

1. Boil water with bayabas and onion for 15 minutes.
2. Add salt and kamote leaves. Simmer for 3 to 5 minutes.
3. Turn off heat. Serve hot.

### NUTRIENT INFORMATION:

ONE SERVING: 1/3 cup (41 grams)  
vegetables only, soup may be added  
as desired

Energy:	37 kcal
Protein:	0.72 gram
Fat:	0.17 gram
Carbohydrate:	8.12 grams



## SINIGANG SA KAMATIS (Sinigang with Tomatoes)

Makes 3 ½ cups • Serving size: ¼ cup  
Preparation time: 10 minutes • Cooking time: 15 minutes

### INGREDIENTS

- ¼ cup (1 piece, small) (29g)  
Onion, cut into four
- 2 ¼ cups (6 pieces, medium) (299g)  
Tomatoes, cut into four
- 1/3 cup (3 pieces, small) (28g) Okra
- ½ cup (3 strings) (56g)  
Sitaw (string beans)
- ½ cup (1 piece, small) (69g)  
Labanos (radish)
- 1 1/3 cups (1 piece, medium) (100g)  
Talong (eggplant)
- 2 cups (1 bundle) (64g)  
Kangkong (swamp cabbage)
- 5 cups Water
- 1 tablespoons Rock salt

### PROCEDURE

1. Boil water with onion and tomatoes for 5 minutes.
2. Add okra, sitaw and labanos. Simmer for 5 minutes.
3. Add salt and talong. Simmer for 2 minutes.
4. Turn off heat. Add kangkong.
5. Serve hot.

### NUTRIENT INFORMATION:

ONE SERVING: ¼ cup (32 grams)  
vegetables only, soup may be added  
as desired

Energy:	12 kcal
Protein:	0.50 gram
Fat:	0.10 gram
Carbohydrate:	2.23 grams



## BANANA SOUP

Makes 4 ½ cups • Serving size: 1/3 cup  
Preparation time: 5 minutes • Cooking time: 15 minutes

### INGREDIENTS

- 5 pieces medium (228g) Banana, saba
- 2 tablespoons Cooking oil
- 5 cups Water

### PROCEDURE

1. Heat cooking oil in a pan.
2. Fry saba slices until light brown.
3. Boil fried saba slices in 5 cups of water for 10 minutes.
4. Serve hot.

### NUTRIENT INFORMATION:

ONE SERVING: 1/3 cup (63 grams)  
saba only, soup may be consumed as desired

Energy: 86 kcal  
Protein: 0.50 gram  
Fat: 4.15 gram  
Carbohydrate: 11.66 grams



## KALABASA SOUP (Squash Soup)

Makes 5 ½ cups • Serving size: 1/3 cup  
Preparation time: 10 minutes • Cooking time: 20 to 25 minutes

### INGREDIENTS

- 5 ½ cups (620g) Kalabasa (squash), cut into small pieces
- 4 cups Water
- 2 tablespoons (21g) Margarine
- 1 tablespoon Rock salt

### NUTRIENT INFORMATION:

ONE SERVING: 1/3 cup (70 grams)  
Energy: 31 kcal  
Protein: 0.58 gram  
Fat: 1.49 grams  
Carbohydrate: 3.78 grams

### PROCEDURE

1. Boil 4 cups water with kalabasa for 15 minutes until kalabasa is soft.
2. Mash kalabasa using spatula or spoon.
3. Strain. Do not discard water.
4. Heat a pot under low fire.
5. Combine strained kalabasa and water into the pot.
6. Add margarine and salt.
7. Simmer for 5 minutes while stirring continuously
8. Serve hot.



## POTATO AND CARROT SOUP

Makes 4 cups • Serving size: 1/3 cup

Preparation time: 10 minutes • Cooking time: 15 to 20 minutes

### INGREDIENTS

- 3 1/2 cups (4 pieces, medium) (457g) Potatoes, peel and cut into small pieces
- 2 tablespoons (20g) Margarine
- 3 tablespoons (30g) Carrots, finely grated
- 3 cups Water
- 1 teaspoon Rock salt

### NUTRIENT INFORMATION:

ONE SERVING: 1/3 cup (64 grams)

Energy: 42 kcal

Protein: 0.88 gram

Fat: 1.44 grams

Carbohydrate: 6.24 grams

### PROCEDURE

1. Boil 3 cups water and potatoes for 15 minutes until soft.
2. Mash potatoes using spatula or spoon.
3. Strain. Do not discard water.
4. Heat a pot under low fire. Combine strained mashed potatoes and water into the pot.
5. Add margarine and salt.
6. Add finely grated carrots. Simmer for 3 minutes while stirring continuously.
7. May be served hot or cold.



## POTATO AND KALABASA SOUP (Potato and Squash Soup)

Makes 3 ½ cups • Serving size: 1/3 cup  
Preparation time: 10 minutes • Cooking time: 20 to 25 minutes

### INGREDIENTS

- 1 ½ cups (2 pieces, medium) (219g) Potatoes, peel and cut into small pieces
- 1 ¼ cups (161g) Kalabasa (squash), cut into small pieces
- 3 cups Water
- 2 tablespoons (19g) Margarine
- 1 tablespoon Rock salt

### NUTRIENT INFORMATION:

ONE SERVING: 1/3 cup (71 grams)  
Energy: 41 kcal  
Protein: 0.75 gram  
Fat: 1.83 gram  
Carbohydrate: 5.37 grams

### PROCEDURE

1. Boil 3 cups water with potatoes and kalabasa for 15 minutes until soft.
2. Mash potatoes and kalabasa using spatula or spoon. Strain. Do not discard water.
3. Heat a pot under low fire. Combine strained mashed potatoes and kalabasa with water into the pot.
4. Add margarine and salt.
5. Simmer for 3 minutes while stirring continuously.
6. Serve hot.





## WATERMELON JUICE

Makes 4 ½ cups • Serving size: ½ cup  
Preparation time: 5 minutes

### INGREDIENTS

- 4 ½ cups (1/4 piece, large) (699g) Pakwan (watermelon)
- ½ cup Brown sugar
- 1 ½ cups Shaved ice

### PROCEDURE

1. Remove the watermelon pulp from the rind. Remove the seeds from the pulp.
2. Place in the blender together with brown sugar and ice.
3. Blend until thick and frothy.
4. Pour into glasses. Serve immediately.

### NUTRIENT INFORMATION:

ONE SERVING: ½ cup  
Energy: 71 kcal  
Protein: 0.09 gram  
Fat: 0.19 gram  
Carbohydrate: 17.11 grams



## MELON JUICE

Makes 3  $\frac{1}{4}$  cups • Serving size:  $\frac{1}{2}$  cup  
Preparation time: 5 minutes

### INGREDIENTS

- 2  $\frac{1}{2}$  cups ( $\frac{1}{4}$  piece, medium) (362g)  
Melon (cantaloupe), cut into cubes
- $\frac{1}{2}$  cup Brown sugar
- 1  $\frac{1}{2}$  cups Shaved ice

### PROCEDURE

1. Remove melon from rind and remove seeds.
2. Place in the blender together with brown sugar and ice.
3. Blend until thick and frothy.
4. Pour into glasses.  
Serve immediately.

### NUTRIENT INFORMATION:

ONE SERVING:  $\frac{1}{2}$  cup  
Energy: 78 kcal  
Protein: 0.35 gram  
Fat: 0.10 gram  
Carbohydrate: 18.78 grams



## ICED TEA WITH PANDAN

Makes 3 cups • Serving size: ½ cup

Preparation time: 3 minutes • Cooking time: 7 minutes

### INGREDIENTS

- 1 piece Pandan leaf
- 1 piece Tea bag
- 1/3 cup Brown sugar
- 3 ¼ cups Water

### PROCEDURE

1. Boil the water, pandan leaves and brown sugar for 10 minutes.
2. Add tea bag and simmer for 3 to 5 minutes.
3. Adjust the sweetness as needed.
4. Strain to remove tea bag and pandan leaf.
5. Cool and serve with shaved ice.

### NUTRIENT INFORMATION:

ONE SERVING: ½ cup  
Energy: 39 kcal  
Protein: 0.02 gram  
Fat: 0.03 gram  
Carbohydrate: 9.70 grams



## PINK JUICE

Makes 4 ½ cups • Serving size: ½ cup

Preparation time: 5 minutes • Cooking time: 10 to 15 minutes

### INGREDIENTS

- 2 cups (1 bundle) (58g) Kamote dahon, murado (sweet potato leaves, purple)
- 1/3 cup Brown sugar
- 5 cups Water
- 3 tablespoons (3 pieces, medium) (35g) Calamansi, extract

### PROCEDURE

1. Combine 5 cups water and 1/3 cup brown sugar. Boil for 5 minutes.
2. Add purple kamote leaves and simmer for 5 to 8 minutes.
3. Remove purple kamote leaves.
4. Add calamansi juice extract.
5. Cool and serve chilled.



### NUTRIENT INFORMATION:

ONE SERVING: ½ cup  
Energy: 28 kcal  
Protein: 0.02 gram  
Fat: 0.05 gram  
Carbohydrate: 6.86 grams

## CALAMANSI JUICE

Makes 5 cups • Serving size: ½ cup  
Preparation time: 5 minutes • Cooking time: 5 minutes

### INGREDIENTS

- 3 tablespoons (10 pieces, small) (29g) Calamansi, extract
- ½ cup Brown sugar
- 5 cups Water

### PROCEDURE

1. Boil water with brown sugar for 5 minutes.
2. Remove from heat and cool.
3. Add calamansi juice extract.
4. Maybe served warm or chilled.

### NUTRIENT INFORMATION:

ONE SERVING: ½ cup  
Energy: 38 kcal  
Protein: 0.02 gram  
Fat: 0.00 gram  
Carbohydrate: 9.32 grams



## MALUNGAY AND PANDAN JUICE (Horseradish Leaves and Pandan Juice)

Makes 4 ½ cups • Serving size: ½ cup  
Preparation time: 5 minutes • Cooking time: 10 minutes

### INGREDIENTS

- 1 cup (1 bundle) (25g) Malunggay (horseradish) leaves
- 3 pieces Pandan leaves
- ½ cup Brown sugar
- 5 cups Water
- 1 tablespoon (2 pieces, medium) (11g) Calamansi, extract

### PROCEDURE

1. Boil water with brown sugar for 5 minutes.
2. Add pandan leaves. Simmer for 5 minutes.
3. Turn off heat. Add malunggay leaves. Strain after 10 minutes.
4. Add calamansi juice extract.
5. Cool and serve chilled.

### NUTRIENT INFORMATION:

ONE SERVING: ½ cup  
Energy: 50 kcal  
Protein: 0.02 gram  
Fat: 0.11 gram  
Carbohydrate: 12.10 grams



## PANDAN JUICE

Makes 4 ½ cups • Serving size: ½ cup  
Preparation time: 5 minutes • Cooking time: 10 minutes

### INGREDIENTS

- 3 pieces Pandan leaves
- ½ cup Brown sugar
- 5 cups Water
- 3 tablespoons (3 pieces, medium) (29g) Calamansi, extract

### PROCEDURE

1. Combine water, pandan leaves and brown sugar, boil for 8 to 10 minutes
2. Strain and cool.
3. Add calamansi juice extract.
4. Serve chilled.

### NUTRIENT INFORMATION:

ONE SERVING: ½ cup  
Energy: 46 kcal  
Protein: 0.03 gram  
Fat: 0.07 gram  
Carbohydrate: 11.41 grams



## TANGLAD JUICE (Lemon Grass Juice)

Makes 4  $\frac{3}{4}$  cups • Serving size:  $\frac{1}{2}$  cup  
Preparation time: 5 minutes • Cooking time: 15 minutes

### INGREDIENTS

- 2 pieces Tanglad (lemon grass stalks)
- $\frac{1}{3}$  cup Brown sugar
- 5 cups Water
- 1 tablespoon (3 pieces, small) (9g) Calamansi, extract

### NUTRIENT INFORMATION:

ONE SERVING:  $\frac{1}{2}$  cup  
Energy: 38 kcal  
Protein: 0.03 gram  
Fat: 0.07 gram  
Carbohydrate: 9.23 grams

### PROCEDURE

1. Combine water, brown sugar and tanglad stalks. Boil for 10 minutes.
2. Remove from heat. Strain and cool for 5 to 10 minutes.
3. Add calamansi juice extract.
4. Maybe served warm or chilled.







## NUTRIENT CONTENT OF RICE

### **RICE 1 cup (170 grams)**

Energy: 219 kcal  
Protein: 3.57 grams  
Fat: 0.34 gram  
Carbohydrate: 50.49 grams

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### **RICE ½ cup (90 grams)**

Energy: 116 kcal  
Protein: 1.89 grams  
Fat: 0.18 gram  
Carbohydrate: 26.73 grams

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### **RICE 1/3 cup (54 grams)**

Energy: 70 kcal  
Protein: 1.13 grams  
Fat: 0.11 gram  
Carbohydrate: 16.04 grams

### **RICE ¼ cup (38 grams)**

Energy: 49 kcal  
Protein: 0.80 gram  
Fat: 0.08 gram  
Carbohydrate: 11.29 grams

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### **RICE 1 tablespoon (11 grams)**

Energy: 14 kcal  
Protein: 0.23 gram  
Fat: 0.02 gram  
Carbohydrate: 3.27 grams

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### **RICE 1 teaspoon (4 grams)**

Energy: 5 kcal  
Protein: 0.08 gram  
Fat: 0.01 gram  
Carbohydrate: 1.19 grams