

Health and Wellness

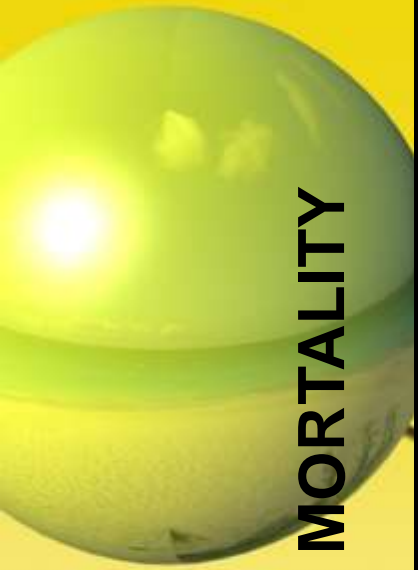


ENRIQUE A. TAYAG, MD, PHSAE, FPSMID, CESO III

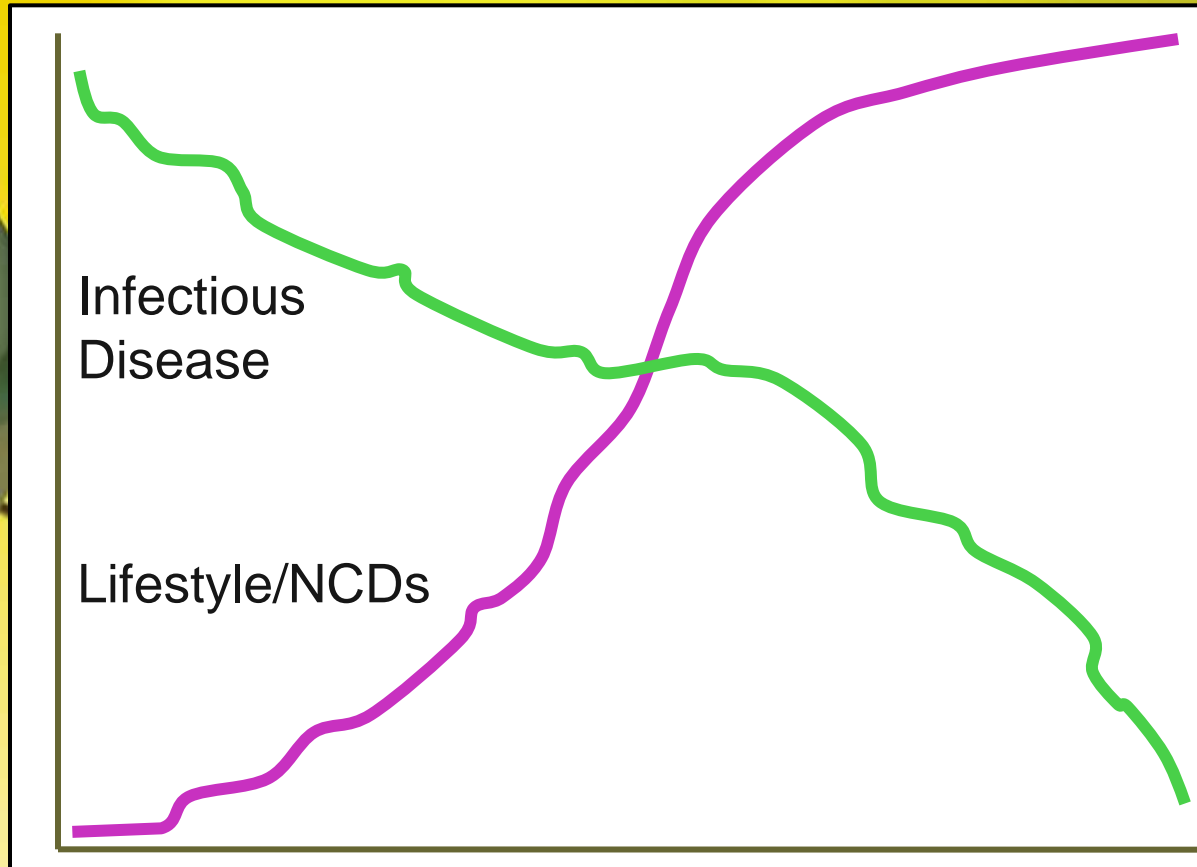
Assistant Secretary of Health

Support to Service Delivery Technical Cluster II

Epidemiologic Transition



MORTALITY



DEVELOPMENT →

Omran et al 1970.

3 MILLION NCD DEATHS IN 2010



In the Philippines...

10 Leading Causes of M O R B I D I T Y

1. Acute lower RTI and Pneumonia
2. Bronchitis/Bronchiolitis
3. Acute Watery Diarrhea
4. Influenza
5. Hypertension
6. TB Respiratory
7. Diseases of the Heart
8. Malaria
9. Chickenpox
10. Dengue

10 Leading Causes of M O R T A L I T Y

1. Diseases of the Heart
2. Diseases of the Vascular System
3. Malignant neoplasm
4. Pneumonia
5. Accidents
6. Tuberculosis, all forms
7. Chronic Lower Respiratory Diseases
8. Diabetes Mellitus
9. Certain conditions originating in the Perinatal Period
10. Nephritis, nephrotic syndrome & Nephrosis

Source: National Epidemiology Center, Department of Health

COMMON RISK FACTORS

TOBACCO
USE



UNHEALTHY
DIET



PHYSICAL
INACTIVITY



ALCOHOL
CONSUMPTION



Prevalence of Hypertension, Hyperglycemia, Dyslipidemia & Overweight

(1998, 2003 and 2008 Philippine NNS, FNRI)

Risk factors	1998	2003	2008	Basis
Hypertension	21.0	22.5	25.3	SBP \geq 140, DBP \geq 90
Hyperglycemia	3.9	3.4	4.8	FBS \geq 126 mg/dL
Total cholesterol	4.0	8.5	10.2	\geq 240 mg/dL
Triglycerides	8.7	9.4	14.6	\geq 200 mg/dL
BMI (Overweight)	20.2	24.0	26.6	BMI \geq 25.0

Dietary intake trends show
increasing consumption of energy dense foods
high in fats and sugars,



The trend of obesity is increasing among younger age groups (9-11 year old) from 2.4% in 1993 to 4.8% in 2005 and 4.6% in 2008

Similarly the prevalence rate of overweight for children 6-10 years old doubled from 0.8% in 2001 to 1.6% in 2005 and 1.6% in 2008



Almost the entire adult population has low levels of physical activity in all domains: occupation, non-occupation, leisure, transportation.



Changing Eating Patterns

- The consumption of meat (up 3.1 per cent) and poultry (up 4.3 per cent) has increased over the past three decades – and intake of healthier foods has fallen: roots and tubers by 2.6 per cent and fruit by 2.2 per cent.



Changing Eating Patterns



- ***‘Intake of fruits and vegetables has been on the downtrend because they’re expensive’, and also eating patterns have changed, with many people eating outside the home, and often eating fast food.***

Pilipinas

Go



Health!

Pilipinas Go4Health!



is the nationwide healthy lifestyle movement spearheaded by the Department of Health (DOH) and its partners. It aims to inform and encourage Filipinos from all walks of life to practice a healthy lifestyle by making a personal commitment to physical activity, proper nutrition, and the prevention or cessation of smoking and alcohol consumption. Through the movement, DOH and its partners work together to promote and establish a sustainable environment for healthy living.



GO
smoke-free



GO
sustansya



GO
sigla



GO
slow sa tagay

GLOBAL: 6 million people die every year due to tobacco use, according to the World Health Organization (WHO),

- A person dies every 8 seconds from tobacco use.
- More than 5 million people are direct smokers
- 600,000 are second-hand smokers

Almost half (48 percent or 14.6 million) of adult males and 9 percent (2.8 million) of adult females are current smokers. (WHO)

PHILIPPINES: Among Top 10 advertisers of tobacco in Asia. (WHO)

28% of Filipinos, aged 15 years and older, are current tobacco smokers. (2009 Global Adult Tobacco Survey)

- 23% of Filipino adults daily tobacco smokers: 38 % males, 7 % females.

GO
smoke-free

10 Filipinos die every hour from smoking and second-hand smoking.

GLOBAL: WHO projects that by 2015, approximately 2.3 billion adults will be overweight and more than 700 million will be obese. (WHO)

- 925 million people undernourished. 13.1% or almost 1 in 7 people are hungry (UN FAO)

PHILIPPINES: Trend towards foods higher in sugar and fat underscores double burden of under and over-nutrition. (WHO)

- Daily household intake of fruits decreased by 30%, from 77 grams a day in 1993 to 54 in 2003. (WHO)
- Between 1993 and 2003, intake of soft drinks increased by 150%, and fats and oils by 50%; intake of roots and tubers decreased by 50%. (WHO)

GO
sustansya

22.3% of Filipino adults are overweight (body mass index of 25 - 29.9 (Philippine Nutrition Facts and Figures 2011, Food and Nutrition Research Institute)

GLOBAL: Physical inactivity has been identified as the fourth leading risk factor for global mortality causing an estimated 3.2 million deaths globally. (WHO)

- Around 31% of adults aged 15 and over were insufficiently active (men 28% and women 34%). (WHO)
 - Nearly 30% of students spent three or more hours per day sitting and doing activities such as watching television, playing computer games or talking to friends. (WHO)

- Less than a tenth of students surveyed were physically active for seven days for at least 60 minutes a day during the past week or during a typical week. (WHO)

PHILIPPINES: Most Filipino children not physically active during the school day, except in physical education classes. (NCBI)

GO
sigla

GLOBAL: 320,000 people aged 15-29 years die annually from alcohol-related causes, resulting in 9% of all deaths in that age group. (WHO)

Worldwide consumption in 2005 equal to 6.13 liters of pure alcohol consumed per person aged 15 years or older.

(WHO)

Nearly 4% of all deaths are related to alcohol. Most alcohol-related deaths are caused by alcohol result from injuries, cancer, cardiovascular diseases and liver cirrhosis. (WHO)

PHILIPPINES:

- 11% of the population of Filipino 15- to 74-year-olds are regular drinkers at an average rate of four or more days in a week. (DOH)
- 24% of 15- to 19-year-olds are teen drinkers. (DOH)

GO

slow sa tagay

Our Pledge

We believe that every Filipino has the right to a healthy family, community, and country. As lead advocate for the nationwide healthy lifestyle movement, we work hand-in-hand with different sectors to provide options for healthy living and make it accessible to as many people as possible.

Ultimately, **Pilipinas Go4Health** hopes to contribute to successful nation and inclusive development by encouraging Filipinos to embrace four key health habits: physical activity, proper nutrition, and the prevention or cessation of smoking and alcohol consumption.

Our Objectives



Generate public interest in and awareness of healthy lifestyle choices

Encourage target publics to make personal commitments to healthy living

Engage private and public institutions to commit to establishing environments that encourage healthy lifestyle choices

Schoolchildren & Working Adults

On Target!

Schoolchildren
(Elementary, HS, College)
28%

Workforce
(>15yrs old)
39%

Beyond target
market
33%



Touchpoints



Pilipinas Go4Health



Online



Champions



Partners

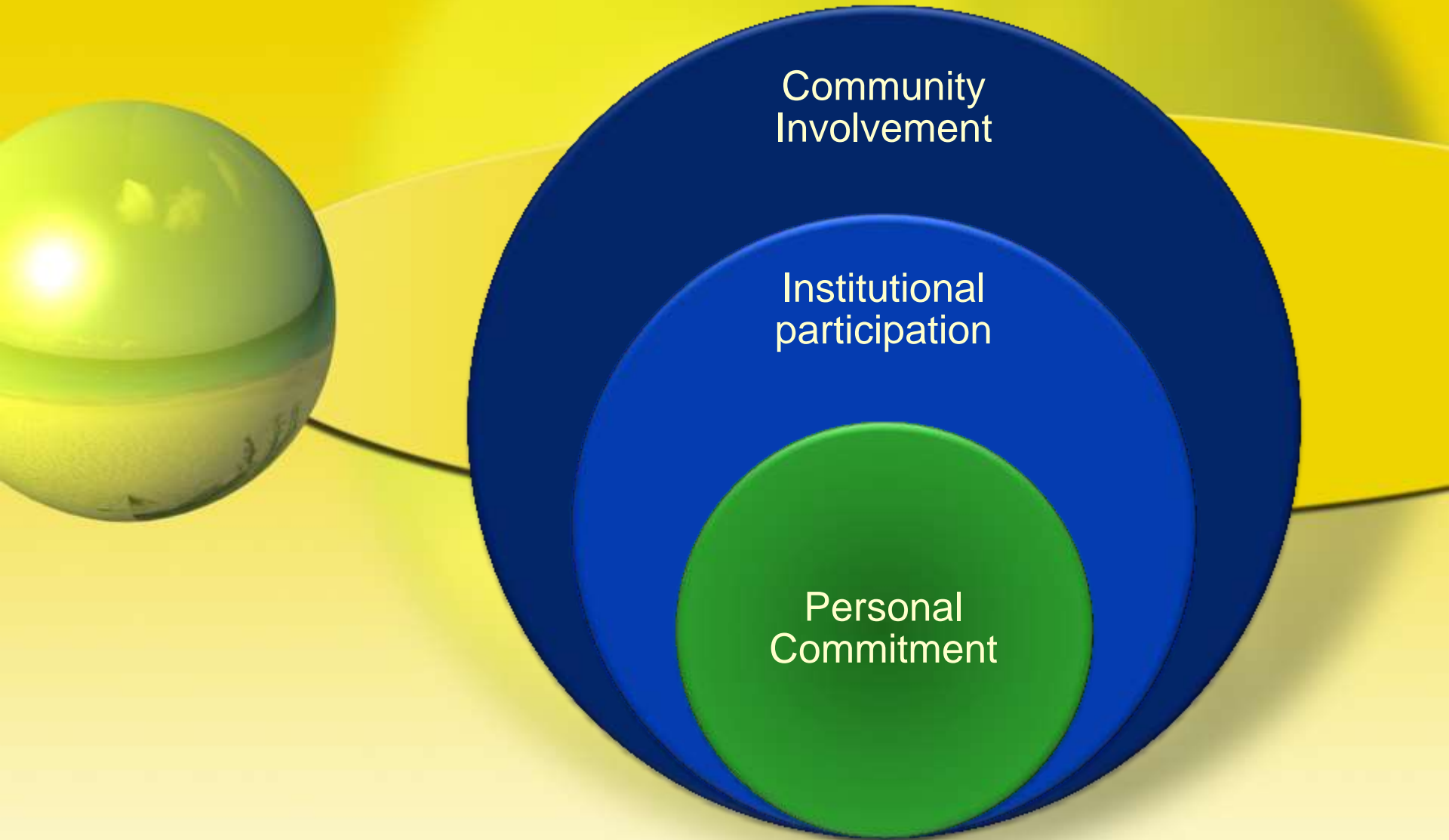


Events



Collateral

Our Strategy



Community
Involvement

Institutional
participation

Personal
Commitment

Our Strategy



Community
Commitment

Institutional
Commitment

Increase Awareness, Change
Habits, Enhance Skills

Personal
Commitment

Personal Commitment

Target

Officially launch the movement

Engage Pilipinas Go4Health Champions

List members of Pilipinas Go4Health movement



Online



Champions



Partners



Events



Collateral

Pilipinas Go4Health Website

Pilipinas Go4Health! User Name Password [Log in](#) [Follow us : f t](#)

[Home](#) [About the Movement](#) [Join the Go4Health Movement](#) [FAQs](#) [Contact](#)

A healthy lifestyle is a choice. | START TODAY!

[Click here to register](#)

Registration Count **00156**

About

Pilipinas Go4Health

Pilipinas Go4Health is the nationwide healthy lifestyle movement of the Philippine Department of Health. It aims to inform and engage the youth and adults in forming healthy habits and practicing a healthy lifestyle through the promotion of physical activity, proper nutrition, and the prevention and cessation of smoking and alcohol consumption.

[Read more...](#)

[How to Register](#)

Not yet a member?
[Click here to register](#)

Sign up using

facebook twitter
LinkedIn Google+
Powered by LegitRadius

May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18

www.go4health.ph

YOU can register in the Pilipinas Go4Health website to use the health tools and apps and receive the latest news and updates on living healthy!

Social Media Accounts

News and updates about Pilipinas GoHealth will be posted in these social networking sites



facebook.com/Go4Health.PH

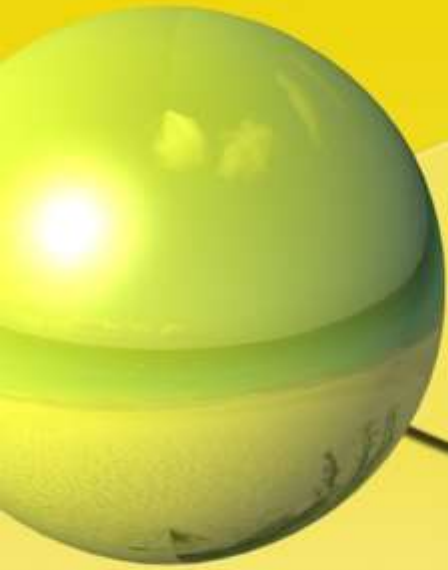


twitter.com/Go4HealthPH



youtube.com/user/Go4Health.PH

Our Strategy



Institutional Commitment

Target

Engage both private and public sector in promoting healthy lifestyle

Tap partners to implement healthy lifestyle programs



Online



Partners



Events



Collateral

Institutional Commitment

Target

Engage both private and public sector in promoting healthy lifestyle

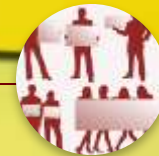
Tap partners to implement healthy lifestyle programs



Online



Partners



Collateral

Go smoke-free

IS SMOKING TAKING A TOLL ON YOUR HEALTH?

Get ready to live a **healthy lifestyle!**
Join Pinoy's that are taking action for health.

Register at www.go4health.ph and support the Pilipinas Go4Health Movement!

Pilipinas Go4Health! [facebook.com/go4healthPH](https://www.facebook.com/go4healthPH) twitter.com/go4healthPH

Go sustansya

IS YOUR DIET KEEPING YOU HUNGRY?

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Go slow sa tagay

ARE HANGOVERS GETTING THE BEST OF YOU?

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Go sigla

IS THE LACK OF EXERCISE LEAVING YOU BREATHLESS?

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Promote Pilipinas Go4Health!

Produce and display movement collateral in your establishments

Be a Go4Health Institution!

As a company policy, declare the establishment/school/agency as a “Go4Health” place, and the promotion of a healthy lifestyle as a priority.



Support Healthy Lifestyle Programs



GO smoke-free

Enforce restrictions on smoking in public places based on the Tobacco Regulations Act
Enforce restrictions on selling tobacco products based on the Tobacco Regulations Act
Make access to tobacco sellers and smoking places difficult



GO sustansya

Remove additives like MSG and lessen sodium and sugar in cooking
Offer healthier menu; offer fresh fruits for dessert instead of pastries
Offices should provide a short break in the morning to give those who missed out on breakfast a chance to grab a quick meal



GO sigla

Partner with sports or fitness facilities to offer services to employees at lower costs
Plan weekly sports events for the schools and offices
Set challenges that would encourage students or employees to engage in more exercises



GO slow sa tagay

Enforce restrictions on selling alcohol to minors
Avoid partnering with alcoholic brands for events and activities
Prohibit putting up of posters of alcohol brands in the premises

GO sigla

GO slow sa
tagay

GO smoke-
free

GO
sustansya

Pilipinas **Go4Health!**

We're bringing Pinoys together to take action for health!

Register at www.go4health.ph and support
the Pilipinas Go4Health Movement!

 facebook.com/go4health.PH

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Life's simple 7

- Don't Smoke
- Maintain a healthy weight
- Devote 150 minutes to moderate-intense physical activity each week
- Eat a healthy diet
- Manage your blood pressure
- Keep cholesterol in check
- Manage your blood glucose levels

DASH

Eating Plan



*Lower
Your Blood
Pressure*



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute

Blood Pressure Levels for Adults*

Category	Systolic† (mmHg)‡		Diastolic† (mmHg)‡	Result
Normal	Less than 120	and	Less than 80	Good for you!
Prehypertension	120–139	or	80–89	Your blood pressure could be a problem. Make changes in what you eat and drink, be physically active, and lose extra weight. If you also have diabetes, see your doctor.
Hypertension	140 or higher	or	90 or higher	You have high blood pressure. Ask your doctor or nurse how to control it.

* For adults ages 18 and older who are not on medicine for high blood pressure and do not have a short-term serious illness. Source: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure; NIH Publication No. 03-5230, National High Blood Pressure Education Program, May 2003.

† If systolic and diastolic pressures fall into different categories, overall status is the higher category.

‡ Millimeters of mercury.

Daily Nutrient Goals Used in the DASH Studies

(for a 2,100 Calorie Eating Plan)

Total fat	27% of calories	Sodium	2,300 mg*
Saturated fat	6% of calories	Potassium	4,700 mg
Protein	18% of calories	Calcium	1,250 mg
Carbohydrate	55% of calories	Magnesium	500 mg
Cholesterol	150 mg	Fiber	30 g

* 1,500 mg sodium was a lower goal tested and found to be even better for lowering blood pressure. It was particularly effective for middle-aged and older individuals, African Americans, and those who already had high blood pressure.

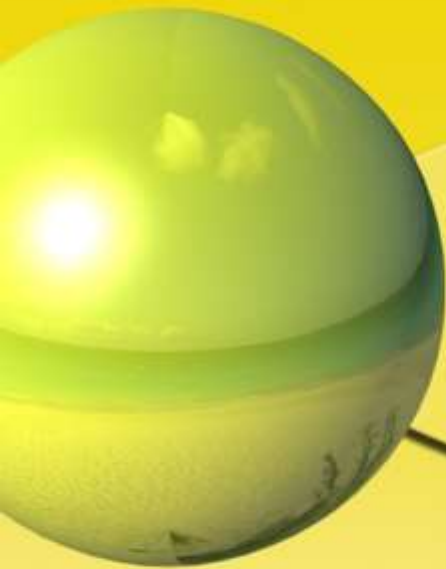
g = grams; mg = milligrams

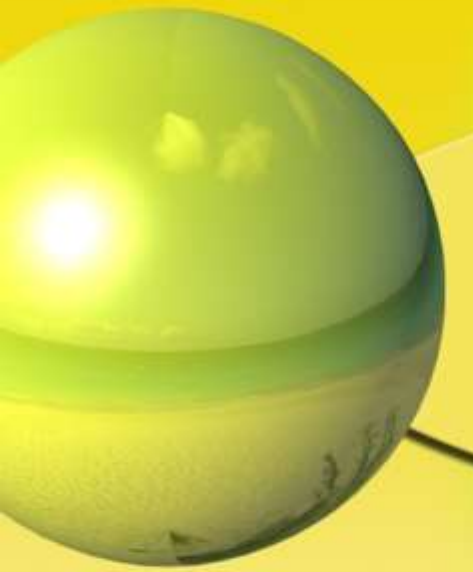
Following the DASH Eating Plan

Food Group	Daily Servings	Serving Sizes
Grains*	6-8	1 slice bread 1 oz dry cereal† ½ cup cooked rice, pasta, or cereal
Vegetables	4-5	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice
Fruits	4-5	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice
Fat-free or low-fat milk and milk products	2-3	1 cup milk or yogurt 1½ oz cheese
Lean meats, poultry, and fish	6 or less	1 oz cooked meats, poultry, or fish 1 egg‡
Nuts, seeds, and legumes	4-5 per week	⅓ cup or 1½ oz nuts 2 Tbsp peanut butter 2 Tbsp or ½ oz seeds ½ cup cooked legumes (dry beans and peas)
Fats and oils§	2-3	1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing
Sweets and added sugars	5 or less per week	1 Tbsp sugar 1 Tbsp jelly or jam ½ cup sorbet, gelatin 1 cup lemonade

* Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

† Serving sizes vary between ½ cup and 1¼ cups, depending on cereal type. Check the product's Nutrition Facts label.





Examples and Notes	Significance of Each Food Group to the DASH Eating Pattern
Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn	Major sources of energy and fiber
Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes	Rich sources of potassium, magnesium, and fiber
Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
Fat-free (skim) or low-fat (1%) milk or buttermilk, fat-free, low-fat, or reduced-fat cheese, fat-free or low-fat regular or frozen yogurt	Major sources of calcium and protein
Select only lean; trim away visible fats; broil, roast, or poach; remove skin from poultry	Rich sources of protein and magnesium
Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber
Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing	The DASH study had 27 percent of calories as fat, including fat in or added to foods
Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar	Sweets should be low in fat

† Since eggs are high in cholesterol, limit egg yolk intake to no more than four per week; two egg whites have the same protein content as 1 oz of meat.

§ Fat content changes serving amount for fats and oils. For example, 1 Tbsp of regular salad dressing equals one serving; 1 Tbsp of a low-fat dressing equals one-half serving; 1 Tbsp of a fat-free dressing equals zero servings.

DASH Eating Plan— Number of Daily Servings for Other Calorie Levels

Food Groups	Servings/Day		
	1,600 calories/day	2,600 calories/day	3,100 calories/day
Grains*	6	10–11	12–13
Vegetables	3–4	5–6	6
Fruits	4	5–6	6
Fat-free or low-fat milk and milk products	2–3	3	3–4
Lean meats, poultry, and fish	3–6	6	6–9
Nuts, seeds, and legumes	3/week	1	1
Fats and oils	2	3	4
Sweets and added sugars	0	≤2	≤2

* Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

How to Lower Calories on the DASH Eating Plan

To increase fruits—

- Eat a medium apple instead of four shortbread cookies. *You'll save 80 calories.*
- Eat 1/4 cup of dried apricots instead of a 2-ounce bag of pork rinds. *You'll save 230 calories.*

To increase vegetables—

- Have a hamburger that's 3 ounces of meat instead of 6 ounces. Add a 1/2-cup serving of carrots and a 1/2-cup serving of spinach. *You'll save more than 200 calories.*
- Instead of 5 ounces of chicken, have a stir fry with 2 ounces of chicken and 1 1/2 cups of raw vegetables. Use a small amount of vegetable oil. *You'll save 50 calories.*

To increase fat-free or low-fat milk products—

- Have a 1/2-cup serving of low-fat frozen yogurt instead of a 1/2-cup serving of full-fat ice cream. *You'll save about 70 calories.*

And don't forget these calorie-saving tips:

- Use fat-free or low-fat condiments.
- Use half as much vegetable oil, soft or liquid margarine, mayonnaise, or salad dressing, or choose available low-fat or fat-free versions.
- Eat smaller portions—cut back gradually.
- Choose fat-free or low-fat milk and milk products.
- Check the food labels to compare fat content in packaged foods—items marked fat-free or low-fat are not always lower in calories than their regular versions.
- Limit foods with lots of added sugar, such as pies, flavored yogurts, candy bars, ice cream, sherbet, regular soft drinks, and fruit drinks.
- Eat fruits canned in their own juice or in water.
- Add fruit to plain fat-free or low-fat yogurt.
- Snack on fruit, vegetable sticks, unbuttered and unsalted popcorn, or rice cakes.
- Drink water or club soda—zest it up with a wedge of lemon or lime.

Make a Dash for DASH

Thirty minutes of moderate-intensity physical activity each day can help.

- If your blood pressure is moderately elevated, 30 minutes of brisk walking on most days a week may be enough to keep you off medication.
- If you take medication for high blood pressure, 30 minutes of moderate physical activity can make your medication work more effectively and make you feel better.
- If you don't have high blood pressure, being physically active can help keep it that way. If you have normal blood pressure—but are not active—your chances of developing high blood pressure increase, especially as you get older or if you become overweight or obese or develop diabetes.

1. **Set a schedule and try to keep it.**
2. **Get a friend or family member to join you.** Motivate each other to keep it up.
3. **Cross-train.** Alternate between different activities so you don't strain one part of your body day after day.
4. **Set goals.**
5. **Reward yourself.** At the end of each month that you stay on your exercise program, reward yourself with something new—new clothes, a compact disc, a new book—something that will help keep you committed. But don't use food as a reward.

Where's the Sodium?

Food Groups	Sodium (mg)
Whole and other grains and grain products*	
Cooked cereal, rice, pasta, unsalted, 1/2 cup	0–5
Ready-to-eat cereal, 1 cup	0–360
Bread, 1 slice	110–175
Vegetables	
Fresh or frozen, cooked without salt, 1/2 cup	1–70
Canned or frozen with sauce, 1/2 cup	140–460
Tomato juice, canned, 1/2 cup	330
Fruit	
Fresh, frozen, canned, 1/2 cup	0–5
Low-fat or fat-free milk and milk products	
Milk, 1 cup	107
Yogurt, 1 cup	175
Natural cheeses, 1 1/2 oz	110–450
Process cheeses, 2 oz	600
Nuts, seeds, and legumes	
Peanuts, salted, 1/3 cup	120
Peanuts, unsalted, 1/3 cup	0–5
Beans, cooked from dried or frozen, without salt, 1/2 cup	0–5
Beans, canned, 1/2 cup	400
Lean meats, fish, and poultry	
Fresh meat, fish, poultry, 3 oz	30–90
Tuna canned, water pack, no salt added, 3 oz	35–45
Tuna canned, water pack, 3 oz	230–350
Ham, lean, roasted, 3 oz	1,020

* Whole grains are recommended for most grain servings.

Label Language

Phrase

What It Means*

Sodium

Sodium free or salt free

Less than 5 mg per serving

Very low sodium

35 mg or less of sodium per serving

Low sodium

140 mg or less of sodium per serving

Low-sodium meal

140 mg or less of sodium per 3½ oz (100 g)

Reduced or less sodium

At least 25 percent less sodium than the regular version

Light in sodium

50 percent less sodium than the regular version

Unsalted or no salt added

No salt added to the product during processing (this is not a sodium-free food)

Label Language

Fat

Fat-free	Less than 0.5 g per serving
Low saturated fat	1 g or less per serving and 15% or less of calories from saturated fat
Low-fat	3 g or less per serving
Reduced fat	At least 25 percent less fat than the regular version
Light in fat	Half the fat compared to the regular version

Where's the Potassium?

Food Groups	Potassium (mg)
Vegetables	
Potato, 1 medium	926
Sweet Potato, 1 medium	540
Spinach, cooked, 1/2 cup	290
Zucchini, cooked, 1/2 cup	280
Tomato, fresh, 1/2 cup	210
Kale, cooked, 1/2 cup	150
Romaine lettuce, 1 cup	140
Mushrooms, 1/2 cup	110
Cucumber, 1/2 cup	80
Fruit	
Banana, 1 medium	420
Apricots, 1/4 cup	380
Orange, 1 medium	237
Cantaloupe chunks, 1/2 cup	214
Apple, 1 medium	150

Where's the Potassium?

Food Groups

Potassium (mg)

Nuts, seeds, and legumes

Cooked soybeans, 1/2 cup	440
Cooked lentils, 1/2 cup	370
Cooked kidney beans, 1/2 cup	360
Cooked split peas, 1/2 cup	360
Almonds, roasted, 1/3 cup	310
Walnuts, roasted, 1/3 cup	190
Sunflower seeds, roasted, 2 Tbsp	124
Peanuts, roasted, 1/3 cup	120

Low-fat or fat-free milk and milk products

Milk, 1 cup	380
Yogurt, 1 cup	370

Lean meats, fish, and poultry

Fish (cod, halibut, rockfish, trout, tuna), 3 oz	200–400
Pork tenderloin, 3 oz	370
Beef tenderloin, chicken, turkey, 3 oz	210

Haste Makes Waist.



Chicken Salad

3 ¹ / ₄	cups	chicken breast, cooked, cubed, and skinless
1/4	cup	celery, chopped
1	Tbsp	lemon juice
1/2	tsp	onion powder
1/8	tsp	salt*
3	Tbsp	mayonnaise, low-fat

1. Bake chicken, cut into cubes, and refrigerate.
2. In a large bowl combine rest of ingredients, add chilled chicken and mix well.

Makes 5 servings

Serving Size: 3/4 cup

Per Serving:

Calories	176	Carbohydrate	2 g
Total Fat	6 g	Calcium	16 mg
Saturated Fat	2 g	Magnesium	25 mg
Cholesterol	77 mg	Potassium	236 mg
Sodium	179 mg	Fiber	0 g
Protein	27 g		

* To reduce sodium, omit the 1/8 tsp of added salt.
New sodium content for each serving is 120 mg.

HEALTH PROMOTION.



More fun in the Philippines.



Maraming Salamat po!