



ONCOLOGY NUTRITION

FILIPINO MEAL AND SNACK IDEAS
PAGKAIN FILIPINO AT SAKA MERIENDA

- Chopped avocado in whole milk or evaporated milk
- Chocolate rice pudding} made with Tapioca pudding } whole milk
- Filipino fruit salad with young coconut, condensed milk and cream
- Filipino bread (Pandesal) with:
 - peanut butter
 - coconut jam
 - yam jam
 - butter/margarine and sugar
 - condensed milk (spread on top)
 - ice-cream
- Sugar-topped filipino bun
- Bean pastry
- Sweet rice cake with jackfruit or coconut
- Casava cake with coconut
- Gelatinous rice cake with shredded coconut
- Egg custard

- 4 Avocado na may gatas evaporada o homo gatas
- 4 Samporado } na gawa sa homo Ginitang Sago } gatas
- 4 Frutas na may buka, gatas condensada at nestle cream
- 4 Pandesal na may:
 - mani spread
 - matamis sa bao
 - ube spread
 - mantekilya at asukal
 - condensada gatas (ipahid sa pandesal)
 - sorbetes
- 4 Ensamada
- 4 Hopia
- 4 Bibingka na may langka o buko
- 4 Bibingka Camoting kahoy na may buko
- 4 Kutchinta na may ginadgad na niyog
- 4 Leche plan

- Fried battered plantaine banana with sprinkled sugar and ice-cream
- Gelatin (Jello™) – made with ice-cream or evaporated milk or whole milk or coconut milk
- Milk powdered candies
- Ice cream: Mango
Coconut
Jackfruit
Purple yam
- Canned fruit
- Fruit juice: mango, pineapple, lime
- Nuts – garlic roasted peanuts
- Congee soup made with coconut milk
Add: minced meat, chicken or egg
- Mongo bean soup
- Egg omelette with shrimp
- Noodles with a cream shrimp sauce

- 4 Pritong saging na may asukal at sorbetes
- 4 Gulaman na gawa sa sorbetes o gatas evaporada o gata nang niyog
- 4 Polboron
- 4 Sorbetes: Manga
Buko
Langka
Ube
- 4 Frutas na sa lata
- 4 Katas: Manga, Pina, Calamansi
- 4 Pritong mani na bawang
- 4 Arrozkaldo na may gata nang niyog.
Dagdagan: ginileng na karne o manook o itlog
- 4 Ginisang mongo
- 4 Tortang itlog na may hipon
- 4 Palabok

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.