

## Manila-based NUTRINET Secretariat meets with NUTRINET-7

The NUTRINET Secretariat headed by Dr. Zenaida V. Narciso, Chair of the NUTRINET Technical Committee-Manila traveled to Cebu for an important meeting with NUTRINET-7 Cebu members. This meeting last September 18, 2008 at the Conference Room, Department of Science and Technology, Regional Office 7 (DOST RO-7), M. Cuenco St. Banilad, Cebu City. Dr. Rene Burt Llanto, Director of DOST RO-7, welcomed the NUTRINET members from Manila and Cebu. He gave insights on the importance of NUTRINET and its significance to health and development specially for Region 7.

The reorientation meeting started with a briefing about NUTRINET to refresh the participants on the objectives and activities of the Network by Dr. Narciso. Ms. Carmelita C. Guilatco, Senior Science Research Specialist from the Food and Nutrition Research Institute (FNRI), on the other hand, reported on the NUTRINET-Manila accomplishments for the past 21 years. She also informed the group that the NUTRINET Secretariat has donated food and nutrition (F&N) journals for NUTRINET - 7. Mrs. Arleen A. Arnejo, Science Research Specialist II from DOST Regional Office 7 will take charge of circulating the donated journals. Mrs. Arnejo likewise



reported the accomplishments of NUTRINET-7 Cebu for the past 9 years.

The plan of activities for the last four months of 2008 were also discussed. These included the conduct of an initial meeting and planning workshop for NUTRINET-7, creation of sub-committees for NUTRINET activities, and preparation of concept paper for the 10<sup>th</sup> year anniversary of NUTRINET-7. For 2008, NUTRINET-7 will likewise oversee the acquisition of F&N research and development (R&D) literature from Network members and endorsement to NUTRINET Manila by October 15, 2008.

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## Personality Profile



**Ms. Emiliana M. Mañago**

Ms. Emiliana M. Mañago, head librarian of the College of Home Economics Library of the University of the Philippines Diliman, retired last June 30, 2008 after serving for 32 years. Ms. Mañago first came to University Library on January 5, 1976. She was assigned in the different sections of the Main Library before being promoted to Head Librarian of the then Institute of Environmental Planning. In 1982, she transferred to the College of Home Economics Library as head librarian to replace Mrs. Francine Virginia Domingo de Ano. She was also a member of the UP Staff Chorale.

“Let’s dance, let’s sing, let’s celebrate”, the theme of her *despedida* party, was made memorable with the presence of the UP Staff Chorale who rendered musical numbers to make the occasion lively and happy. Mr. Chris Reyes, the choral conductor, paid tribute to her by reminiscing some of her unforgettable activities with the staff chorale. The former Dean of the Institute of Library Science, Dr. Ursula G. Picache, Ms. Rose Rosalie of The UP Diliman College of Economics Library and other unit head librarians also delivered messages. Mrs. Salvacion M. Arlante presented her a gift, a set of necklace and earrings made of south sea pearls.

Her immediate family also attended the special affair headed by her mother, her brothers and sisters, nephew and nieces and by her only daughter Daisy Lagumen who wished her mom long healthy life. A video presentation prepared by members of the chorale was presented showing her many performances here and abroad.

Ms. Mañago has been an active member of the different professional organizations. She has been a member and officer of Philippine Association of Academic and Research

 *See Personality ... on p.7*

## NUTRINET @ 21

The year 2008 marked the 21<sup>st</sup> year of anniversary of the NUTRINET. It was a year full of challenges and significant events. It continued to work while stimulating cooperation among members in making a difference. All these were in pursuit of promoting the efficient flow of food and nutrition information for our people.

To conform with the vision/mission of the Network, the following have been done through the efforts and dedication of its members:

⇒ Updating of 4 databases and making them available in the NUTRINET Website. These are the:

- NUTRINET Directory - profile of member institutions and their respective heads;
- NUTRINET Union List of food and nutrition related periodicals - This contains 1,370 titles of local and foreign periodicals held by 14 network member libraries located in Metro Manila and Los Baños (with copies of the Union List)
- NUTRINET Acquisition List as of 2007 – a compilation of newly acquired materials of Network members on food and nutrition and related fields (with copies of the Acquisition List); and
- Abstracts of completed F&N R&D in the Philippines 2006-2007.

⇒ Published January-March 2008 issue and drafted April-September 2008 issue of NUTRINET newsletter.

⇒ Conducted 2 seminars and NutriFairs in two places:

- NUTRINET Seminar and NutriFair in cooperation with UP Manila Centennial Celebration with 422 participants. This was held at the College of Public Health, UP

Manila, Pedro Gil St., Ermita, Manila on July 24-25, 2008. The theme was “Strategies to Optimal Health and Nutrition”;

- NUTRINET Seminar and NutriFair in cooperation with UP Los Baños on its UP Centennial Celebration and UPLB Loyalty Day celebration with 327 participants. This was held at the New College of Arts and Sciences Auditorium and UPLB Student Union Makiling Ballroom and Sunken Lobby on October 7-8, 2008. Its theme was “*Malusog na Katawan sa Maayos na Kapaligiran*”.

⇒ Conducted 9 meetings and planning workshop for NUTRINET – 7, DOST Region 7, BaniIad, Cebu City:

- Created a Task Force for NUTRINET’s plan of activities
- Prepared concept paper for NUTRINET – 7’s 10<sup>th</sup> Anniversary on 2009.

⇒ Gathered food and nutrition (F&N) research and development (R&D) literatures from the Network members.

*CCGuilatco  
FNRI-DOST*



## NUTRIFAIR 2008: a rousing success

The NUTRINET Seminar and Nutrifair held on July 24 –25, 2008 at UP Manila was a rousing success. The College of Public Health Auditorium was on standing room only (SRO). Four hundred and twenty-two (422) participants came. The participants comprised of city and municipal health workers from Muntinlupa City, Makati City and the municipalities from Cavite. Majority of attendees consisted of nursing and nutrition students from Emilio Aguinaldo College School of Nursing, Philippine Normal University, Polytechnic University of the Philippines, Laguna State Polytechnic University, and Adventist University of the Philippines. Staff and employees of NUTRINET member agencies as well as other government agencies also attended said affair.

Dr. Lucila Rabuco, Head of the Nutrition Department, College of Public Health (CPH) gave the “Welcome Remarks”. She invited the participants to visit the library facilities of the College of Public Health to check on information resources that may be beneficial to the Network. Dr. Rabuco further invited interested participants to pursue advanced courses in nutrition.

Dr. Alberto Roxas, Dean of the UP Manila College of Medicine

on the other hand, formally opened the ceremonies with his “Opening Remarks”. He encouraged NUTRINET to take advantage of the advances in communication technology. He expressed his optimism that NUTRINET will continually carry on nutrition research information dissemination without exhaustion. He also assured NUTRINET of the full support of the College of Medicine in all of the Network’s activities.

Dr. Zenaida V. Narciso, Chair of the NUTRINET Technical Committee, representing the Food and Nutrition Research Institute (FNRI) Director and Chair of the NUTRINET Governing Board, informed the participants that NUTRINET goes beyond the conventional library services. It uses other workable communication channels such as seminar and fairs of this kind and the present day web technology to reach a wider segment of the public for nutrition information dissemination. Dr. Narciso added that NUTRINET will continue to build knowledge-based food and nutrition databases and find innovative ways to disseminate this information to all its clients, such as those in the academe, the corporate world as well as to the general publics to provide accurate information and practical know-how in fighting malnutrition and poverty.

*CTSMartinez  
FNRI-DOST*



*The NUTRINET NutriFair Working Committee members.*

## Exercise: a habit hard to break

How you live life is reflected in your habits, attitude, and character. It is said that you only need seven consecutive days to build a habit. Good habits benefit your life and body. Making a habit of having a healthy lifestyle and maintaining a good, well-nourished body is already an achievement. How – through balanced diet and exercise.

The Nutritional Guidelines for Filipinos developed by the technical working group led by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST) recommends regular exercise for healthy living and good nutrition. Here are frequently asked questions on exercise and the benefits it brings to one's body.

### How much exercise do I need?

Talk to your doctor about how much exercise is right for you. A good goal for many people is to exercise four to six times a week for 30 to 60 minutes at a time. Remember, though, that exercise has many benefits that less than the recommended is better than no exercise at all.

### How do I get started?

Talk with your doctor first, especially if you have health problems, you are pregnant or an elderly, or you are active. Start out slowly. Begin with a ten-minute light exercise or brisk walk everyday and gradually increase the intensity and duration of the exercise.

### How do I stick with it?

Here are some tips that will help you begin and stick with an exercise program.

- ⇒ Choose an exercise you like. Make sure it suits you physically. For instance, swimming is easier for those suffering from arthritic joints and brisk walking for the elderly.
- ⇒ Get a partner. Exercising with someone can make

it more fun.

- ⇒ Choose a comfortable time of the day. Don't work out too soon after eating or when it is too hot or cold outside. Wait until the latter part of the day if you feel cold in the morning.
- ⇒ Don't get discouraged. It can take weeks or months before you notice some of the changes brought about by exercise.

### What is the best exercise?

The best exercise is one that you can and will do. Walking is considered as one of the best choices because it is easy, safe, and cheap. Brisk walking can burn as many calories as running but is less likely to cause injuries than running or jogging. Moreover, it does not require training or special equipment, only a pair of good and comfortable shoes. Walking is an aerobic and weight-bearing exercise, thus it is good for your heart. It helps prevent osteoporosis.

### What are the benefits of a regular exercise?

- ⇒ reduces your risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity
- ⇒ keeps joints, tendons and ligaments flexible, making it easier to move around
- ⇒ reduces some of the effects of aging
- ⇒ contributes to your mental well-being and helps treat depression
- ⇒ helps relieve stress and anxiety
- ⇒ increases your energy and endurance
- ⇒ helps you sleep better

 *See Exercise ... on p.7*

## Discover the goodness of papaya!

Papaya is one of the favorite fruits that abound all year round. It offers not only its luscious taste and golden yellow color but also its many health benefits.

Papaya is a tropical tree, growing up to 26 –32 feet tall. It has an erect branchless trunk with scars from old stems. The tree starts to bear fruit after 11 months and it flowers and bears fruit all year round.

The papaya fruit is relatively large, oval and attached in clusters. The unripe papaya fruit is commonly called green papaya. The white colored milky juice that comes out from the green unripe fruit when injured is a good digestive aid. It stimulates the secretion of gastric juice, hence is used in cases of stomach discomfort like dyspepsia. Green papaya is generally used as a vegetable ingredient in *tinola*, *achara*, *ukoy*, and the famous Vigan's *empanada*.

When ripe, papaya turns to deep orange, with a yellow, juice flesh fruit. It contains numerous black seeds. The pulp is basically sweet in taste, fiberless and refreshing. Ripe papaya is a popular breakfast fruit in many countries including the Philippines. It is also used in salads, pies, sherbets, juices, jams, jellies, and confectioneries.

Papaya is a rich source of antioxidants such as folic acid, fiber, carotene, vitamins C and E. Antioxidants promote the health of the cardiovascular system and also provide protection against colon cancer. It contains the digestive enzyme papain which is widely used in tenderizing meat and other proteins. This knowledge has been put to good use in our country in cooking meat with raw papaya. Papain is also used as a digestive aid and is assumed to have anti-inflammatory benefits.

Papaya helps in the prevention of atherosclerosis, diabetes and heart disease. Folic acid found in papaya is needed for the conversion of a substance called homocysteine an amino acid. If unconverted, homocysteine can directly damage blood vessel walls and if levels get too high, it is considered a significant risk factor to heart attack and strokes.

It is also a good source of fiber, which lowers cholesterol levels and helps in easing the discomfort constipation. The fiber is able to bind to cancer toxins in the colon and keep them away from the healthy colon cells.

In addition, vitamins C and E found in papaya are associated with reduced risk of colon cancer. The pigment in the fruit called carotene is similar to that of carrots and squash. Carotene in food is converted into vitamin A which promotes good eyesight. Papaya is also an ideal food for those with difficulty in chewing.

The comparative low calorie content of papaya makes it a favorite fruit of obese people who are into a weight-reducing regimen. One small slice of ripe papaya or three-fourths (¾) cup contains 40 kilocalories.

A quick look at the goodness of papaya shows that it...

- ⇒ contains less calories
- ⇒ ensures a good supply of vitamins C and E
- ⇒ aids in digestion
- ⇒ serves as an ideal food for those who have problems in chewing and swallowing their foods
- ⇒ functions as a meat tenderizer.

This low calorie nutritious and affordable all season fruit must be included in your regular diet to ensure that you have a healthy body.

*CRP Josue  
FNRI-DOST*

**A blessed Christmas and a prosperous new year to all!**

## **Manila-based... from p.1**

The Task Force created for the monitoring of NUTRINET – 7 comprises of:

Chair: Ms. Josie Elli, DOST 7  
Co-Chair: Ms. Yvonne Go, DOH-7  
Members: Ms. Marichu Baclay, DOST-7  
Ms. Jesusa Macalisang, DepEd-7  
Ms. Melinda Cañares, DSWD-7  
Mr. Ronald de los Reyes, EACC  
Ms. Laura Cueva, University of Cebu (UC)-Banilad Campus  
Mr. Ramil Pepito, UC-HRM  
Ms. Susan Tapulado, University of San Carlos (USC)-TEC  
Ms. Mary-Gwyn Caro, USC Health Sciences Library  
Ms. Divina Tenorio, USC-Science Library  
Ms. Lovelyn Nellas, NCP-7  
Secretariat Ms. Maria Arlene Arnejo, DOST - 7

The same group will constitute the NUTRINET Technical Committee members.

Ms. Josie Elli, designated as Chair of the NUTRINET Technical Committee, will take charge in the mobilization of Network activities in Region – 7. Ms. Arnejo was assigned to take charge of follow-ups for the abstracts of F&N R&D from NUTRINET members.

The NUTRINET website was introduced and demonstrated by Ms. Annie Lyn D. Bacani, Science Research Specialist I from FNRI. She informed the group that the NUTRINET directory is updated every year. The members therefore were requested to submit to the NUTRINET Secretariat Manila through Ms. Arnejo the following: picture and name of the head of Institutions; profile of institution, specialization of institution; collection developments (subject fields); abstract or literature on F&N R&D studies. They can do this via e-mail.

After discussion of anticipated problems and issues on NUTRINET-7, the representatives through Ms. Elli, expressed commitment to exert best efforts in the implementation of projects and activities for the benefit of Regions-7, its client and stakeholders.

*ALDBacani/CCGuilatco  
FNRI-DOST*

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## **Personality ... from p.2**

Libraries (PAARL), Medical and Health Librarians Association of the Philippines (MAHLAP), and Philippine Librarians Association, Inc. (PLAI). She has served in various capacities as officer of PAARL for more than four years. She also acted as representative of the College of Home Economics in the Technical Committee of NUTRINET.

As testimony to her dedication and outstanding performance in her chosen field, she was the first recipient of the *Gawad Chancellor Para sa Natatanging REPS* in 1992. June 20, 2008 marked the retirement of the lady with a cheerful heart, a gentle soul, a good colleague, and a woman of substance, but her memories will forever live on to those whom she has shared her professional life.

*NTBeraquit  
UPD-CHE*

## **Exercise ... from p.5**

⇒ helps you maintain a normal weight by increasing your metabolism, the rate at which you burn calories.

### **How can I sneak exercise into my day?**

- ⇒ Take the stairs instead of the elevator
- ⇒ Go for a walk during your coffee or lunch break
- ⇒ Walk all or part of the way to work

Making exercise a habit is beneficial to your body. All you have to do is give it the time, commitment and dedication. At the end of the day, what is important is that you have done something great for your body.

*CRPJosue  
FNRI-DOST*

# NEW ACQUISITIONS

*Contributor: Ms Victoria B. Sandoval, UPLB-CHE*

## FOOD AND NUTRITION, DIET THERAPY

RM Mahan, J.L. and Stump, S.E., eds.  
216 Krause's food and nutrition and diet  
M285 therapy, 11<sup>th</sup> ed. – New York:  
2004 Elsevier/Saunders, 2004.  
UPLB-CHE-  
IHNF

## CULINARY, CONSUMER BEHAVIOR

TX Sloan, D., ed.  
631 Culinary taste: consumer behavior in  
C85 the international restaurant sector. –  
2003 Oxford: Elsevier, 2006.  
UPLB-CHE-  
IHNF

## MEDICAL PSYCHOLOGY

QP Boron, W.E. and Boulpaep, E.L.  
34.5 Medical psychology: a cellular and  
B65 molecular approach. – New York:  
2005 Elsevier/Saunders, 2005.  
UPLB-CHE-  
IHNF

## NUTRITION

RM Grodner, M., Long, S., and de Young,  
216 S.  
G947 Foundations and clinical applications  
2006 of nutrition: a nursing approach, 3<sup>rd</sup>  
UPLB-CHE- ed. – Singapore: Elsevier, 2006.  
IHNF

## RESTAURANT OPERATIONS

QP Ninemeier, J.D. and Hayer, D.K.  
34.5 Restaurant operations management:  
B65 Principles and practices. – New York:  
2005 Pearson, Prentice Hall, 2005.  
UPLB-CHE-  
IHNF

## WINE

G Johnson, H.  
1046 The world atlas on wine, 5<sup>th</sup> ed. –  
M8 London: Mitchell, Beazley, 2001  
J6  
2001  
UPLB-CHE-  
IHNF

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