

Republic of the Philippines  
HOUSE OF REPRESENTATIVES  
Quezon City



EIGHTEENTH (18<sup>TH</sup>) CONGRESS  
*First Regular Session*

HOUSE BILL No. 463

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Introduced by **ELISA T. KHO, M.D., FPCCP**

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### EXPLANATORY NOTE

This bill seeks to require the placing of the Food Guide Pyramid label in the packaging of food commodities that are being sold and distributed in the market.

The Food Guide Pyramid is a simple visual guide to the types and proportions of foods that we should eat every day for good health. It contains the five core food groups, plus healthy fats, according to how much they contribute to a balanced diet based on nutritional research. The food guide pyramid encourages us to enjoy a variety of foods from every food groups, every day. By following the pyramid, we can enjoy better health and reduce our chances of getting certain diseases.

It is alarming to note that Filipinos are just buying and eating foods that disregard the recommended dietary guidelines of the Food Pyramid. A lot of indicators show that a lot of Filipinos now suffer from high blood pressure, heart disease, certain cancers and diabetes. This is primarily because Filipinos are not guided how to spot the necessary food that they need. They eat too much of a certain food group and lack the rest.

By placing the Food Guide Pyramid in the labels of the food packages, this would remind the Filipino consumer about his/her health and dietary needs.

In view of the importance of this matter, we urgently ask for the passage of this bill.

A handwritten signature in blue ink, appearing to read 'Elisa T. Kho'.

**HON. ELISA T. KHO, M.D., FPCCP**  
*Representative*  
2<sup>nd</sup> District, Masbate

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**HOUSE OF REPRESENTATIVES**  
Constitution Hills, Quezon City

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**AN ACT**  
**TO PRESCRIBE THE FOOD GUIDE PYRAMID LABELLING FOR FOODS**

*Be it enacted by the Senate and the House of Representatives of the Philippines in Congress assembled:*

**SECTION 1. Short Title.** This Act shall be known as the “Food Guide Labelling Act of 2018.”

**SECTION 2. State Policy** — It is hereby declared the policy of the State to promote healthy eating by consuming variety of foods from every food group every day for every Filipino.

**SECTION 3. Definition of Terms** — As used in this Act, the term:

- a) “Label” means any written, printed or graphic matter affixed or attached to any consumer commodity or affixed to or appearing upon a package containing any consumer commodity.
- b) “Package” means any container or wrapping in which any consumer commodity is enclosed for use in the delivery or display of that consumer commodity to retail purchasers.
- c) “Food” means any material, of plant or animal origin, containing or consisting of essential body nutrients that must be taken in or assimilated by a person as nourishment to life and growth.

**SECTION 4. Requirements of Labelling** – The commodity shall bear a label containing the Food Guide Pyramid illustrating the researched-based food guidance system .

No packaged consumer commodity shall be distributed or caused to be distributed in commerce unless it conforms to the regulations set by this Act and established by the Bureau of Food and Drugs.

**SECTION 5. Punishable Acts** –

- a) It shall be unlawful for any person engaged in the packaging or labelling of any consumer commodity for distribution in commerce of any such commodity, if such commodity is contained in a package, or if there is affixed to that commodity a label which does not conform to the provisions of this Act and of regulations promulgated under the authority of this Act.
- b) This prohibition shall not apply to persons engaged in the business as wholesale or retail distributors of consumer commodities except to the extent that such persons are engaged in the packaging or labelling of such commodities, or prescribe or specify by any means the manner in which such commodities are packaged or labelled.

**SECTION 6. Consumer Education** –

The Secretary of Health with the Bureau of Food and Drugs and the National Nutrition Council shall carry out activities which would educate consumers about the importance of a balanced and healthful diet.

**SECTION 5. Repealing Clause.** – All laws, executive orders, presidential decrees, rules or regulations, and issuances contrary to or inconsistent with the provisions of this Act shall be deemed repealed or modified accordingly.

**SECTION 6. Effectivity.** - This Act shall be effective fifteen (15] days following the completion of its publication in the Official Gazette or a newspaper of general circulation

*Approved*