

Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City, Metro Manila

Nineteenth Congress
Second Regular Session

HOUSE BILL NO. 9451



Introduced by Honorable Dan S. Fernandez

EXPLANATORY NOTE

With their fondness for *kanin*, *pansit*, spaghetti, sandwich, etc., Filipinos indeed live in a “carb-centric” society. Scientific evidence, however, and the latest research reveal that chronic, excessive intake of carbohydrates is bad for the health. These carbohydrates are converted by the body into sugar and is actually the source of quite a number of ailments besetting our people.

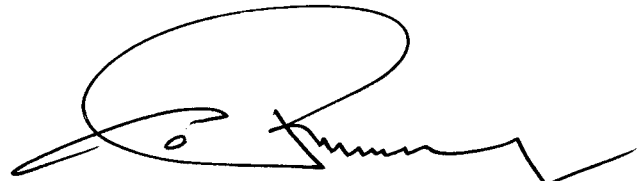
While carbohydrates are a source of energy, science teaches us that fats are actually a better, “cleaner” and more efficient source of energy. The problem, however, is that “fat-phobia” has been inured into our system. We have been told that if we consume fatty foods, the very same fats will be the ones that will clog our arteries or veins someday. Unknown to many, this fear of fats has no solid scientific basis. This pervasive and long-standing fear actually even becomes absurd when we realize that many of the organs in our body are actually, to a significant extent, made of fats, such our lungs, hearts and even brains.

There is growing evidence that saturated fat, as exemplified by coconut oil is very good for our health. Even mono-unsaturated oil, such as those found in olive oil, avocado and pili oils, have beneficial effects. In contrast, it is the poly-unsaturated oil, such as canola, corn, soybean, cotton seed and sunflower oils that should be avoided. And worst, trans fat or hydrogenated fat is now universally acknowledged to be toxic. It is vital to make these distinctions about fats within the context of this measure.

It goes without saying that there is a scientific basis for the relationship between diet and the over-all health of individuals. Death and disability are oftentimes caused by nutrition-related diseases.

This bill, which is data-driven and based on the latest incremental scientific evidence advocates for a “low-carb, high-fat diet”, to serve as a new framework of Philippine nutrition and dietetics.

In view of all the foregoing considerations, the early approval of this bill is earnestly requested.

A handwritten signature in black ink, appearing to read 'Dan S. Fernandez', with a large, stylized loop at the end.

DAN S. FERNANDEZ
Lone District of Santa Rosa City

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HOUSE OF REPRESENTATIVES
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AN ACT
PROVIDING FOR THE REVISED NATIONAL POLICY ON NUTRITION
AND DIETETICS, AND APPROPRIATING FUNDS THEREFOR

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 “National Low-Carb, High-Fat Diet Promotion Act.”

SEC. 2. *Declaration of Policy.* – The State recognizes the importance of promoting healthy dietary choices and acknowledges the potential benefits of a low-carb, high-fat diet for its citizens. Towards this end, the state shall provide guidelines and support for individuals in adopting this dietary approach.

SEC. 3. *Definition of Terms.* – Under this Act,

(a) **Dietetics** – refers to the science and art of applying the principles of nutrition to the planning and preparation of foods, and the regulation of the diet in relation to both health and disease. It also refers to the promotive, preventive, therapeutic, and administrative aspects of the delivery of nutritional services in hospitals, food service institutions and other health care institutions / facilities.

(b) **Food establishments** – refer to manufacturers of food products or beverages, as well as restaurants and other retail food establishments, such as quick service and sit-down franchise or chain restaurants, grocery and convenience stores that serve restaurant-type food or beverage, take-out establishments and delivery chains, entertainment venues that are part of a chain (e.g., movie theaters, amusement parks, etc.), cafeterias, coffee shops, bars, bistros and bakeries, and similar establishments.

(c) **Low-Carb, High-Fat Diet** – refers to a dietary approach characterized by reduced carbohydrate intake and increased consumption of health fats. “Fat” includes that found in saturated oils and mono-unsaturated oils but excludes that found in poly-unsaturated oils and trans fat.

(d) **Nutrition** – refers to the science of dealing with foods, nutrient composition, eating habits, nutritional status, and health and diseases of individuals and populations. Nutrition also covers the social, economic, environmental, cultural, political, and psychological implications of food and eating.

SEC. 4. Promotion and Education. –

(a) The Department of Health (DOH), in coordination with the National Nutrition Council (NNC), shall establish a National Low-Carb, High-Fat Diet Promotion Program to educate citizens about the principles, benefits, and risks of this dietary approach.

(b) The program shall include public awareness campaigns, educational materials, and the development of guidelines for low-carb, high-fat diets.

SEC. 5. National Low-Carb, High-Fat Diet Application. – A Low-Carb, High-Fat Diet Application is hereby created and shall be a comprehensive portal designed to provide useful data and information about healthy diet as provided in this Act to mobile, tablet, laptop, desktop and other users.

SEC. 6. Dietary Guidelines. –

(a) The DOH, in coordination with the NNC, shall incorporate low-carb, high-fat dietary options and recommendations into national dietary guidelines and public nutrition programs.

(b) The said agencies shall provide information and resources on implementing low-carb, high-fat diets.

SEC. 7. Research and Monitoring. –

(a) The DOH, in coordination with the NNC, shall allocate funds for research into the effects and safety of low-carb, high-fat diets, including potential long-term health impacts.

(b) The said agencies shall monitor and regularly report on the dietary trends and health outcomes associated with low-carb, high-fat diets.

(c) Further, they shall revisit the conventional “food pyramid”, review the same and make appropriate revisions in the light of the healthy diet standards as provided in this Act.

SEC. 8. Access to Low-Carb, High-Fat Foods. -

The DOH, in coordination with the NNC, shall encourage the availability and affordability of foods suitable for a low-carb, high-fat diet through policies that support local food producers and retailers.

SEC. 9. Mandatory Display of Nutritional Information on Food Products, Menus, Signages, Menu Boards, and Online Displays of Food Establishments. – Food establishments shall disclose, in a clear and conspicuous manner, on their food products, beverages, menus, signages, menu boards, online displays and the like, the carbohydrate, fat (saturated, unsaturated and trans fat), protein, sodium, calorie and gluten content of their standard food items and selections. They shall also indicate the equivalent, in terms of teaspoon of sugar, of the consumption of each unit or serving of the food or beverage product, including the recommended daily intake with other relevant information.

SEC. 10. *Penalties.* –Any violation of Section 9 of this Act shall be meted with the following penalties:

(a) Fifty Thousand Pesos (Php 50,000.00) fine for the first offense with suspension of permit to operate until rectified;

(b) Two Hundred Fifty Thousand Pesos (Php 250,000.00) fine for the second offense with suspension of permit to operate until rectified; and

(c) Five Hundred Thousand Pesos (Php 500,000.00) fine for the third offense with closure of establishment and revocation of business permit and other privileges granted by the government.

SEC. 11. *Report to Congress.* – The DOH shall report to Congress, not later than March 30 of every year following the approval of this Act, the status of implementation thereof, as well as render the necessary recommendations in areas requiring further legislative action.

SEC. 12. *Appropriations.* – The amount necessary for the initial implementation of this Act shall be charged against the current budget of the DOH. Thereafter, the amount necessary for its continued implementation shall be included in the annual General Appropriations Act.

SEC. 13. *Implementing Rules and Regulations.* – Within ninety (90) days from the effectivity of this Act, the Secretary of Health, in consultation with the NNC, shall promulgate the necessary rules and regulations for the effective implementation of this Act.

SEC. 14. *Repealing clause.* - All laws, decrees, executive orders, rules and regulations and other issuances or parts thereof inconsistent with the provisions of this Act are hereby repealed, modified or amended accordingly.

SEC. 15. *Separability clause.* – If any part or provision of this Act is held unconstitutional or invalid, other parts or provisions thereof which are not affected shall continue to remain in full force and effect.

SEC.16. *Effectivity clause.* – This Act shall take effect fifteen (15) days after its publication either in the Official Gazette or in a newspaper of general circulation.

Approved,