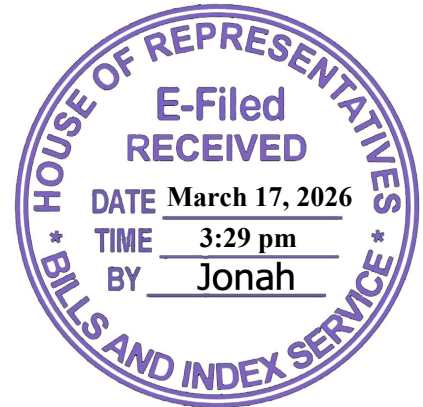


To Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City

TWENTIETH CONGRESS
First Regular Session

HOUSE BILL NO. 8614



Introduced by **HON. BRIAN RAYMUND S. YAMSUAN**

**AN ACT REQUIRING THE DISCLOSURE OF NUTRITIONAL INFORMATION IN
MENUS OF FOOD SERVICE ESTABLISHMENTS**

EXPLANATORY NOTE

Food has always been an integral part of Filipino culture. We take pride in our flavorful and unique dishes, many of which have since gained international recognition. Each household has their own version of their favorite Filipino food, from sinigang, adobo, kare-kare, and many others, which we fondly refer to as “lutong-bahay.”

Through the years, however, more and more Filipinos have made it a habit to dine out,¹ while others frequent fast food chains for cheap and convenient meals. However, studies report that food away from home is generally less healthy and is associated with a higher prevalence of obesity.² While we greatly support the food service industry for expanding Filipino culture and bringing people together, we also wish to highlight people’s health and instill health consciousness among Filipinos, as part of the State’s mandate under the Constitution.³

Based on the 2023 National Nutrition Survey of the Department of Science and Technology–Food and Nutrition Research Institute (DOST-FNRI), obesity remains a problem in the Philippines. Data shows that 1 in every 10 school-age children and adolescents are overweight or obese, and 4 in every 10 adults aged 20-59 years old

¹Desnacido, Ducay, Vargas. (2019). Eating Out-Of-Home In The Philippines: Current Situation And Policy Recommendations. Available at: [https://www.fnri.dost.gov.ph/images/sources/SeminarSeries/45th/Abstract-43.pdf#:~:text=Results%20and%20Findings:%20Results%20revealed%20that%204,and%20elevated%20triglycerides%20\(OR%201.02%2C%2095%25%20CI=0.9%2D1.1\).](https://www.fnri.dost.gov.ph/images/sources/SeminarSeries/45th/Abstract-43.pdf#:~:text=Results%20and%20Findings:%20Results%20revealed%20that%204,and%20elevated%20triglycerides%20(OR%201.02%2C%2095%25%20CI=0.9%2D1.1).)

² Cheikh Ismail L, Kassem H, Osaili TM, et al. (2023). Public's calorie literacy and perceived effectiveness of restaurant menu calorie labeling in the United Arab Emirates. PLoS One. 2023;18(10):e0293387. doi:10.1371/journal.pone.0293387

³ 1987 CONST. Article II, Section 15.

are obese.⁴ This prevalence is also significantly higher in urban dwellers. This is quite alarming because excess weight and obesity are major risk factors for chronic diseases, including cardiovascular diseases such as heart disease and stroke, type 2 diabetes, and certain cancers.⁵

One way to motivate consumers to make healthier choices is by ensuring that relevant nutritional information is available for their consideration. A Research Specialist at the DOST-FNRI has emphasized the need to monitor the nutritional quality of food sold in stores and other establishments, to help Filipinos adopt healthier lifestyles and prevent lifestyle-related diseases.⁶

Studies have shown that consumers tend to underestimate calorie content in food, which implies that menu items are thought to be healthier than they actually are.⁷ Therefore, making available the nutritional information on menus may help consumers make informed choices, and steer their decisions towards the healthier option. In Canada, a study showed that a nutrition labeling program was associated with more consumers noticing and using nutrition information during meal selection, compared to those in other restaurants.⁸ Previous research has also shown that calorie labeling in menus has increased the attention to and use of nutritional information.⁹

Backed by these findings, this measure seeks to require food service establishments which are part of 10 or more establishments doing business nationally (e.g. chain restaurants, franchises) to disclose the calorie content information on their menus, and other nutritional information (e.g. carbohydrates, sugar, protein, saturated fat, sodium) through brochures or online platforms made available at the point of sale. Our goal is to present Filipinos with all the right information they need to switch to the healthier option.

⁴ 2023 National Nutrition Survey. Available at https://enutrition.fnri.dost.gov.ph/uploads/2024%20National%20Nutrition%20Summit_Part%201.pdf

⁵ <https://www.fnri.dost.gov.ph/images/sources/digest/2ndQtr2025.pdf>;
<https://www.who.int/philippines/news/detail/05-03-2024-doh--nnc--who--and-development-partners-call-for-actions-to-curb-obesity-in-the-philippines#:~:text=The%202021%20Expanded%20National%20Nutrition,access%20to%20affordable%20healthy%20foods.>

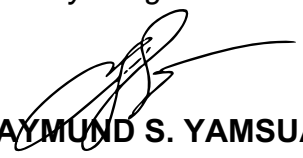
⁶ [https://dost.gov.ph/knowledge-resources/news/86-2025-news/4067-dost-fnri-unveils-2023-filipinos-state-of-health-and-nutrition.html#:~:text=The%202023%20National%20Nutrition%20Survey%20\(NNS\)%20Food%20Consumption%20Survey%20revealed,nuts%2C%20and%20legumes%20remains%20low.](https://dost.gov.ph/knowledge-resources/news/86-2025-news/4067-dost-fnri-unveils-2023-filipinos-state-of-health-and-nutrition.html#:~:text=The%202023%20National%20Nutrition%20Survey%20(NNS)%20Food%20Consumption%20Survey%20revealed,nuts%2C%20and%20legumes%20remains%20low.)

⁷ Yoon, H. J., & George, T. (2012). Nutritional information disclosure on the menu: Focusing on the roles of menu context, nutritional knowledge and motivation. *International Journal of Hospitality Management*, 31(4), 1187–1194. <https://doi.org/10.1016/j.ijhm.2012.02.006>.

⁸ Christine M. White, Heather G. Lillico, Lana Vanderlee, David Hammond. (2016). A voluntary nutrition labeling program in restaurants: Consumer awareness, use of nutrition information, and food selection, *Preventive Medicine Reports*, Volume 4, Pages 474-480, ISSN 2211-3355, <https://doi.org/10.1016/j.pmedr.2016.08.015>.

⁹ *Id.*

In view of the foregoing, the approval of this measure is earnestly sought.



BRIAN RAYMUND S. YAMSUAN

Representative

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Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City

TWENTIETH CONGRESS
First Regular Session

HOUSE BILL NO. 8614

Introduced by **HON. BRIAN RAYMUND S. YAMSUAN**

**AN ACT REQUIRING THE DISCLOSURE OF NUTRITIONAL INFORMATION IN
MENUS OF FOOD SERVICE ESTABLISHMENTS**

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

SECTION 1. Short Title. – This Act shall be known as the "Healthy Meals Act."

SEC. 2. Declaration of Policy. – It is the policy of the State to protect and promote the right to health of the people and instill health consciousness among them. The State recognizes that proper nutrition is essential in the promotion of health and prevention of diseases. Toward this end, the State shall ensure that consumers are provided with accurate nutritional information for food items offered and sold in food service establishments, to enable them to make informed choices and encourage healthier eating habits.

SEC. 3. Definition of Terms. – As used in this Act, the following terms are defined as follows:

- (a) *Calorie content information* means the total number of calories per standard menu item, as that item is usually prepared and offered for sale;
- (b) *Covered food service establishment* refers to a food service establishment that is one of a group of 10 or more food service establishments doing business nationally, offering for sale substantially the same menu items, in servings that are standardized for portion size and content, that operate under common ownership or control, or as franchised outlets of a parent business, or do business under the same name. This Act excludes Micro, Small, and Medium

Enterprises (MSMEs). However, it does not preclude MSMEs from complying with the standards as may be provided pursuant to this measure;

- (c) *Drive-thru* means an area where a customer may order from and receive standard menu items while occupying a motor vehicle;
- (d) *Menu* refers to a printed list or pictorial display of a food item or items, and their price(s), that are available for sale from a covered food service establishment and shall include menus distributed or provided outside of the establishment;
- (e) *Menu board* shall mean any list or pictorial display of a food item or items and their price(s) posted in and visible within or outside of a covered food service establishment for the purpose of ordering from a drive-through window;
- (f) *Nutritional information* includes, but is not limited to, all of the following, per menu item:
 - (i) Total number of calories
 - (ii) Total number of grams of carbohydrates
 - (iii) Total number of grams of saturated fat
 - (iv) Total number of grams of protein
 - (v) Total number of grams of sugar
 - (vi) Total number of milligrams of sodium

The Department of Health (DOH) may require additional nutritional information that it may deem necessary for the public to know;

- (g) *Reasonable basis* means any reasonable means recognized by the DOH in determining nutritional and calorie content information for a menu item, as usually prepared and offered for sale, including, but not limited to, nutrient databases and laboratory analyses; and
- (h) *Standard menu item* shall mean any individual food item, or combination of food items, listed or displayed on a menu board or menu that is offered for sale or sold by a covered food service establishment through a menu, menu board, or display tag at least 180 days per calendar year.

SEC. 4. Menu Labeling. - Covered food service establishments shall disclose in a clear and conspicuous manner on their menus and menu boards the calorie content information, which shall be displayed adjacent to the name of the standard menu item, to be clearly associated with such item. In the case of display tags, the calorie content information of the standard menu item identified on the display tag shall be stated thereon.

Covered food service establishments shall disclose the other nutritional information, as well as the suggested daily caloric intake of the average Filipino as specified by the

Secretary of Health through the implementing rules and regulations to be issued pursuant to this Act, in a clear and conspicuous manner through a brochure or online platform made available at the point of sale prior to or during the placement of an order.

In the case of food and beverages sold at a self-service facility, a covered food service establishment shall place adjacent to each food offered a sign that lists calories per displayed food item or per serving.

The disclosure of calorie content information next to a standard menu item that is intended to serve more than one individual, shall include the number of individuals intended to be served by the standard menu item and the calorie content information per individual serving.

The nutritional information and calorie content information required by this section shall be determined on a reasonable basis. A reasonable basis determination of nutritional information and calorie content information shall be required only once per standard menu item, provided that portion size is reasonably consistent and the covered food service establishment follows a standardized recipe and follows a consistent method of preparation.

SEC. 5. Disclosure in Drive-thru Food Service Establishments. - A covered food service establishment that has a drive-thru area and uses a menu board to display or list standard menu items at the point of sale shall, for purposes of the drive-thru area only, disclose the nutritional information in a clear and conspicuous manner through a brochure or online platform made available upon request, and shall conspicuously display a notice at the point of sale that reads: "NUTRITION INFORMATION IS AVAILABLE UPON REQUEST".

SEC. 6. Noncompliance with Menu Labeling Requirement - The following shall be considered non-compliance with menu labeling:

- (1) The sale of any food or beverage item by covered establishments without the required calorie content information and availability of nutritional information displayed on the menu, menu board, or display tag;
- (2) The sale of any food or beverage item by covered establishments without the availability of the required nutritional information for all standard menu items;
- (3) The declaration of calorie content information and nutritional information without reasonable basis therefor; and
- (4) The misbranding or erroneous disclosure of calorie content information and nutritional information of standard menu items.

SEC. 7. Penalties. - The Department, in coordination with other concerned government agencies, after notice and hearing, shall impose any or all of the following administrative sanctions in cases of non-compliance:

- (a) Suspension of registration; and
- (b) A fine of not less than Fifty Thousand Pesos (P50,000.00) for the first violation; not more than One Hundred Thousand Pesos (P100,000.00) for the second violation; and not more than Two Hundred Thousand Pesos (P200,000.00) and possible revocation of business permit for the third and succeeding violations.

SEC. 8. Implementing Rules and Regulations. - Within six (6) months from the date of effectivity of this Act, the Department of Health and the Food and Drug Administration, in coordination with other concerned agencies, non-governmental organizations, private sector and consumer groups involved in nutrition, shall promulgate the necessary implementing rules and regulations to implement the provisions of this Act.

SEC. 9. Separability Clause. — If any provision or part hereof is held invalid or unconstitutional, the remainder of the law or the provisions not otherwise affected shall remain valid and subsisting.

SEC. 10. Repealing Clause. — Any law, presidential decree or issuance, executive order, letter of instruction, administrative order, rule or regulation contrary to or inconsistent with the provisions of this Act is hereby repealed, modified, or amended accordingly.

SEC. 11. Effectivity. — This Act shall take effect fifteen (15) days after its publication in the Official Gazette or in a newspaper of general circulation.

Approved,