



**METROCARE**  
Health Systems, Inc.

# Tamang Pagkain, Tamang Lakas: Nutrition Month Guide

July 2026



July is **Nutrition Month**, an opportunity to highlight the importance of **proper nutrition (tamang nutrisyon)** for Filipino workers. Good nutrition helps improve strength, focus, and resistance to sickness. For blue-collar and field workers, eating the right food supports daily physical demands and protects against fatigue and long-term illnesses.

This bulletin provides simple, practical reminders on healthy eating and staying well.

## Common Nutrition-Related Health Concerns Among Workers

- 1. Fatigue and Low Energy** (Pagod at Panghihina)  
Caused by skipping meals or eating food low in nutrients.
- 2. High Blood Pressure** (Mataas na Presyon ng Dugo)  
Often due to salty meals, canned goods, and processed food.
- 3. High Blood Sugar** (Mataas na Asukal sa Dugo)  
Related to frequent consumption of sweets and sugary drinks.
- 4. Dehydration** (Panunuyo ng Katawan)  
Common among outdoor workers exposed to heat.

## Six Nutrition Habits for Workers



Eat Balanced Meals



Reduce Salty and Oily Foods



Limit Sugary Drinks



Bring Healthy Baon



Stay Hydrated Throughout the Day



Practice Proper Food Handling

If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

## Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Inc.**, we understand the everyday health challenges that many Filipinos face. As a trusted HMO serving workers across industries, especially contractual, project-based, and blue-collar employees, our mission is to provide healthcare that is accessible, affordable, and reliable.

With over 25 years of expertise, Metrocare continues to protect and promote the well-being of Filipino workers through healthcare programs designed around their real needs. Our preventive health efforts, our accessible network of facilities, and our commitment to honest and efficient service reflect our goal to support every member with genuine care.

This is the kind of care we offer. **Alagang Metrocare.**



Disclaimer: This information is for general knowledge and informational purposes only, and does not constitute medical advice. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment.