

Filipino Meal and Snack Ideas

Pagkain Filipino at Saka Merienda

<ul style="list-style-type: none"> • Chopped avocado in whole milk or evaporated milk • Chocolate rice pudding } made with Tapioca pudding -whole milk • Filipino fruit salad with young coconut, condensed milk and cream • Filipino bread (Pandesal) with: <ul style="list-style-type: none"> ○ peanut butter ○ coconut jam ○ yam jam ○ butter/margarine and sugar ○ condensed milk (spread on top) ○ ice-cream • Sugar-topped filipino bun • Bean pastry • Sweet rice cake with jackfruit or coconut • Casava cake with coconut • Gelatinous rice cake with shredded coconut • Egg custard • Fried battered plantaine banana with sprinkled sugar and ice-cream 	<ul style="list-style-type: none"> • Avocado na may gatas evaporada o homo gatas • Samporado } na gawa sa homo Ginitang Sago } gatas • Frutas na may buka, gatas condensada at nestle cream • Pandesal na may: <ul style="list-style-type: none"> ○ mani spread ○ matamis sa bao ○ ube spread ○ mantekilya at asukal ○ condensada gatas (ipahid sa pandesal) ○ sorbets • Ensamada • Hopia • Bibingka na may langka o buko • Bibingka Camoting kahoy na may buko • Kutchinta na may ginadgad na niyog • Leche plan • Pritong saging na may asukal at sorbets
--	---

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety
 Authorization given to reproduce this information with acknowledgement to Oncology Nutrition, BC Cancer Agency

<ul style="list-style-type: none"> • Gelatin (Jello™) – made with ice-cream or evaporated milk or whole milk or coconut milk • Milk powdered candies • Ice cream: Mango Coconut Jackfruit Purple yam • Canned fruit • Fruit juice: mango, pineapple, lime • Nuts – garlic roasted peanuts • Congee soup made with coconut milk Add: minced meat, chicken or egg • Mongo bean soup • Egg omelette with shrimp • Noodles with a cream shrimp sauce 	<ul style="list-style-type: none"> • Gulaman na gawa sa sorbetes o gatas evaporada o gata nang niyog • Polboron • Sorbetes: Manga Buko Langka Ube • Frutas na sa lata • Katas: Manga, Pina, Calamansi • Pritong mani na bawang • Arrozkaldo na may gata nang niyog. Dagdagan: ginileng na karne o manook o itlog • Ginisang mongo • Tortang itlog na may hipon • Palabok
--	--

Visit our website: www.bccancer.bc.ca

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety
Authorization given to reproduce this information with acknowledgement to Oncology Nutrition, BC Cancer Agency

Reviewed 2015