- Food—caloric content

Belmonte signs IRR for calorie count displays

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Quezon City Mayor Joy Belmonte has signed the Implementing Rules and Regulations (IRR) for the city's calorie labeling ordinance, requiring restaurants with five or more branches to display calorie counts on their menus starting in December 2025.

Belmonte said the labeling will empower residents to make informed food choices.

"When calorie labels are available on restaurant menus, QCitizens will have the power to choose healthier food options. With the right information, we can also promote a city that prioritizes health and nutrition," the lady mayor said.

Quezon City Health Department head Dr. Ramona Asuncion DG Abarquez explained the ordinance will be implemented in three phases, with the first phase — beginning in December 2025 — will cover restaurants with five or more branches.

The second phase will include restaurants with two or more branches and the third phase will cover all food businesses in Quezon City. The calorie content must be displayed for standard menu items in both printed and electronic formats.

City Councilors Bernard Herrera, Irene Belmonte, Aly Medalla, Banjo Pilar and Ram Medalla, who authored the ordinance, said the local government will provide training and guidance to food businesses on calorie and nutrient calculation tools and menu label design.