Background: To provide updates on the nutritional status of the Filipino people, the Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST) regularly undertakes National Nutrition Surveys (NNS). In 2003, the Sixth NNS was carried out with Food Consumption Survey (FCS) as one of its components. The objective of the FCS was to assess the current, as well as trends in the food consumption situation, and the adequacies in the energy and nutrient intakes of Filipino households. In arriving at the FCS results, there are two types of errors commonly committed, the sampling and non-sampling errors. These errors make the estimates less reliable than would have been desired. Non-sampling errors are difficult to evaluate statistically. However, sampling errors can be measured statistically, using the standard error (SE) which is a measure which quantifies the uncertainty originating from evaluating a sample of the population, margin of error (ME) which is a common summary of sampling error, and the coefficient of variation (CV) which is a measure of the reliability of the estimate by comparing the derived CVs against a pre-determined CV cut-off (10 percent). Information as to whether or not estimates of the food and nutrient intakes are reliable at both the national and regional levels, and whether or not comparisons can be made on the derived regional estimates are useful to nutrition program planners and implementors. Objectives: (1) To provide national and regional estimates of food intakes among Filipinos, as well as estimates of their energy and nutrient intakes. (2) To verify the quality and reliability of these estimates based on their SEs, MEs, and CVs. Methods: To determine the quality and reliability of the national and regional estimates of food and nutrient intakes, their SEs, MEs, and CVs were computed. A 95 percent Confidence Interval of the estimates were likewise computed to determine the range of values which contains the true value of the parameter. Results: Estimates were found reliable at the national level for the major food groups. However, national estimates on some sub-food groups were found less reliable, thus regional comparisons are not advisable. Regional estimates of intakes of cereals and cereal products, rice and products, and fish, meat and poultry were found to be reliable, but for other food groups/sub-groups, they were found less reliable, rendering not valid any comparisons of intakes for these food items. National estimates of energy and nutrient intakes were all found reliable. Regional estimates were also found reliable, except for Vitamin A and Vitamin C. Conclusion/Recommendation: Since regional estimates of the mean one-day per capita intake of most food groups/sub-groups were found to be less reliable than would have been desired, interpretations and comparisons should be taken with caution. Increasing sample size is recommended in order to achieve more reliable regional estimates than afforded in the 2003 NNS. Since this would entail high budgetary requirement, local government agencies that would benefit from the NNS results are well advised to contribute to the required budgets.