

DIETARY GUIDELINES

FOR ST. VINCENT AND THE GRENADINES



IT'S ALL IN THE BREADFRUIT

Eat something from each group everyday

- 1) Eat a variety of foods from the Food Groups shown in the Breadfruit Picture.
- 2) Eat more fruits and vegetables everyday.
- 3) Reduce fats and oils by cutting back on fatty, oily and greasy foods.
- 4) Use steaming, boiling and baking, as often as possible instead of frying, stewing and barbequeing.
- 5) Reduce the intake of sugar: Use less sugar, sweet foods and drinks.
- 6) When cooking use less salt and salted seasonings. Eat less salted foods and snacks.
- 7) Water is essential drink it several times a day.
- 8) If you use Alcohol do so sparingly both in drinking and food preparation.
- 9) Get moving! Increase physical activity daily.

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