



Table of Contents

- i Institutions From the Multi-sectoral Group**
- ii Person's Names**
- iii Acknowledgements**

I. Introduction

II. The Body's need For Food and Nutrients

- a. Macronutrients**
- b. Micronutrients**

111. Messages From the Food-Based Dietary Guidelines

IV. Self-Assessment

V. Portion Sizes

VI. Healthy Recipes

VII. Glossary

VII. GLOSSARY

Marinade - mixture of oil wine and /or vinegar, spices and herbs in which meat or fish can be put before cooking

Marinate—flavour by soaking in a marinade

Sauté — to cook slightly in a small amount of fat or liquid

Drizzle — sprinkle or drop lightly

Accompaniment — serve with a main course dish e.g meat or fish

Chronic Disease— a disease that takes a long time to develop, it's not contagious, cannot be cured but can be controlled.

Nutrients - chemical substances obtained from food and used in the body to provide energy, support growth and maintenance

Micro-nutrients — nutrients needed by the body in small amounts

Macro-nutrients – needed by the body in large quantities

SELECTED DIETS

DIETS			
	1600 Kcal	2200 Kcal	2800 Kcal
Foods	# of Portions of Food Per Day		
Staples	7	12	13
Legumes/Nuts	1	1	2
Vegetables	2	5	4
Fruits	5	6	11
Foods from Animals	4	5	7
Milk	4	2	4
Sugar	5	6	8
Fats	3	3	6

Although you may not be aware of your specific energy needs, the above diets can be used as a guide. If your activity level is low then the 1600 Kcal could be used, while the 2800 Kcal can be used if you are very active. The portions of food allocated for each of the three diets (1600 Kcal, 2200 Kcal and 2800 Kcal) vary e.g. Portions for fruit per day for the those diets are 5, 6 and 11 respectively.

Institutions/Ministries/ Organizations On The Multisectoral Group

The following were represented on the multi-sectoral group

- Ministry of Agriculture
- Ministry of Health
- Ministry of Education
- Ministry of Sports
- Ministry of Foreign Affairs
- Ministry of Social Development
- Department of Youth Affairs
- Agency for Rural Transformation
- Grenada Employers’ Association
- Conference of Churches
- Grenada Chamber of Industry & Commerce
- Grenada Bureau of Standards
- National Development Foundation
- Caribbean Agro Industries (Flour)
- Restaurants
- St. George’s University—Public Health
- Solid Waste Management Authority
- Inter-American Institute for Cooperation in Agriculture
- The Media
- Marketing & National Importing Board
- Grenada Food and Nutrition Council

MEMBERS OF THE TASK FORCE

- Ray Roberts — Grenada Media Workers' Association
- Roderick St.Clair — Marketing & National Importing Board
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ORGANIZING COMMITTEE

- Betty Finlay — Project Leader
- Lydia Browne — Asst. Project leader
- Barbara Simpson — Secretary
- Nicole Best — Communications
- LaVerne Mapp — Contact person from Ministry of Agriculture



One of the working group sessions of the Food-Based Dietary Guidelines



PUMPKIN CHILI

Ingredients

2 -3 cups diced pumpkin (cooked, solid)
 1 onion chopped
 1 clove garlic minced
 ½ - 1 cup diced sweet pepper
 2 Tbsp vegetable oil
 1 lb minced meat or poultry or soy mince
 4 cups diced ripe tomatoes
 2 cups tomato ketchup
 2 cups cooked red beans
 1 cup whole corn kernels
 ½ cup diced seasoning peppers
 1 Tbsp mild chili powder
 1 tsp ground cumin
 Salt and pepper to taste



METHOD

Sauté onion garlic and sweet pepper in oil until tender. Add ground meat or soy mince and cook, stirring, until browned. Drain. Add tomatoes, tomato sauce, pumpkin, beans, corn, seasoning pepper, chili powder, cumin, salt and pepper. Cover and simmer to desired consistency, about 20 minutes. Stir often. Adjust seasoning and serve.

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FAO - Food & Agriculture Organization

CFNI— Caribbean Food & Nutrition Institute

INCAP—Institute for Nutrition in Central America and Panama

Ministers and Permanent Secretaries of the Ministries of Health, Education and Social Development

The Media

The Multisectoral Committee

The Task Force

The Organizing Committee

1. Introduction

The Food-Based Dietary Guidelines for Grenada were developed for several reasons:

1. To promote healthy food choices
2. To reduce the incidence of obesity and chronic diseases
3. To promote increased physical activity
4. To enrich the quality of life of Grenadians



In an effort to determine what the guidelines for Grenada should be, a diagnosis document was prepared which contained data on morbidity, mortality, food production, food consumption and nutrition status. A multi-sectoral committee met with a facilitator from CFNI, and using the document, was able to identify possible reasons for the identified problems. Technical guidelines were listed and from them key messages were developed. This phase of the project was facilitated by INCAP and CFNI. The messages were field tested to ensure accurate understanding before finalizing the guidelines.

The guidelines were developed for the general population from two (2) years old and upwards and can be used by healthcare providers, policy makers, nutritionists, community leaders, educators and the public at large.

CUCUMBER DRINK

Ingredients

2 medium – large cucumbers
1 tsp grated ginger
3 cups water
2 tsp lime juice
Sugar for sweetening

Method

Wash and grate cucumbers or chop coarsely and blend. Add grated ginger and water. Strain. Add lime juice. Sugar to taste. Serve chilled or over crushed ice

PUMPKIN PUNCH

Ingredients

2 cups cooked mashed pumpkin
sugar for sweetening
2 – 4 cups Seville orange or orange juice

Method

Combine all ingredients and mix well. Serve over crushed ice.

CARROT ORANGE DRINK

Ingredients

2 large carrots grated
2 cups orange juice
2-3 cups water
Sugar for sweetening

METHOD

Blend all ingredients together and strain
Serve over crushed ice

BANANA BREAD (with no added sugar)

Ingredients

3 medium bananas (mashed)
8 oz flour
3 tsp baking powder
2 oz margarine
1 egg
grated rind of 1 lime
¼ cup milk or water

Method

Sieve dry ingredients together. Rub in fat; add lime rind, mashed banana and egg.
Mix thoroughly. Add liquid if necessary to give a sticky consistency
Put into a greased floured loaf pan and bake in a moderate oven for 40 – 45 minutes.

MINERALS

There are 2 types:

1. Major minerals
 - e.g Potassium.- needed in large quantities
 - helps in the control of high blood pressure which is common in Grenada
2. Micro-minerals or Trace Elements
 - e.g Iron
 - When taken with vitamin C, can help to prevent iron-deficiency anemia (a nutritional deficiency common in young children).

II. *The Body's Need For Food and Nutrients*

The elements that make up food are the same elements that make up the body. Food therefore is used to build, maintain and repair the body as well as provide energy. No matter the age—young or old—you need food which contains nutrients to supply the body's needs.

Nutrients can be divided into 2 groups;

1. **Macronutrients**

Carbohydrate:

Provides the body with energy to do work
Is the main source of energy for the brain

Protein

Provides the building blocks for growth and maintenance of body tissues

Fat:

- Is a concentrated source of energy
- Is part of cell structure
- Protects internal organs from mechanical shock e.g. the kidneys

2. **Micronutrients**

Vitamins

There are two types:

1. Water-soluble vitamins (Vitamins B and C)
 - Must be consumed every day from a variety of grains, fruits and vegetables
2. Fat-soluble (A,D,E,K)
 - could be consumed every other day.

III. Food-Based Dietary Guidelines For Grenada (FBDGs)

1. Eat a variety of foods as shown in the Diagram
2. Eat larger amounts of fruits and vegetables .
3. Eat less fatty, oily, greasy and barbequed foods.
4. Use less salt, salty foods, salty seasonings and salty snacks.
5. Choose to have less sweet foods and drinks.
6. Drink more water. It's the healthier choice
7. Drink little or no alcohol.
8. Be more physically active. Get moving!

PUMPKIN BANANA BREAD

Ingredients

2 cups cooked mashed pumpkin
1 cup mashed ripe banana
3½ cups flour
½ cup oil
3 eggs
2½ tsp baking powder
2½ tsp baking soda
2 cups brown sugar
1 cup chopped nuts
1 tsp ground cinnamon
2 tap grated nutmeg
1 tsp salt
½ tsp ground bay leaf

METHOD

Mix dry ingredients together in a mixing bowl
Add liquid ingredients and half of the nuts. Mix well.
Pour into greased loaf pans and sprinkle the remaining chopped nuts on top.
Bake at 375°F for about 1—1½ hours.

STIR FRY VEGETABLES

Ingredients

1 lb patchoi
1 lb christophene
2 large carrots sliced
½ lb beans
1 Tbsp vegetable oil or stock
1½ tbsp soy sauce
¼ tsp mace
2 slices fresh ginger
1 clove garlic crushed
1 medium onion chopped
Salt and pepper to taste

METHOD

Wash vegetables and cut into one inch strips or chunks
Heat oil in a frying pan or wok. Sauté ginger and garlic for 30 seconds then remove. Add carrot and christophene, cook for 1 – 2 minutes.
Add other vegetables and cook till vegetables are tender but crisp

NB: vegetables may be blanched to reduce cooking time

POACHED FISH

Ingredients

- 2 fish teaks (seasoned)
- 1/4 tsp black pepper
- 1 small onion (sliced)
- 1 tsp lemon juice
- 1/4 tsp lemon rind



Method

1. Heat 1/2 inch water in a saucepan to boiling point.
2. Add lemon rind, juice, onion and fish
3. Bring to a boil then simmer over low heat for 5 to 8 minutes.
4. Serve with a sauce and colourful accompaniment.

COO - COO POIS

Ingredients

- 2 cups corn meal
- 1 small onion chopped
- 1 Tbsp salt
- 2 tbsp butter or margarine
- 3 red seasoning peppers chopped
- 5 – 6 cups stock, water or coconut milk
- 1 sprig thyme
- 1/2 - 1 cup cooked peas

METHOD

Boil onion with half of the liquid and salt for 1 minute. Add the rest of the liquid to the corn meal and mix well. Stir the cornmeal mixture into the boiling liquid till well blended; add thyme and pepper. Cook over low heat stirring frequently until mixture becomes stiff and smooth and breaks away from the bottom of the pot cleanly. Put into a greased dish and spread with butter.

MESSAGES FROM FBDGs

1. Eat a variety of foods

- *Select foods from each group on the graphic.*
- *Vary your choices within each group from day to day for several reasons*



1. *All foods in each group do not contain the same type of nutrients e.g. West Indian cherries are rich in Vitamin C while pawpaw is rich in Vitamin A but they both belong to the “Fruit Group”.*
2. *Variety—in taste, texture, colour, nutrients — is the spice of life*

*To cut cost — grow some food of your own
Store when it's in season and the price is low
e.g. frozen or dried vegetables and staples,*

If one food is not available you may substitute another from the same group.

- e.g. patchoi for spinach or
- tannia for yam or
- skinless chicken for fish
- split peas for lentils

Benefits

- ⇒ Eating a variety of foods will ensure that your body receives all the nutrients and other substances it needs to function efficiently.

MESSAGES FROM FBDG (Cont'd)..

2. Eat larger amounts of fruits and vegetables.

Fruits and vegetables provide your source of vitamins and minerals.



How Can you consume more Fruits?

- Eat fruits that are in season
- grow and eat fruits that you like

Creative ways to eat fruits

- Make a fruit salad
- Blend frozen fruits (smoothie)
- Use fruits to make snow ice or fruit block
- Make fruit punches



Fruits are generally sweet and can be eaten without cooking. Fruits are excellent sources of Vitamin C, Beta-carotene, Potassium and fibre.

How Can You Consume more Vegetables?

- Eat vegetables that are in season.
- Use 3 coloured vegetables each day

How can you use vegetables?

- Make casseroles with vegetables
- Add vegetables to rice and meats
- Add vegetables to salads—green bananas, bread fruit, yam, potato, Steam vegetables
- Stir-fry 2 or 3 different vegetables.



Make punches with vegetables e.g. (carrot, pumpkin, squash)

- If raw vegetables cause digestive problems then steam or stir-fry
- Vegetables are excellent sources of beta-carotene, vitamin C, folic acid, potassium, calcium and fibre.

Vegetables grown in Grenada include: beans, beets, broccoli, callaloo, carraili, cauliflower, cucumber, eggplant, ochro, tomatoes, spinach, cabbage,

Benefits:

- ⇒ Allow for easy bowel movement.
- ⇒ Provide vitamins and minerals
- ⇒ Stronger immune system and protection from diseases

VI HEALTHY RECIPES

BAKED FISH

Ingredients

- 3 lb fish steaks
- ½ tsp ground bay leaf
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 3 Tbsp lemon or lime juice
- 1½-2 oz butter or margarine
- Salt and pepper to taste

METHOD

Arrange fish in a shallow baking dish. Sprinkle the fish with onion, garlic, bay leaf and lime juice. Drizzle with melted margarine. Season with salt and pepper. Bake in a moderate oven for about 10 minutes or until fish is cooked. Serve with the cooking juices.

YAM BURGERS

Ingredients

- 2 lbs. yam cooked and mashed
- ½ lb. minced fish, poultry or meat
- 2 eggs
- ¼ cup seasoning
- 2 cups breadcrumbs
- ½ tsp. lime juice
- Oil for frying

METHOD

Combine yam, seasoning, fish, lime juice, 1 egg and ½ cup breadcrumbs. Mix well. Shape into balls then flatten to form burgers. Dip in beaten egg, and coat with remaining crumbs. Fry in hot oil or bake in a moderate to hot oven. If fried drain on absorbent paper.

Fruits

- 1 small or 1/2 medium orange
- 1 small or 1/2 medium ripe banana
- 1 medium guava
- 1 small mango
- 1/2 cup pawpaw
- 20 West Indian cherries
- 1 cup watermelon
- 1 medium sapodilla

Foods From Animals

- 1 small drumstick
- 1 flying fish
- 1/4 cup flaked salted fish
- 1 medium egg
- 1/4 cup canned tuna
- 1 large or 2 small sardines
- 1 small chicken wing
- 1 small or 1/2 large sausage
- 1 oz corned beef
- 30 g cheddar cheese
- 2 Tablespoon powdered milk
- 2 ounces yogurt
- 1/4 cup evaporated milk

Fats & Substitutes

- 1 tsp margarine/butter/shortening/lard/oil
- 1 Tablespoon salad dressing
- 2 Tablespoon dried, grated coconut
- 1 Tablespoon cream cheese

3. Eat less oily, fatty, greasy and barbequed Foods

Fat in the diet provides flavour and a feeling of fullness, however too much can be dangerous to your health. Foods such as fried chicken and fish, fried breadfruit, fish cakes, pastry, fatty meats, chicken skin, mayonnaise, butter & margarine oil, dried coconut are some of the foods that are high in fat.

How can you eat less fatty foods

- Trim fat from all meats before cooking (pork, beef, chicken, mutton)
- Remove skin from chicken before cooking
- Choose lean cuts of meat
- Select tuna, sardines and other canned meats packed in water
- Rinse oil-packed foods with hot water to remove much of the fat.
- Choose to grill, roast, bake and stir-fry more often than frying.
- Eat a meatless meal once or twice per week
- Change from whole milk to reduced fat, from reduced fat to low fat and from low fat to fat-free or non-fat or skimmed milk.
- Select breads that are low in fat
- Use 2 egg whites instead of one whole egg
- Cook with little or no added fat.

Benefits

- ⇒ Decreased risk of heart and blood vessel problems
- ⇒ Better weight control
- ⇒ Healthier population
- ⇒ Better Quality of life

4. Use less salt, salty foods, salty seasoning and salty snacks

How can you use less salty foods?

- Cook with little or no added salt
- Taste food before adding salt
- Prepare foods with salt-free spices such as *basil, bay leaves, curry, garlic, ginger, mint seasoning peppers, rosemary, thyme, lemon juice*
- Read labels and look out for words like: *Salt, brine, Sodium chloride, sodium bicarbonate, sodium saccharin, Sodium nitrite, sodium nitrite*
- Soak salted fish the night before use and boil it next day.

Use the following sparingly

- Foods prepared in brine such as pickles, olives
- Salty or smoked foods such as bologna, corned beef, ham, sausage, smoked herring, etc.
- Salty snacks as chips, salted popcorn, salty nuts and crackers
- Canned and instant soups
Condiments such as bouillon cubes, seasoned salts (e.g. onion salt)

Benefits

⇒ Better control of high blood pressure.

V. PORTION SIZES

How much is a Portion?

Staples:

- 1 sandwich loaf slice
- 4—6 crackers
- 1/2 cup cooked rice/rice & peas or noodles
- 1/2 cup oatmeal/corn meal or cream of wheat porridge
- Breadfruit/cassava/dasheen/ sweet potato/yam (60 grams or 2 ounces)
- 1 medium green banana

Legumes

- 1/4 cup channa
- 1/4 cup cooked dried peas or beans
- 16 peanuts
- 7 cashew nuts

Vegetables

- 3/4 cup bodi/string beans
- 1/2 cup carrot
- 1/2 cup pumpkin

For the vegetables that contain very little carbohydrates, more can be eaten e.g 1 cup cucumber/cabbage/lettuce/patchoi/okra/cauliflower.

8. Be more physically active. Get moving!

Moving the body frequently uses up energy. A sedentary lifestyle increases obesity. Therefore, get moving!

How can you be more physically active?

- ⇒ Walk at least 30 minutes a day
- ⇒ If you wish to maintain your weight World Health Organization (WHO) recommends that you walk for 60 minutes/day
- ⇒ If you wish to lose weight walk for 90 minutes/day
- ⇒ Plant and care for a vegetable or flower garden
- ⇒ Mow and rake your lawn
- ⇒ Park vehicle and walk
- ⇒ Walk home from work instead of taking the bus.
- ⇒ Drop 2-3 stops before your final bus stop
- ⇒ Take the stairs instead of the elevator
- ⇒ Wash clothes by hand sometimes instead of using the washing machine
- ⇒ Use the privacy of your home to enjoy an afternoon of dancing.

Benefits:

- ⇒ Reduces stress
- ⇒ Enhances physical health and
- ⇒ Helps you to feel good.

5. Choose to use less sweet foods and drinks

Foods and drinks are made sweeter by adding sugar. Sugar enhances flavour and supplies texture and colour. However, when taken in excess it can be dangerous to your health. Sugars that occur naturally in fruits, vegetables and milk are acceptable.

Foods high in sugar include soft drinks, cakes, candies, fudge, canned juices with added sugar, jams & jellies, condensed milk, ketchup, milk chocolates, sweet biscuits...

How can you decrease your intake of added sugar?

- Use fresh fruits instead of fruit drinks
- Add dried fruits to replace the added sugar in recipes
- Choose to use less drinks with added sugar.
- Add less sugar when preparing food and drinks
- Use less browning in cooking

Benefits

- ⇒ Better weight control
- ⇒ Less problems with dental caries/tooth decay.
- ⇒ Better control of blood sugar levels.

6. Drink more water. It's the healthier choice



Water helps transport nutrients and waste products in the body.

How can you drink more water?

- ⇒ Replace juices with water
- ⇒ Strive to consume 6-8 cups each day e.g.
 - 2 cups on waking
 - 2 cups midmorning
 - 2 cups mid-afternoon
 - 1—2 cups before going to bed
- ⇒ Consume foods with a high water content such as cucumber, watermelon, waternut. This will add to your overall daily intake
- ⇒ Keep water within your reach throughout the day, don't wait until you are thirsty to drink

Benefits

- ⇒ Better bowel movement
- ⇒ Healthier skin



7. Drink little or no alcohol

Alcohol taken in moderation is defined as one drink a day such as:

5 ounces of wine

OR

12 ounces beer

Or

10 ounces of wine cooler

1 ½ ounces of distilled liquor (rum, vodka, whiskey etc.)

Taking 7 drinks all at once, in one day (weekend drinking) would not be considered moderation.

Alcoholic beverages provide calories with little or no other nutrients

A WORD TO THE WISE IS SUFFICIENT.

Benefits

Using wine, beer and other spirits **sparingly** will lower your risk of hypertension, heart disease, stroke, some cancers, accidents, violence, obesity, fatty liver.