

# DIETARY GUIDELINES

*For St. Lucia*



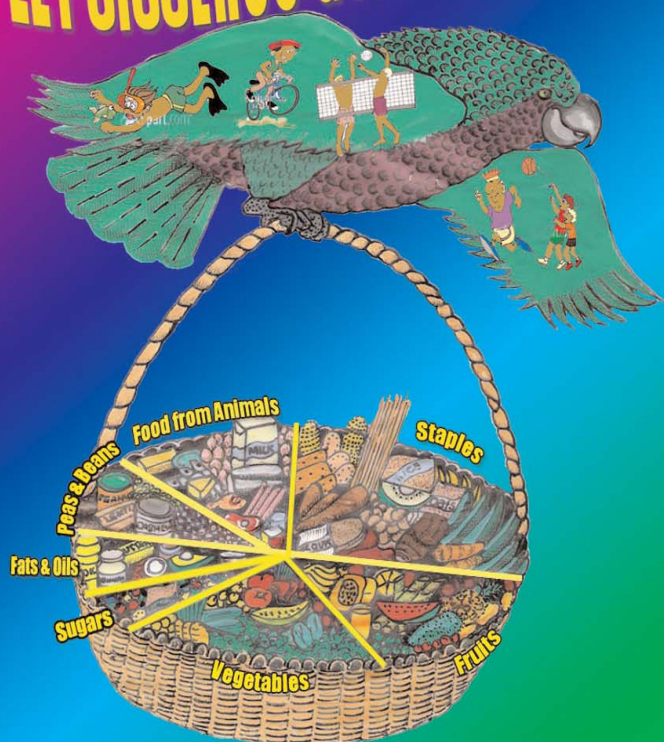
## It's all in the Coalpot

*Eat something from every Food Group everyday!*

- Always try to eat vegetables, starches, peas or beans everyday
- Eat more vegetables and fruits every day
- Buy less fatty and greasy foods and when you cook use less fats and oils
- Use less salt, salted foods, packaged seasonings and salty snacks
- Choose less beverages and packaged foods with added sugar
- If you drink alcohol, do so in moderation
- Keep moving — Be more active every day
- Drink water several times a day

## DOMINICA FOOD BASED DIETARY GUIDELINES

# LET SISSEROU GUIDE YOUR MEALS



Start the day with breakfast

Always try to eat a variety of foods everyday.  
Use the basket to help you make the choices.

Eat more vegetables and fruits everyday.

Reduce fat and oil intake

Choose less sweet foods and drinks  
Use less salt, salted foods, seasonings and salty snacks

Make physical activity a part of your daily life

Drink water several times a day

If you use alcohol do so in moderation

Produced by Health Promotion Department Ministry of Health & Social Security  
FUNDED BY Food and Agriculture Organization (F.A.O) & Government of Dominica

with technical assistance from CFNI & INCAP

Illustrated by Emmanuel M. Prince Graphics by John M. Christian



# 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.

Sponsored by



## Food Based Dietary Guidelines For Grenada



- ***Eat a variety of foods as shown in the diagram.***
- ***Eat larger amounts of fruits and coloured vegetables.***
  - ***Eat less fatty, oily, greasy and barbequed foods.***
  - ***Choose to use less sweet foods and drinks.***
- ***Use less salt, salty foods, salty seasonings and salty snacks.***
  - ***Drink more water. It's the healthier choice.***
  - ***Drink little or no alcohol.***
- ***Be more physically active every day. Get moving.***

## STEP 10: Evaluation of FBDGs

The FBDGs should be periodically evaluated in terms of both the implementation process and their impact on the lifestyle of target group. Campaigns and educational programmes for promotion and adoption of FBDGs should be monitored and evaluated to determine their reach, frequency and impact. However, relatively few countries have evaluated the impact of FBDGs – either because guidelines were developed only recently, it is too early to evaluate their effects, or because there are insufficient resources and methodologies for evaluation.

