

The Food - Based Dietary Guidelines

(FBDGs) is an important educational tool that converts scientific information on nutritional requirements and food composition into simple, population language. The FBDGs for Antigua and Barbuda are developed to meet the following objectives:

- Encourage healthy food choices in respect of variety, quality and quantity
- Promote increased consumption of fruits and vegetables by all population members
- Reduce the occurrence of chronic diseases in the population
- Promote increased levels of physical activity among population members



Ministry of Health
High & Long Street, St. John's, Antigua, W.I.
Tel: 1-268-462-5522
Fax: 1-268-462-5003
E-Mail: healthandsocial_2001



Food-Based DIETARY GUIDELINES ANTIGUA & BARBUDA



USE YOUR PINEAPPLE TO HELP
YOU CHOOSE FOODS WISELY

There are eight Food- Based Dietary Guidelines for Antigua & Barbuda.

These Dietary Guidelines aim to promote healthy eating habits and an active lifestyle in order to prevent chronic nutrition-related diseases among the members of the population.

Know and practise the Guidelines

1. Eat different types of foods every day.

- When planning meals think of different colors, tastes and nutritional value.

2. Include a variety of vegetables in your daily meals.

- Use vegetables in meat/poultry/fish dishes and to make interesting drinks.

3. Choose to eat a variety of fruits daily.

- Eat local fruits when in season because they are cheaper and of better quality.

4. Limit the use of salt, salty foods and salty seasonings.

FATS AND OILS

VEGETABLES

FOOD FROM ANIMALS

PEAS BEANS AND NUTS

SUGARS AND SWEETENERS

FRUITS

STARCHY FOODS

- Use more fresh herbs and seasonings and cook with less salt.

5. Reduce the intake of food and drinks that are high in sugars and fats

- Read food labels to identify the amount of sugars and fats

6. Make Physical Activity a part of your daily routine.

- Do some moderate physical activity for at least 30 minutes each day (swim, brisk walk, cycle)

7. Give baby only breast milk for first 6 months of the baby's life.

- Baby needs only breast milk and no water.

8. Use safe food handling and food storage practices.

- Wash hands before and during food preparation. Store foods covered and at the correct temperature.

