



Food and Agriculture
Organization of the
United Nations



Ministry of Public Health
Food Policy Division

Food Based Dietary Guidelines for Guyana

1



Breast feed exclusively for the first 6 months

2

Eat different types of food from all the
food groups daily



3



Eat more green and other coloured
vegetables daily

4

Eat different kinds of fruits daily



5



Limit the use of sugary foods and sweetened
drinks

6

Use more natural seasonings and less salt
and salty products



7



Reduce your intake of oily and fatty foods

8

If you drink alcohol do so in moderation



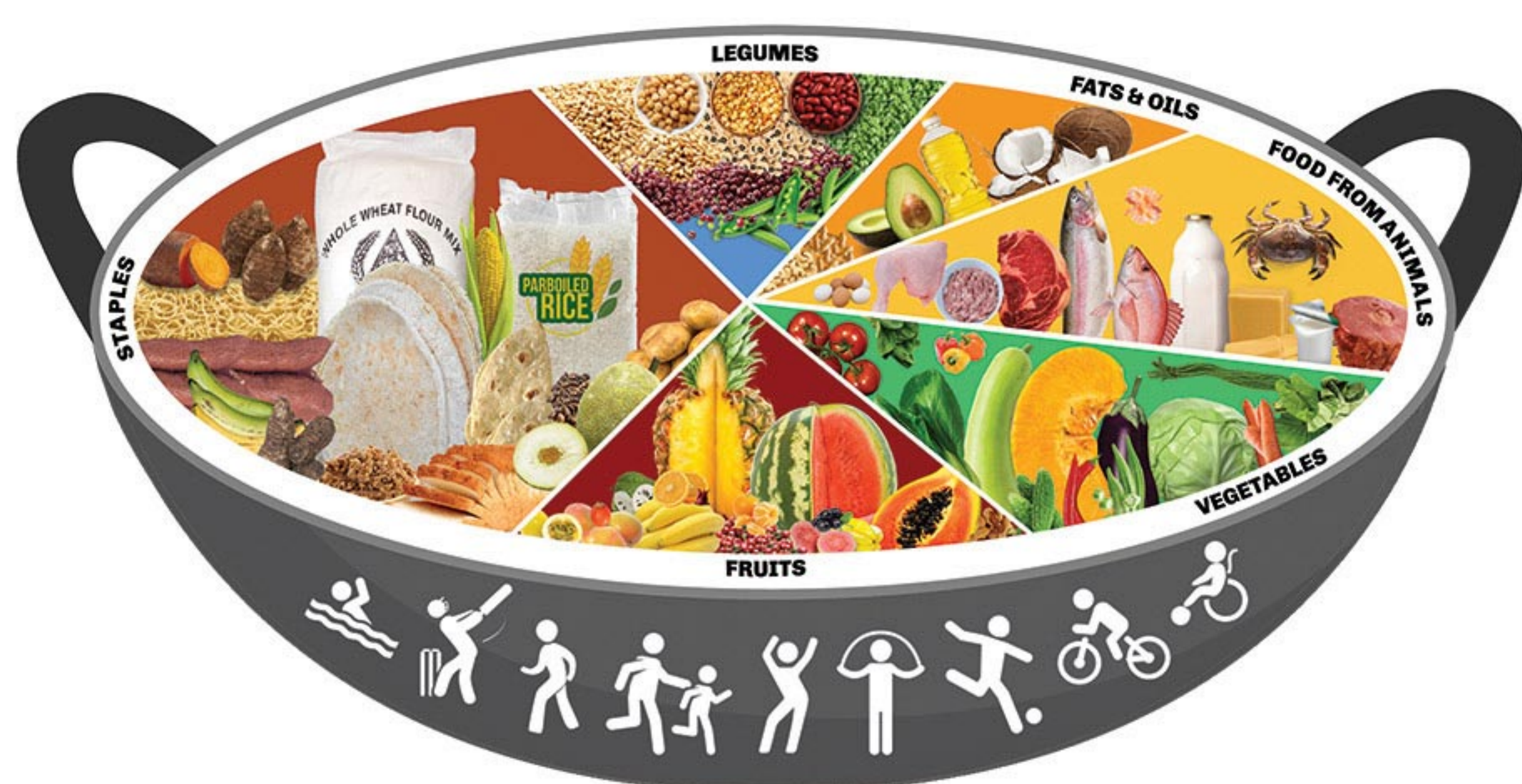
9



Use at least 30 minutes daily for physical
activity

Food Based Dietary Guidelines for Guyana

The stewpot helps us to choose wisely



As much as is possible, try to eat foods from all the food groups every day.



Food Based Dietary

There are nine Food Based Dietary Guidelines for Guyana.

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 practice these guidelines

1



Breast feed exclusively for the first 6 months

- » Breast milk contains all the nutrients a baby needs to grow well for the first six months. After then, complementary foods must be given.

2

Eat different types of food from all the food groups daily



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

3



Eat more green and other coloured vegetables daily

- » Use vegetables in meat, poultry and fish dishes. Vegetables can also make interesting beverages.



Guidelines for Guyana

4

Eat different kinds of fruits daily



- » Eat fresh fruits daily because they provide some of the essential nutrients that our bodies need.

5



Limit the use of sugary foods and sweetened drinks

- » Read food labels to identify the amount of sugar in a product. Use more home made juices and avoid adding sugar. Drink safe water daily.

6

Use more natural seasonings and less salt and salty products



- » Use local herbs and seasonings and cook with less salt and salty products.

7



Reduce your intake of oily and fatty foods

- » Choose to bake or steam instead of frying.

8

If you drink alcohol do so in moderation



- » It is advisable to avoid alcohol. But for those who cannot, try not to have more than one drink per day.

9



Use at least 30 minutes daily for physical activity

- » Regular exercise and sports are helpful in maintaining a healthy body.



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The Food Based Dietary Guidelines (FBDGs) are the Ministry of Public Health's recommendations for eating in Guyana to maintain health and wellbeing.

These guidelines are developed to meet the following objectives:

- **Promote healthy choices with respect to variety, quantity and quality of food;**
- **Prevent overweight and obesity and reduce the occurrence of non communicable diseases;**
- **Prevent the development of nutritional deficiencies;**
- **Promote increased levels of physical activity; and**
- **Store and prepare foods in a clean and safe manner.**



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