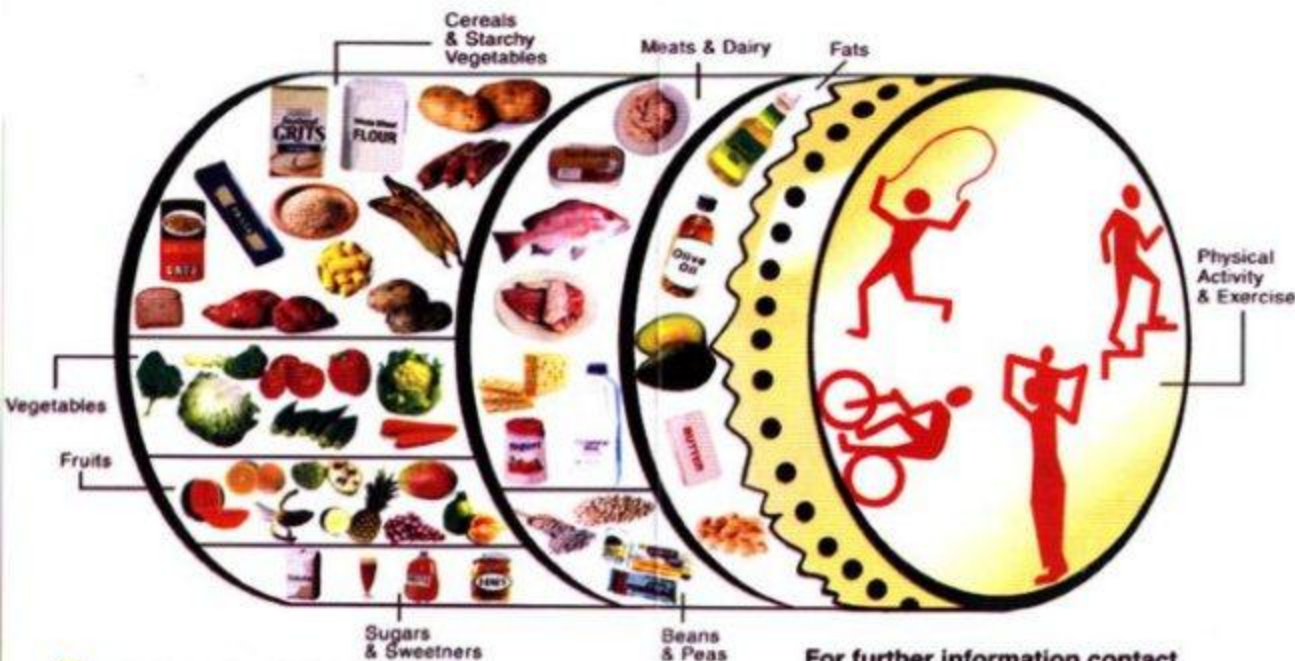




Go For The Gold Standard For Healthy Living

THE NEW DIETARY GUIDELINES FOR THE BAHAMAS



9 Choose foods for their nutritional value not for the 'name brand' or cost.

Pay for food that will be nutritious and will cost less.

10 Breast milk is the best choice for infants to start a healthy life.



It builds the body's ability to fight off disease, preventing illnesses and/or infections. In addition, breastfeeding saves time and money, and is the perfect food for infants from birth to six months.

For further information contact

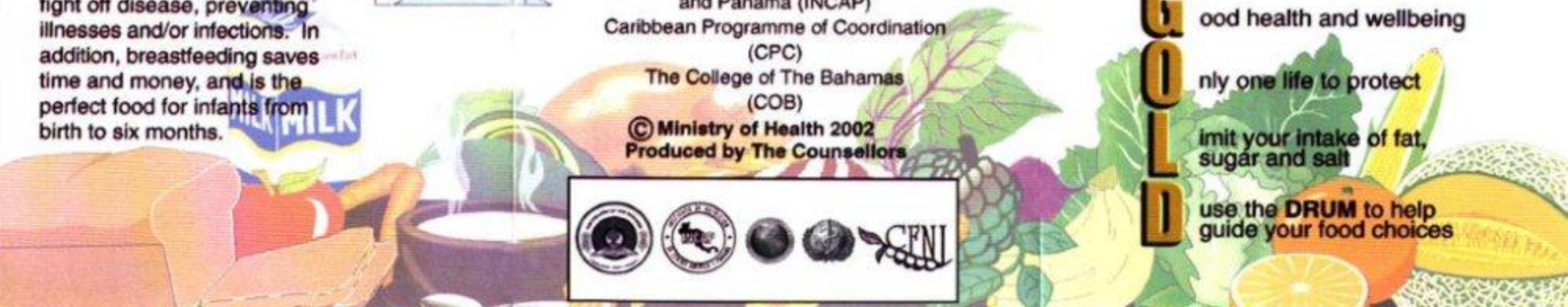
The Nutrition Unit
Dept. of Public Health,
Ministry of Health
P.O. Box N-3730
Tel: 502-4834
Fax: 502-4810

Prepared by The Ministry of Health in collaboration with the Pan American Health Organization (PAHO) Caribbean Food and Nutrition Institute (CFNI) Institute of Nutrition for Central America and Panama (INCAP) Caribbean Programme of Coordination (CPC) The College of The Bahamas (COB)

© Ministry of Health 2002
Produced by The Counsellors



Good health and wellbeing
Only one life to protect
Limit your intake of fat, sugar and salt
Do use the **DRUM** to help guide your food choices



Guidelines

1
Use our drum to help you

Choose a variety of foods daily.

Eating healthy keeps you healthy. Choosing a variety of foods every day in moderation will balance your diet, and keep you feeling good.

2
As often as possible, limit the amount of high fat and greasy foods you eat every day.

"Ease-up" off the greasy foods such as sausage, bacon, conch fritters, cracked conch, fries, fried chicken and regular ground beef. Eating too much of these foods daily are unhealthy and can cause heart problems and obesity. When preparing chicken and other meats, try to take off the skin and fat. "Go for" leaner cuts of meats and poultry. Where possible, prepare your foods by baking. It doesn't take that much time.



3

Make starchy vegetables, peas and beans a part of your diet.

"Boils" such as cassava, sweet potato, eddie, plantain and pumpkin are high in fibre, which makes them heart-healthy foods.



4

As often as possible, choose foods with less sugar and less salt.

Eating too much "high seasoned" and sweet foods increases your risk of developing heart disease, high blood pressure and Type II Diabetes or "Sugar". Sodas, fruit-flavoured drinks, and desserts like guava duff and tarts contain lots of sugar. High-seasoned foods include fast foods, sausage, salted meats, most canned foods and chips. Use fresh herbs and spices to season foods instead of salt.

5

Choose a variety of fruits and vegetables every day.

For a healthy balanced diet, plan to include vegetables and fruits in your meals every day. Fresh fruits and dark green leafy and yellow vegetables are packed with vitamins A, B and C and have cancer-fighting powers.



6

Drink plenty of water every day.

The body is basically made up of water and it must be replenished. Water regulates all the functions of the body. Aim to drink six to eight glasses daily.



7

It is advisable not to drink alcohol, but if you drink, do so in moderation.

Too much alcohol is not good for your health. It can damage your liver.

8

Make physical activity and exercise a part of your lifestyle.

It can be fun and beneficial to your body, mind and soul. Aim for enjoyable exercise at least four times each week.

