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## VI. Drink more water . It's the healthier choice.!

Water makes up about 60% of the body's weight. It assists with the transport of nutrients and waste products throughout the body. Drink lots of water. You will need it to prevent dehydration and flush out toxins from your body.



## VII. Drink little or no alcohol.

Alcoholic beverages supply calories but very few nutrients. They are harmful when consumed in excess, and some people should not drink at all. Too much alcohol may cause social problems, cirrhosis of the liver and damage to the brain and heart.

## VIII. Be more physically active every day. Get Moving!!

You can improve your health and well-being and have fun by including moderate amounts of physical activity as a part of your daily life. World Health Organization recommends 60 minutes moderate physical activity everyday to maintain normal weight and 90 minutes if overweight. *Walking, stretching and keeping your muscles in good condition can help you remain healthy whatever your age.*



Produced by the Grenada Food & Nutrition Council

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# Food Based Dietary Guidelines for Grenada



Food & Agriculture Organization



Institute of Nutrition of Central America and Panama



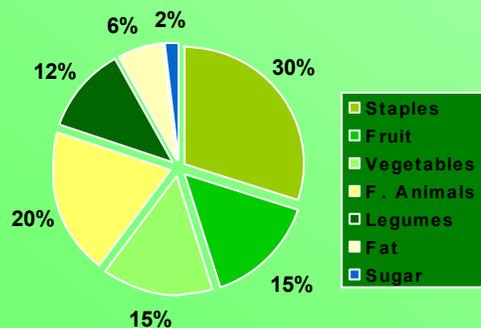
Caribbean Food & Nutrition Institute

## What are the Food Based Dietary Guidelines?

The Food Based Dietary Guidelines are important messages designed to assist and encourage you to practice good nutrition and engage in other healthy lifestyle practices.

They are geared towards enhancing the food security of Grenada by encouraging people to eat healthily, locally and economically.

The Guidelines are intended to help in the reduction of chronic diseases such as hypertension, heart disease, cancer and diabetes. They will also show you which foods to choose to eat more of and which should be eaten in smaller quantities.



Above: Pie Chart showing the proportion of foods to eat

## What are the Guidelines?

The following are the recommended guidelines for healthy eating:



### I. Eat a variety of foods as shown in the diagram.

Different foods contain different nutrients and other healthful substances. No single food can supply all the nutrients in the amounts you need. For example, cherries provide Vitamin C but no Vitamin B12. Meats provide iron but no Vitamin C. To ensure you get all the nutrients and other substances you need for good health, eat a variety of foods.

### II. Eat more coloured vegetables and fruits everyday.

Vegetables and fruits are key parts of your daily diet. Eating plenty of vegetables and fruits of different kinds, may help protect you against many chronic diseases. They also promote healthy bowel function.

### III. Eat less fatty, oily, greasy and barbecued foods.

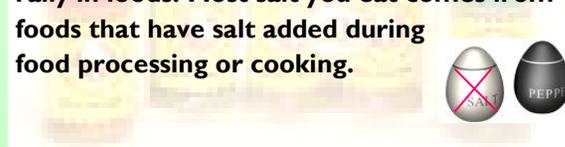
Fats supply energy and essential fatty acids, and they help absorb the fat soluble Vitamins A, D, E, K and carotenoids. You need some fat in foods you eat, but choose



sensibly. Some kinds of fats, especially saturated fat (found in meats) increase the risk of coronary heart disease by raising blood cholesterol.

### IV. Use less salt, salty foods, salty seasonings and snacks

Many people can reduce their chances of developing high blood pressure by consuming less salt. Salt is the main source of sodium in foods. Only small amounts of salt occur naturally in foods. Most salt you eat comes from foods that have salt added during food processing or cooking.



### V. Choose to use less sugar, sweet foods and drinks

Sugars are carbohydrates and a source of energy. Sugar and starches occur naturally in many foods that supply other nutrients. However, use less added sugars like brown and white sugar, glucose, condensed milk and honey.