

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