IT'S ALL IN THE BREADFRUIT

Eat something from each group everyday

1) Eat a variety of foods from the Food Groups shown in the Breadfruit Picture.

2) Eat more fruits and vegetables everyday.

3) Reduce fats and oils by cutting back on fatty, oily and greasy foods.

4) Use steaming, boiling and baking, as often as possible instead of frying, stewing and barbequeing.

5) Reduce the intake of sugar. Use less sugar, sweet foods and drinks.

6) When cooking use less salt and salted seasonings. Eat less salted foods and snacks.

7) Water is essential. Drink it several times a day.

8) If you use Alcohol do so sparingly both in drinking and food preparation.

9) Get moving! Increase physical activity daily.

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