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**Use steaming, boiling and baking as often as possible instead of frying, stewing and barbecuing.**

- ▶ Do not add fats to foods that are steamed, boiled or baked.



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**Reduce the intake of sugar: Use less sugar, sweet foods and drinks.**

- ▶ You may reduce your sugar intake by choosing to use more fresh fruits instead of cakes, candies, jams, jellies, sweet drinks and beverages (sodas).

6

**When cooking, use less salt and salted seasonings. Eat less salted foods and snacks.**

- ▶ Use no more than 1 tsp salt per person in daily food preparation.
- ▶ In cooking, salt and salted seasonings can be replaced by using fresh seasonings like onions, chive, garlic, celery, parsley, thyme, limes, pepper, basil, and ginger.

7

**Water is essential. Drink it several times a day!**

- ▶ Drink six to eight 8-oz glasses of pure water daily from a clean safe source.

8

**If you use alcohol do so sparingly both in drinking and in food preparation.**

- ▶ Cut down on alcohol by drinking only small amounts of alcohol no more than 1-2 times per week.
- ▶ A drink may be considered as 1.5 oz of rum, vodka, whiskey or a regular can of beer, or 4ozs of wine.

9

**Get moving! Increase physical activity daily.**



- ▶ To increase physical activity you can do any of the following for 30 minutes to 1 hour everyday:- Brisk walking, running, jogging, cycling, stepping, skipping, swimming or aerobic dancing.

# Dietary Guidelines

for  
**St. Vincent and the Grenadines**



An FAO Technical Cooperation Project  
in collaboration with  
The Caribbean Food and Nutrition Institute (CFNI)  
The Institute of Nutrition of Central America and Panama (INCAP)  
and coordinated through the  
Ministry of Health & the Environment and the  
Ministry of Agriculture, Forestry & Fisheries



This brochure was prepared by the National FBDG Task Force and sponsored by the Food and Agriculture Organisation (FAO) of the United Nations.

There are nine National Food Based Dietary Guidelines for St. Vincent and the Grenadines.

These guidelines aim to promote a balanced diet, healthy eating habits and active lifestyles to prevent chronic nutrition related diseases.

# 1 Eat a variety of foods from the food groups shown in the breadfruit picture.

In choosing a variety of foods from the food groups you will get all the energy and nutrients needed to make

# 2 Eat more fruits and Vegetables everyday.

- ▶ Fruits and vegetables add variety, texture, taste and color to meals making them more appealing and nourishing.
- ▶ Grow some fruits and vegetables in your home garden.

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

- ▶ Trim fat off meats before cooking. Fats from pork, meat and chicken should not be fried out and reused for frying other foods.

The portions and servings shown in the breadfruit picture are based on a daily diet of 1600 - 2800 calories.

## SUGARS AND SWEETENERS

- 5 - 8 servings daily  
1 serving = 20 calories
- 1 tsp sugar
  - 1 tsp honey
  - 1tbsp jelly or jam

## FOOD FROM ANIMALS

- milk 4 servings daily  
meat 4 - 7 servings daily  
(1 serving meat = 146 calories)
- 2 ozs cooked lean meat, fresh fish
  - 1 oz dried salted fish, hard cheese
  - 3 ozs cooked chicken
  - 1 egg
  - 4 ozs fluid milk

## FRUITS

- 5-11 servings daily  
(1 serving = 40 calories)
- 1 small ripe banana, Mango
  - 1 medium size orange, golden apple, guava, plumrose
  - 1 slice pine apple, water melon
  - ½ medium grapefruit

## STAPLES

- 7-12 serving daily  
(1 serving = 70 calories)
- Starchy roots, fruits & tubers
- 4ozs or ½ cup cooked yam, potato, eddoe dasheen.
- Starchy fruit
- 5ozs or ½ cup cooked Breadfruit, Plantain, green banana
- Cereal
- ½ cup cooked flour, cornmeal
  - 1 slice Bread ; 6 Crackers

## FATS AND OILS

- 3-6 servings daily  
1 serving = 45 calories
- 1 tsp margarine, butter, cooking oil
  - 1 tbsp mayonnaise, salad dressing
  - 1 strip fatty bacon
  - 2 tsp peanut butter

## LEGUMES

- 1-2 servings daily  
1 serving = 73 calories
- ⅓ cup cooked dried peas and beans, peanuts
  - 16 whole peanuts

## VEGETABLES

- 1 serving =36 calories  
(2-5 servings daily)
- ½ cup cooked or 4 ozs raw
- Dark green leafy
- callaloo, spinach, patchoi, lettuce
- Yellow vegetables
- Carrot , pumpkin, squash
  -
- Other vegetables
- Eggplant, cabbage, stringbeans, ochro, christophene, green pigeon pea

