1. Eat a variety of different foods in the proportion shown in the Seychelles Food Guide.
2. Consume at least 5 portions of fruit and vegetables everyday.
3. Replace rice with wholegrains and other high-fibre starchy foods at least 3 times a week.
4. Eat fish on at least 5 days a week.
5. Eat pulses (peas, beans and lentils) at least 4 times a week.
6. Reduce the amount of cooking oil, fats and fatty foods.
7. Remove fats on meat before cooking.
8. Limit the frying of foods to only once a week.
9. Consume sugar, sugary foods and sugary drinks in minimal amounts.
10. Include 3 portions of milk and milk products in your diet everyday.
11. Use salt and salty foods in small amounts.
12. Drink at least 8 glasses of water everyday.
13. If you drink alcohol do not exceed the recommended amounts.
14. Maintain a reasonable body weight by exercising for 30 minutes everyday.
15. Breastfeed your child exclusively up to 6 months.
16. Practice good hygiene when handling food.