

A HEALTHY EATING PLAN FOR SIERRA LEONEANS

Adopt a healthy eating plan throughout life to support;

- A healthy body
- Minimise incidence of chronic disease
- Maintain a healthy body weight

A healthy eating plan includes adequate intake of :



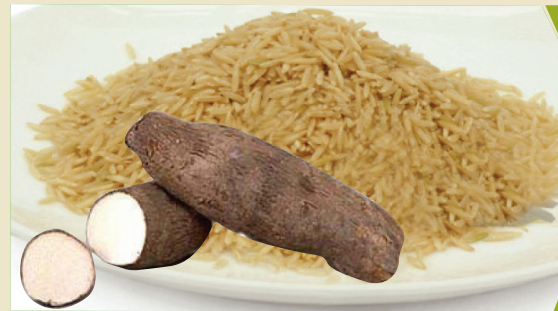
Fruits



Dark green, orange, yellow, purple vegetables



Animal proteins e.g. fish, poultry, meat, milk or eggs:



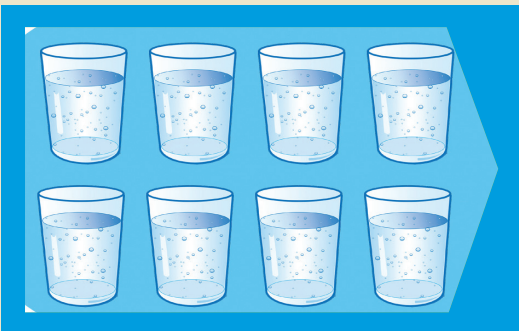
Grains e.g. rice, cassava or other whole grains such as roots or tubers



Pulses e.g. beans, peas and lentils



Oil, nuts and seeds



Take 8-10 glasses of safe water daily



Physical activity:
At least 30 minutes of a physical activity [moderate]



Limit salt intake



Limit sugar intake

RECOMENDATIONS FOR HEALTHY EATING PATTERNS FOR SIERRA LEONEANS:

The food based dietary guidelines for Sierra Leone offers 10 key messages for healthy eating patterns.

These are outlined as follows:

10 key messages

1. Eat variety of foods
2. Eat either fish, poultry, meat , milk or eggs everyday
3. Eat plenty of fruits, vegetables especially green leaves at every meal
4. Eat rice, cassava or other whole grains such as roots or tubers as part of meals
5. Eat beans, peas and lentils everyday
6. Use oil in moderation and eat nuts and seeds
7. Use iodised salt but use it in moderation
8. Use sugars, foods and drinks made with sugar in moderation (added sugars)
9. Take 8-10 glasses of water daily
10. Be physically active