

DOMINICA FOOD BASED DIETARY GUIDELINES

LET SISSEROU GUIDE YOUR MEALS



- Start the day with breakfast
- Always try to eat a variety of foods everyday. Use the basket to help you make the choices.
- Eat more vegetables and fruits everyday.
- Reduce fat and oil intake
- Choose less sweet foods and drinks
- Use less salt, salted foods, seasonings and salty snacks
- Make physical activity a part of your daily life
- Drink water several times a day
- If you use alcohol do so in moderation

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