

Food based dietary guidelines for Barbados



GOVERNMENT OF BARBADOS
MINISTRY OF HEALTH



These guidelines aim to encourage healthy eating habits and promote active lifestyles to prevent chronic nutrition related diseases

Introduction

Good Nutrition is Essential for Good Health.

The Food Based Dietary Guidelines (FBDG) have been designed by a team of qualified nutritionists;

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The goal is to educate the Barbadian public on improving their health through proper nutrition.

The Guidelines aim to use simple dietary information to help make wise food choices in the prevention of common nutrition related health problems such as obesity, high blood pressure, high cholesterol, diabetes and heart disease; all leading causes of death and illness in Barbados.

There are 8 Food Based Dietary Guidelines

1. Enjoy a **VARIETY OF FOODS** everyday
2. Eat **VEGETABLES** everyday
3. Eat **FRUITS** everyday
4. Use **HIGH FIBRE FOODS** everyday
5. Choose to **EAT LESS FAT & FATTY FOODS** everyday
6. Use **LESS SALT & HIGH SODIUM FOODS**
7. Use **LESS SUGAR, SUGAR CONTAINING FOODS & SWEET BEVERAGES**
8. Engage in **PHYSICAL ACTIVITY**

The Cover Picture of the Barbados map places foods into the 6 Caribbean Food Groups and shows the kinds of foods to choose for healthy eating. Inside the guide gives more information about the portion of food you need from each food group.

We hope that Barbadians will pay attention to their food choices and use these guidelines to assist them in adopting positive changes to promote and maintain healthy lifestyles.



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1

Enjoy a Variety of Foods Everyday

The best way to meet your nutrient needs is to eat a variety of foods from all six food groups shown in the Barbados map picture. These are Staples, Fruits, Vegetables, Foods from Animals, Legumes and Fats and Oils. Variety means that you must include many different foods from each group shown. No single food can supply all of the nutrients that your body needs on a daily basis. The use of the guidelines can help to expand your food choices to ensure you get a balanced diet.

2

Eat Vegetables Everyday

Vegetables are a good source of nutrients, such as: vitamins C, beta-carotene, calcium and iron. These help to improve vision, bones, teeth and general health.

Many varieties are available year round and are cheaper when bought in season. Check with the Ministry of Agriculture for the seasonal chart that indicates what vegetables are in season.

3

Eat Fruits Everyday

Fruits are tasty, nutritious and require little or no preparation. Use them in their natural state as a

healthy snack. They are a good source of carbohydrates, vitamins, minerals and fibre. Locally grown fruits are available throughout the year. They are cheaper when in season.

4

Use High Fibre Foods Everyday

A high fibre diet offers many health benefits that include:

- reducing LDL and bad cholesterol
- decreased risk of colon and breast cancer
- prevention of constipation
- promotion of regular bowel movements
- improved blood glucose levels in people living with diabetes

Dietary fibre is found in plant foods like whole fruits, vegetables, dried peas and beans and grains. Whole grain bread, cereals, and pasta are high fibre choices. Brown rice is also a good source of fibre.

Your daily intake of fibre should be 25 to 30 grams. Read the label on food packages to find out how much fibre a serving of the food will provide. Foods containing more than 5 grams per serving are considered high in fibre.

When increasing the fibre in your diet, it is best to do so slowly. Large increases can cause discomfort through gas, and bloating. Start with small changes and make sure your water intake is adequate.



5

Choose to Eat Less Fat and Fatty Foods Everyday

Reduce your daily fat intake. Excessive fat is linked to obesity and chronic non-communicable diseases such as heart disease, diabetes and certain cancers.

There are different types of fat. These include saturated, polyunsaturated, monounsaturated and transfats.

Any fat eaten in excess over long periods of time can become harmful, especially **dietary saturated fats, cholesterol and trans fats** because they raise blood cholesterol levels.

TIPS FOR REDUCING FATS & CHOLESTEROL INTAKE

- Bake, grill or boil rather than fry.
- Trim fat from meat and remove the skin and fat from poultry before cooking.
- Use dried peas and beans as a substitute for meat sometimes.
- Substitute skimmed milk and low fat dairy products for whole milk and its by-products.

6

Use Less Salt and High Sodium Foods

Reducing salt and sodium intake is an important factor in good health. Flavour your meals with natural herbs and spices e.g. Parsley, Turmeric, Paprika, Cayenne pepper, Basil, Garlic, Thyme, and Marjoram.

Look for the words sodium on food labels and read the nutrition facts.

7

Use less Sugar, Sugar Containing Foods and Sweet Beverages

- Drink more water
- Use low calorie drinks
- Use 100% juice or unsweetened juices
- Use unsweetened drinks but remember unsweetened drinks are not necessarily sugar free
- Eat more fresh fruit as dessert instead of cakes and pastries.

8

Engage in Physical Activity Everyday

It is important to keep active and get moving! Try to engage in physical activity for at least 30 minutes for 3-5 days per week.

These activities can include walking, dancing, swimming, cycling, tennis, gardening, jogging and sweeping.

Daily Physical Activity:

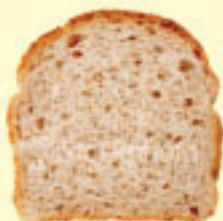
- Helps maintain good health
- Helps reduce and control high blood pressure, blood sugar and cholesterol levels
- Assists in management of stress
- Helps in weight management
- Improves cardiovascular fitness
- Promotes stronger bones and improves muscle tone

4

Know what **1** portion looks like



½ cup cereal = size of a cricket ball



1 slice bread



½ cup cooked pasta (staples) = size of a pot spoon



½ cup cooked or raw chopped vegetables = size of a cricket ball



½ cup chopped fruit = size of a cricket ball



1 tsp margarine = size of 1 die



1½ ounces of natural cheese = size of 4 dice



1 cup milk



= size of small milk carton



1 tablespoon light salad dressing = size of a golf ball



3 ounces lean meat, fish, or poultry = size of a deck of cards



½ cup cooked dry beans = size of a pot spoon
2 ounces from legumes



1 tablespoon peanut butter



DAILY FOOD GUIDE

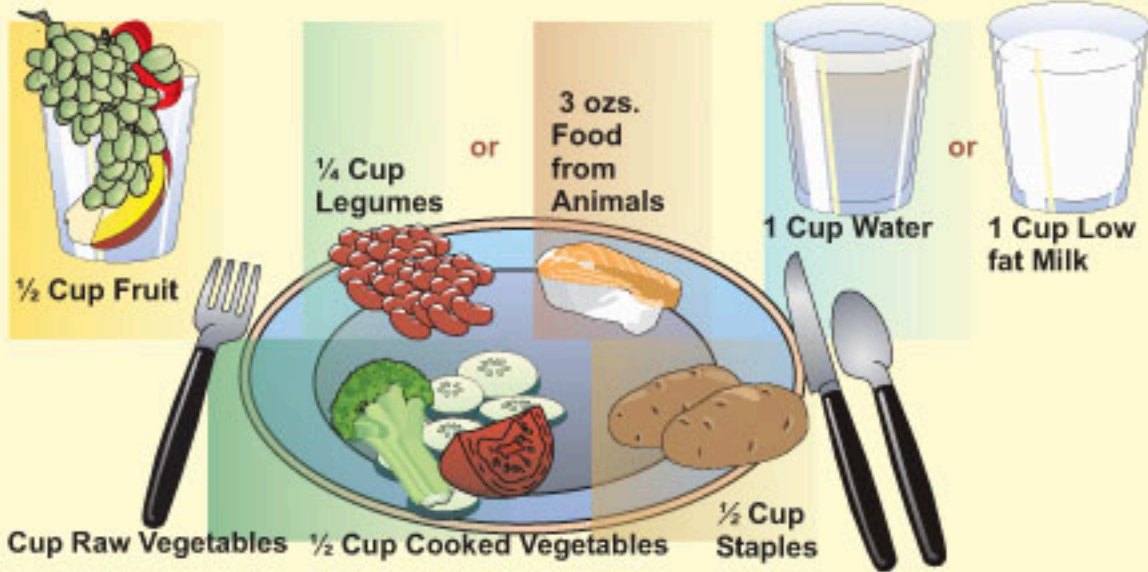
RECOMMENDED NUMBER OF FOOD GUIDE SERVINGS PER DAY

	Staples	Vegetables	Fruits	Legumes	Food from Animals	Fats & Oils
TEENS (14-18)						
FEMALES _____	8	4	3	2	2	3
MALES _____	11	5	4	3	3	4
ADULTS (19-50)						
FEMALES _____	8	4	3	2	2	2
MALES _____	11	5	4	3	3	4
(51+)						
FEMALES _____	8	4	3	2	2	4
MALES _____	10	4	4	2	3	4

*Pregnant and breast-feeding women should consult with their nutritionist for information about their daily food intake.

Meal Planning

Here is an example of an easy way to plan a healthy sample meal:



Here are some foods and amounts you can choose when selecting food for a sample meal:

Staples Group



6-10 servings daily

- ½ cup cooked yam, potato, breadfruit
- 1 green banana
- 1 slice bread
- ½ whole wheat bun
- ½ bagel
- ½ pita bread
- ½ cup ready-to-eat cereal
- ½ cup cooked rice, pasta
- 4-6 whole grain crackers
- 1 cup popcorn

Vegetables Group



3-5 servings daily

- ½ cup cooked or 4 oz raw vegetables e.g. okra, carrots
- ½ cup cooked 1 cup raw leafy vegetables e.g. lettuce, cabbage, sweet pepper
- ½ cup vegetable juice
- ½ cup fresh, frozen or canned vegetables

Fruits Group



3-5 servings daily

- ½ cup canned fruit in natural juice
- ½ cup fruit juice
- ¼ cup dried fruit
- 1 small ripe banana, 1 small mango
- 1 small medium sized orange,
- 1 small golden apple, 1 small gauva
- 1 slice pineapple, 1 slice watermelon
- ½ medium grapefruit

Legumes



2-3 servings daily

- ¾ cup Tofu
- ¾ cup cooked green peas
- ½ cup dried peas
- 20 whole shelled peanuts
- 3 tbsp / ½ cup baked beans
- 1 cup soy milk
- 1 tbsp peanut butter

Food from Animals



Meat & alternatives 2-3 servings daily

- 2 tbsp skim milk
- 8 oz or 1 cup low fat milk
- ¼ cup Evaporated milk
- ¾ cup Yoghurt
- 50g or ½ cup cheese or 2 slices packaged cheese
- 2 oz cooked lean meat or fresh fish
- 3 oz cooked chicken
- 1 egg

Fats & Oils

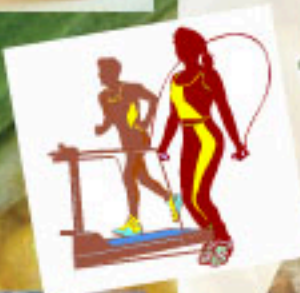


Include small amounts of unsaturated fat each day. 1 tsp

- 1 tsp Olive oil or Canola oil
- 1 tsp Low fat salad dressings

(Choose soft margarine low in saturated fats and trans fats)
 LIMIT Butter, Hard Margarine, Lard and Shortening

BE WISE ABOUT GOOD NUTRITION



AND EXERCISE

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