

Food Based Dietary Guidelines for Jamaica

Healthy Eating - Active Living



- 1.** Eat a variety of foods from **all the food groups** daily.
- 2.** Eat a variety of **fruits** daily.
- 3.** Eat a variety of **vegetables** daily.
- 4.** Include **peas, beans and nuts** in your daily meals.
- 5.** Reduce intake of **salty and processed foods**.
- 6.** Reduce intake of **fats and oils**.
- 7.** Reduce intake of **sugary foods and drinks**.
- 8.** Make **physical activity** a part of your daily routine.

Like us and follow us on



/themohgovjm