

Food Based Dietary Guidelines for Grenada



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Eat a variety of foods as shown in the diagram

Eat larger amounts of fruits and coloured vegetables

Eat less fatty, oily, greasy, and barbequed foods

Use less salt, salty foods, salty seasonings and salty snacks

Choose to use less sweet foods and drinks

Drink more water. It's the healthier choice

Drink little or no alcohol

Be more physically active. Get moving

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Choose to use less sweet foods and drinks

Make water your drink of choice. Drink more

If you drink alcohol do so sparingly

Be more physically active. Get moving