DOMINICA FOOD BASED DIETARY GUIDELINES



- 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

Produced by Health Promotion Department Ministry of Health & Social Security FUNDED BY Food and Agriculture Organization (F.A.O) & Government of Dominica







Illustrated by Emmanuel M. Prince Graphics by John M. Christian





