

A healthy diet comprises foods from all the 6 Caribbean food groups listed below.

- Staples e.g. bread, dasheen, cassava, rice
- Legumes/ nuts e.g. peas, beans & nuts
- Fruit e.g. orange, banana,
- Dark green leafy and yellow vegetables
- Food from animals e.g. chicken & fish, milk, cheese
- Fats

All meals are built around 4 of these food groups: Legumes, staples, food from animals and vegetables.



Tips To Remember

- ⇒ Enjoy a wide variety of foods every day.
- ⇒ Enjoy a variety of vegetables every day.
- ⇒ Enjoy a variety of fruits every day.
- ⇒ Enjoy a variety of foods rich in fibre every day.
- ⇒ Choose to eat less fat and fatty foods every day.
- ⇒ Choose foods with less salt and sodium every day.
- ⇒ Choose food and beverages with less added sugar every day.
- ⇒ Engage in physical activity every day.

Foods to Avoid

- Avoid Sugary foods
- Avoid juice, soft drinks or any sweetened drinks
- Limit foods cooked with oil and butter (fried foods, pastries, rotis etc.)
- Limit using too much salt

Exercise

MOVE YOUR WAY Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least **150 minutes a week**

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2 days a week**

* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. What's your move?



Source:



How To Eat

Eat smaller portions.

A portion of food is the amount of food one chooses to eat in one sitting.

A serving is the amount of food recommended by the manufacturer in the Nutritional Facts Label.

Eating smaller portions is key in achieving normal blood sugar levels and achieving weight loss

When placing food onto a plate, divide the plate into 4 equal sections

- $\frac{1}{4}$ for starches (provision, rice, etc.)
- $\frac{1}{4}$ for protein (fish, chicken, peas & beans, etc.)
- $\frac{1}{4}$ for cooked vegetables (carrots, okra, cabbage, etc.)
- $\frac{1}{4}$ for raw vegetables (lettuce, cucumber, tomato, etc.)



When To Eat

- Always have breakfast - Eating something in the morning is breaking the fast. It is advised that persons start each new day with something to eat as this helps to fuel the body.
- Do not miss meals
- Eat on time, That is 3-4 hours apart

Meals should be evenly distributed throughout the day. Breakfast, lunch and dinner should be taken at fairly regular times with mid-morning, mid-afternoon and bedtime snacks. This is especially important for clients treated with insulin. Breakfast like a king, lunch like a prince and dinner like a pauper.

What To Eat

- Increase water intake, at least 8 8oz glasses/day
- Fruits (in moderation) - Enjoy them fresh, frozen or dried; as part of mealtime or as a healthy snack. Fruits are a good source of vitamins, minerals and dietary fibre. Foods high in dietary fibre can help to maintain a healthy digestive system.



- Vegetables - Make your plate colourful. Choose dark green, red, purple, orange and other varieties. Vegetables are a great source of vitamins, minerals, fibre and other nutrients. As a part of a healthy overall diet, they may reduce the risk of developing Non-Communicable Diseases, such as diabetes, cardiovascular diseases, obesity and some cancers.



- Staples - Choose high fibre options, such as ground provisions, corn, oats, barley and whole grain breads. These can be prepared in a wide variety of tasty ways and are a great source of carbohydrates, especially when eaten in their natural state. The dietary fibre in staples may help to regulate blood glucose and cholesterol levels.



- Legumes - Add this nutrition powerhouse to your daily intake in the form of soups, stews, salad and casseroles. They can also be used as a meat substitute. They are high in micronutrients, fibre and protein.
- Foods from Animals - Meat, poultry and fish are excellent sources of protein and micronutrients. Lean protein is essential for growth and repair of the body's muscles and cells. It is also important in maintaining a healthy immune system.



- Less Fat & Fatty Foods - Nuts, seeds, avocado, peanut butter, coconut, butter, margarine, oil, and animal products are all sources of fat. These healthy fats protect the organs, and keep hair, skin and nails healthy. Fat is a valuable nutrient that the body needs, but only in small quantities as it is available in many foods. Excessive fat contributes to obesity, elevated cholesterol, high blood pressure, and cardiovascular disease.