

HEALTHY EATING GUIDE FOR BARBADOS



Healthful
Eating
Everyday!



These guidelines aim to encourage healthy eating habits to prevent and manage chronic nutrition related diseases.



Enjoy a Variety of Vegetables Everyday

Make your plate colourful with vegetables. Choose dark green, red, purple, orange and other varieties. Vegetables are a great source of a variety 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.

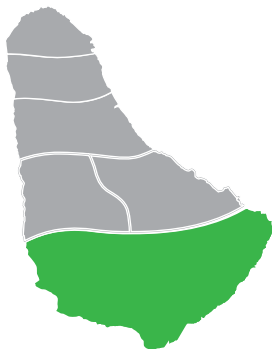




Enjoy a Variety of Fruits Everyday

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. They are easy to use and require little to no preparation.

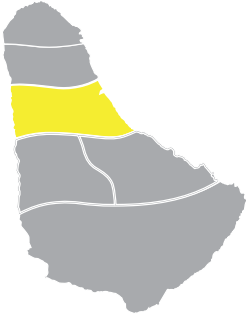




Eat a Variety of Staples Everyday

Choose high fibre options, such as ground provisions, corn, oats, barley and whole grain breads. Staples 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 and prevent constipation.





Choose to Eat a Variety of Legumes Everyday

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. Legumes are high in micronutrients, fibre and protein.

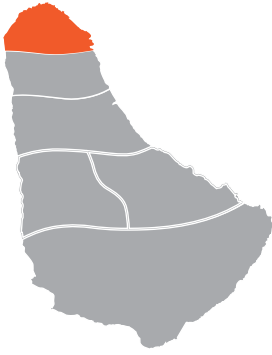




Eat a Variety of Foods from Animals

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 an important part of a healthy immune system.





Choose To Eat Less Fat and Fatty Foods Everyday

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.

NB Animal products can be high in saturated fat, which may cause elevated cholesterol, so eat in moderation.



THE PLATE METHOD

My Plate Planner



A Healthy Meal is Always Delicious!



1/4 protein, 1/4 starch, 1/2 vegetables.



The Plate Method offers a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate!

This Healthy Eating Guide was produced by the National Nutrition Centre, Ministry of Health and Wellness (MHW). Contributions were received from a team of qualified nutrition professionals from the following organisations.

- Food and Nutrition Department, Queen Elizabeth Hospital
- HIV/AIDS Food Bank / Vashti Inniss Empowerment Centre, MHW
- Psychiatric Hospital, MHW
- Health Promotion Unit, MHW
- Ministry of Education, Technology and Vocational Training



Information in this guide was prepared for persons five years of age and older. Individuals with particular diseases or medical conditions should consult your healthcare provider or nutrition professional before following these guidelines.

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