## Food Based Dietary Guidelines St. Kitts & Nevis



## It's All In The Sugar Mill

Eat Something From Each Food Group Everyday!

- ▼ Everyday, choose foods from each of the groups (shown on the mill).
- ▼ Limit the use of foods and drinks with added salt and sugar.
- Use less fats and oils when preparing and cooking foods.
- Eat different types of fruits everyday.
- ▼ Eat a variety of vegetables daily.
- Use less salty and processed foods.
- ▼ If you use alcohol, do so sparingly.
- ▼ Be physically active by exercising for at least 30 minutes each day.





