Food-Based DIETARY GUIDELINES

ANTIGUA & BARBUDA

1. Choose to eat a variety of foods every day
2. Include a variety of vegetables in your daily meals
3. Choose to eat a variety of fruits daily
4. Limit the use of salt, salty foods and salty seasonings
5. Reduce the intake of food and drinks that are high in sugars and fats
6. Make physical activity a part of your daily routine
7. Feed your baby breast milk only for the first six months of the baby's life.
8. Use safe food handling and food storage practices