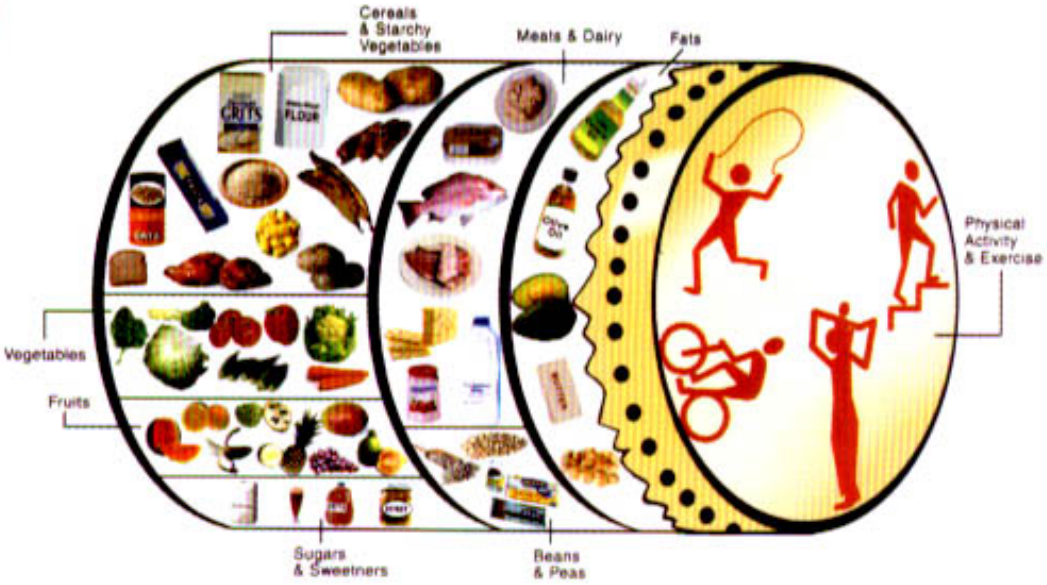
Go For The GOLD Standard For Healthy Living

The New Dietary Guidelines For The Bahamas



1. Use our drum to help you choose a variety of foods daily.
2. Limit the amount of high fat and greasy foods you eat.
3. Make starchy vegetables, peas and beans a part of your diet.
4. Choose foods with less sugar and less salt.
5. Choose a variety of fruits and vegetables everyday.
6. Drink plenty of water everyday.
7. It is advisable not to drink alcohol, but if you drink, do so in moderation.
8. Make physical activity and exercise a part of your lifestyle.
9. Choose foods for their nutritional value not for the 'name brand' or cost.
10. Breast milk is the best choice for infants to start a healthy life.

Prepared by the Ministry of Health in collaboration with