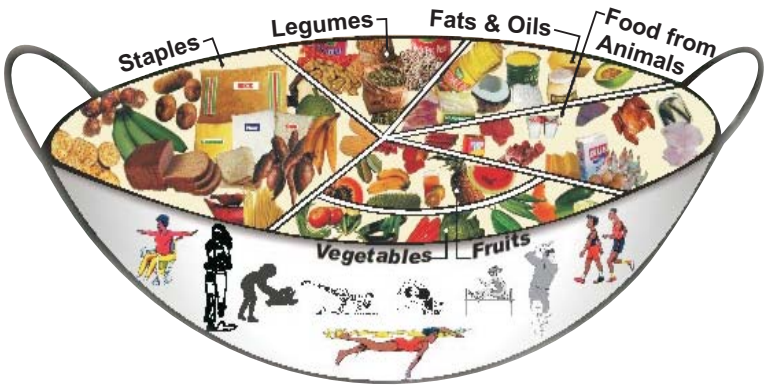

Food Based Dietary Guidelines For Guyana

GUIDELINE 1
Everyday, Eat a Mix of Foods from the Different Food Groups which are shown in our 'stew pot

GUIDELINE 2
Grow, Store and Prepare Foods in a Clean and Safe way

GUIDELINE 3
Use Less Salt in Your Food

GUIDELINE 4
Eat Foods That are Low in Fats

GUIDELINE 5
Use Less Fats & Oils in Preparing and Cooking Foods

GUIDELINE 6
Make Physical Activity and Exercise A Daily Habit.

GUIDELINE 7
It is advisable not to drink alcohol, but for those who do, no more than one drink per day is recommended

Pan American Health Organization
Regional Office of the World Health Organization

Ministry of Health - Guyana

Design/ Layout by **IDEA**

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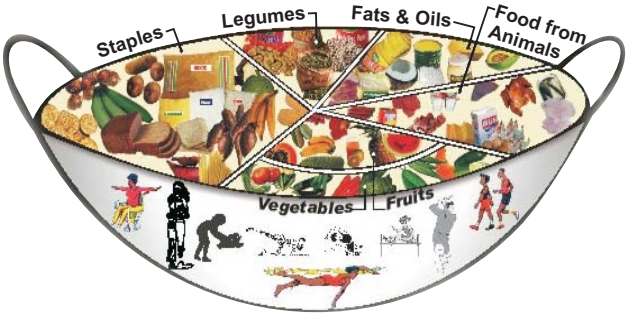
Notes:

The FBDG Logo:

Since pictures help us to remember the things that we read, the Food Policy Division developed a FBDG logo to illustrate two guidelines - ***Guideline One,*** the variety of foods we should strive to eat and ***Guideline Six,*** examples of the physical activities that can improve our fitness and health. These two guidelines are presented in the shape of a stewpot - the cooking utensil that is used to cook the "sweetest" Guyanese dishes. Note that the inner part of the stewpot is divided into different sized portions. This represents the recommended portion sizes.



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WHAT ARE FOOD BASED DIETARY GUIDELINES?

Many people are familiar with the phrase "you are what you eat". It simply means that what you eat can affect your health today as well as tomorrow. Your diet can cause you to live a healthy and productive life or put you at risk for diseases in the future

For Guyanese, eating healthily lies in the seven (7) food based dietary guidelines discussed in this booklet.

What are Food Based Dietary Guidelines?

Food Based Dietary Guidelines are simply dietary guidelines expressed in terms of food rather than nutrients. The guidelines are intended to help the public (persons over 2 years) to improve eating habits and promote nutritional well-being.

They are:

1. Every day, eat a mix of foods from the different food groups which are shown in our "Stew Pot"
2. Grow, store and prepare foods in a clean and safe way
3. Use less salt in your food
4. Eat foods that are low in fat
5. Use less fats and oils in preparing and cooking food
6. Make physical activity and exercise a daily habit
7. It is advisable not to drink alcohol, but for those who do, no more than one drink per day is recommended

4 Long term use can damage the liver, brain and other organs, and can result in severe mental and physical problems.

5 Alcohol impairs vision. Driving drunk is illegal and endangers yourself and others.

6 If a woman drinks too often during pregnancy, her baby can have feotal alcohol syndrome (FAS)

Alcohol is Highly addictive Drinking too much is dangerous.

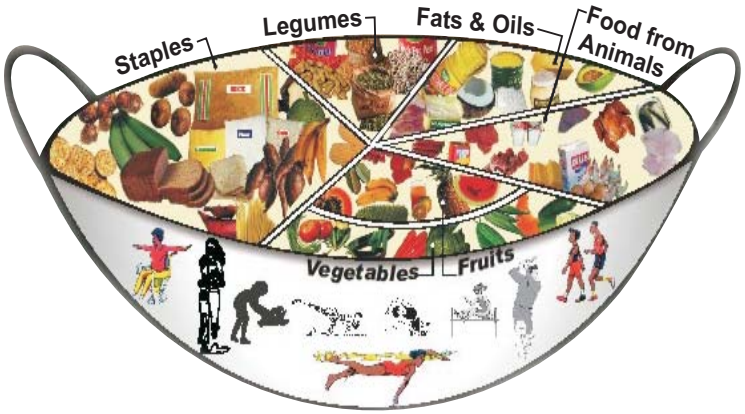
1 Low to moderate amounts can produce feelings of relaxation, lowered inhibitions, and increased sociability.

2 Large amounts can cause dizziness, nausea, slurred speech, slower reflexes, sleepiness, bad judgement, dehydration and a hangover the next day.

3 Excessive amounts can cause loss of motor control, black-outs, temporary coma (passing out), and in extreme cases, death.

GUIDELINE 1

EVERY DAY EAT A MIX OF FOODS FROM THE DIFFERENTFOOD GROUPS WHICH ARE SHOWN IN OUR STEW POT



Eating a variety of foods from each of the six food groups will ensure that our bodies get all the nutrients needed for good health:

1. ***Staple foods*** such as ***cereals*** (bread from whole grain or enriched flour wheat flour, corn meal, macaroni, rice) and ***Starchy fruits, roots and tuber/ground provisions*** (green banana, plantain, breadfruit, yam, potato, dasheen, eddoe, cassava). These are major sources of energy and fibre and should make up the bulk of the meal.
2. ***Legumes and nuts*** such as red beans, pigeon peas, black eye peas, split peas, cashew nuts, sesame seeds, pumpkin seeds. These are particularly important sources of fibre and protein for vegetarians.
3. ***Vegetables***, especially the dark green leafy and yellow vegetables such as spinach, pak-choi, bora, pumpkin, carrots, tomatoes, cucumber. Many of these can be eaten freely as good sources of vitamins, minerals and water.
4. ***Fruits***, for example, mango, guava, citrus fruits (oranges, grapefruits), pineapple, pawpaw, West Indian cherry. Like the vegetables these provide an excellent source of vitamins, minerals and water.
5. ***Foods from Animals***, for example meat, fish, poultry, liver, eggs, milk, cheese. With the exception of fish, these should be eaten in moderation.
6. ***Fats and oils*** such as cooking oils, margarine, shortening. Take these sparingly.

MEAL PLANNING: THE MULTI- MIX WAY

it is important to eat a mix of foods from different food groups since it is one way of ensuring that your body is able to carry out all its functions.

A nourishing meal gives us energy and helps our bodies to be healthy. The simplest way of planning a nourishing meal is to include foods from each of the six food groups.

You can also plan nourishing meals using four (4), three (3) or as few as two (2) groups. We call this meal planning the multi -mix way.

Start by selecting a food from the staple group.
Depending on the number of mixes you want, add foods from the other groups.

A Healthy 2 Mix

This is the most economical multi- mix meal.
However, it is only healthy if the food groups are carefully chosen.

1. Staples (cereal) + Food from Animals.
2. Staples (Cereal) + Legumes
3. Ground Provisions + Food from animals

Ground Provision | Salt Fish

A Healthy 3 Mix

You can make a number of healthy mixes with foods from 3 groups.

1. Staples + Food from Animals. + Vegetables
2. Staples + Legumes + Vegetables
3. Staples + Food from Animals + Legumes

Roti | Callaloo | Shrimp

GUIDELINE 7

IT IS ADVISABLE NOT TO DRINK ALCOHOL, BUT FOR THOSE WHO DO, NO MORE THAN ONE DRINK PER DAY IS RECOMMENDED

What is A Drink of Alcohol?

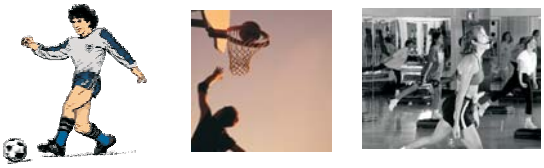
A 'drink' of alcohol is any beverage containing eight (8) grams of pure alcohol. The strength of an alcoholic drink refers to the percentage of pure alcohol that is present in a standard amount The concentration or strength of alcohol in a drink varies widely.

Types of Alcohol	Amount/Volume of Liquid
Spirits(hard liquor) e.g. rum, vodka, whisky. 30-50% Alcohol	1.5 oz (85 ml)
Beer, Stout 4-7% Alcohol	12 ozs. (341 ml.)
Wine, Sherry or Port 10-13%	1 glass 5 ozs. (142 ml.)

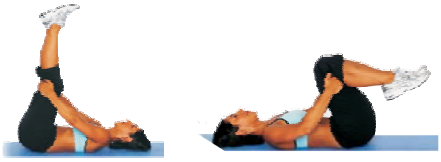
Choose an activity from each of these activity groups:

Moderate Intensity (30 minutes daily) - walking your dogs, climbing stairs, cleaning your room, gardening.

Endurance Exercise (20-30 minutes 3, days per week) - This is an activity that makes you feel warm and breathe deeply. It increases your energy and improves the function of your heart, lungs and circulatory system. Examples of this type of activity are jogging, bicycling, swimming, aerobics, dancing, skating, basketball.



Flexibility Training (20 minutes 2, days per week) - This is gentle reaching, bending and stretching to keep your muscles relaxed and your joints mobile. It helps you to move more easily and causes you to be more agile.



Strength Training (20 minutes 2-3, days per week) - This is lifting weights and other resistance activities. It improves balance and posture and keeps muscles and bones strong. For example, push-ups, bench presses, calf raises.

Warning:

You should ensure that you have a good medical examination prior to starting any form of physical activity. If you already know you have a medical condition, consult your physician or health worker prior to starting.

A Healthy 4 Mix

The four (4) mix is made up of foods from four (4) food groups.

Staple, Food from Animals, Legumes and Vegetable

Beef | Rice | Black Eye Peas | Pak Choy

A word about the other Food Groups, Fruits and Fats:-

- Are you wondering why fat was not a part of the multi- mix meal plan? Fat is already present in many foods. In addition we often add them to our meals as we cook.
- Many people use fruit juices along with their meals or as a snack; it is a good way of adding vitamins to your diet.

Note:

Cereal is the best choice of staples in a two (2) mix. It has a greater variety of nutrients than ground provision. If you use ground provision in a two (2) mix, always try to serve it with a food from animal.

GUIDELINE 2

GROW, STORE AND PREPARE FOODS IN A CLEAN AND SAFE WAY

Choosing the right foods and mixing them well is important. But this will be of little benefit if food is not grown, stored or prepared in a safe way.

Growing Foods in a Safe Way

If you grow your own foods, use safe farming practices. Use chemicals carefully; over use or improper use of chemicals can have far reaching consequences. It can cause sickness through direct intake of the food . It can also cause contamination of the ground water supply thereby affecting the health of large sections of the population.

Preparing food in a clean and safe way

KEEP CLEAN

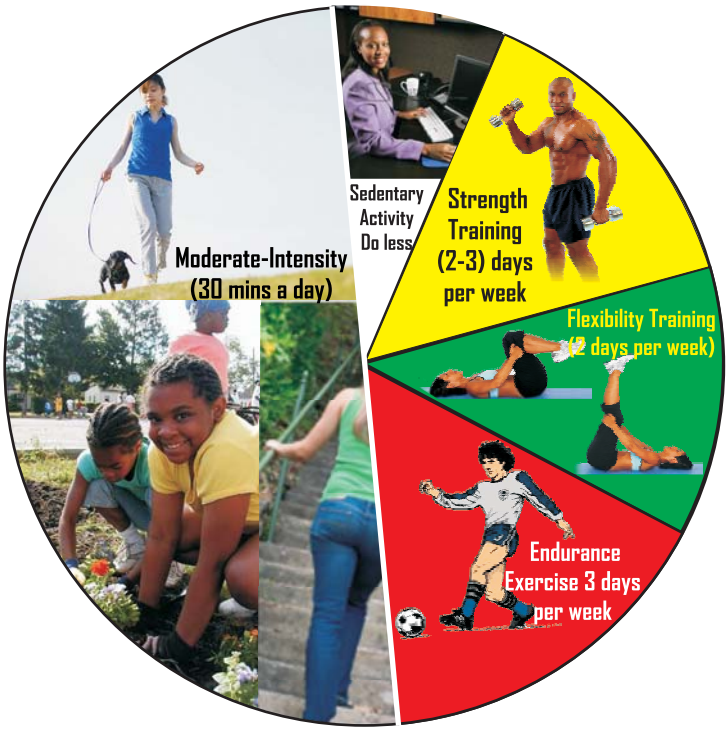
- Wash hands before handling food and wash often during food preparation
- Wash hands after going to the toilet.
- Clean all surfaces and equipment used for food preparation thoroughly.
- Protect kitchen areas and food from insects, pets and other animals

SEPARATE RAW AND COOKED FOOD

- Separate raw meat, poultry and seafood from other foods
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods.
- Store food in containers to avoid contact between raw and prepared foods.

GUIDELINE 6

MAKE PHYSICAL ACTIVITY AND EXERCISE A DAILY HABIT



Physical activity is one of the most important things one can do to maintain physical and mental health and quality of life. Walking, stretching and keeping your muscles in good condition can help you remain healthy whatever your age

Regular physical activity is an important part of effective weight loss and weight maintenance because it gets rid of excess calories that otherwise would be stored as fat.

Daily physical activity can help prevent heart disease and stroke by:

- strengthening your heart muscles
- lowering blood pressure
- lowering cholesterol
- improving blood flow and increasing your heart's working capacity.

Regular exercise helps to prevent back pain by increasing muscle strength and endurance and improving flexibility and posture.

GUIDELINE 5

USE LESS FATS & OILS IN PREPARING & COOKING FOOD

Frying is a popular method of cooking because it adds flavour to most foods and fried foods give a feeling of satisfaction and fullness. However, like fatty foods, fried foods and recipes that call for the use of large amounts of oil or fat can cause obesity and poor health.

Simple ways to cut down on the Fats and oils

- Trim off fats from meats before cooking
- Broil, bake, steam, microwave or pot roast rather than frying
- Measure oil before adding to pot
- Use low fat spreads on bread
- Cook foods such as bakes, fritters or french toast on a towah or non-stick frying pan in very little oil or fat.
- Use skimmed milk in place of whole milk.

COOK THOROUGHLY

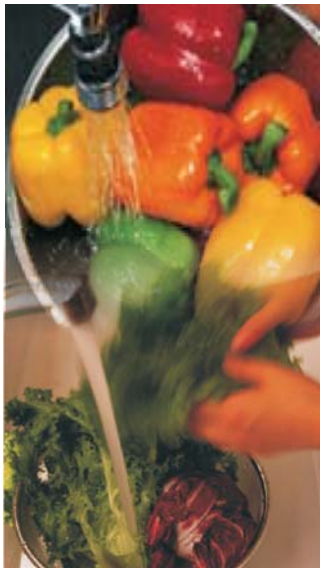
- Cook food thoroughly, especially meat, poultry, eggs and seafood
- Bring foods like soups and stews to boiling point. For meat and poultry, make sure that juices are clear, not pink. Ideally, use a thermometer
- Reheat cooked food thoroughly.

KEEP FOOD AT SAFE TEMPERATURES

- Do not leave cooked food at room temperature for more than two (2) hours
- Refrigerate promptly all cooked and perishable food.
- Keep cooked food piping hot.
- Do not store food too long, even in the refrigerator
- Do not thaw frozen food at room temperature

USE SAFE WATER AND RAW MATERIALS

Safe water is water which has be boiled or treated with bleach



- Use safe water or treat it to make it safe.
- Select fresh and wholesome foods.
- Choose foods that have been processed for safety, eg.pasteurized milk
- Wash fruits and vegetables, especially if eaten raw.
- Do not use food beyond its expiry date.

GUIDELINE 3

EAT FOODS THAT ARE LOW IN FAT

Eating too much fat may increase your risk for:

- Obesity
- Diabetes
- Hypertension
- Stroke
- Heart Disease
- High Blood
- Cholesterol
- Cancer of the breast and colon.

Low Fat Foods

All fruits except Avocado (Pear)
Cereals
Ground Provision
Vegetables (greens)
Legumes (peas, red beans)
Lean Cuts of Meat
Stir Fried Foods
Prepared by boiling or steaming

High Fat Foods

Cakes and Pastries
Peanut Butter
Butter
Margarine
Cheese
Ham Burgers
French Fries
Fried Chicken
Chicken Skin
High fat meat products
eg. Corn Beef

Trans Fats

Trans fats are found in foods made with partially hydrogenated vegetable oils. Trans fats can be harmful to the body since they raise the level of bad cholesterol in the body increasing the risk of heart disease.

Vegetable Shortening such as:
Lard
Commercially baked goods:-
Crackers
Cakes
Pastries
Cookies
Snack foods
Fried foods
Some fast foods

GUIDELINE 4

Use Less Salt IN YOUR FOOD

Salt contains a substance called sodium. Sodium helps to regulate the body's fluid balance and it helps to maintain the correct proportion of the substance in the body. However, it tends to increase blood pressure in some persons; therefore, it should be eaten in moderation. Sodium is freely available in a natural form in nearly every food we eat. It is also added to food to flavor or preserve it.

Effects of Excess use of salt

We all need salt, but most of us use too much which can result in hypertension, one of the leading causes of death in this country.

Foods High in Salt

Foods high in salt that should be avoided:

- Chips
- Pickled products
- Processed foods
- Ketchup
- Mustard
- Soy-sauce
- Packaged macaroni
- Cheese
- Onion salt
- Garlic salt
- Aji-no-motto
- Seasoned salt
- Cubes
- Fast foods & canned foods

Note

When persons who are salt sensitive use too much, their blood pressure rises. It is recommended that everyone reduce salt in their diet to one teaspoon per day.

Tips for cutting Down on Salt

Reducing the salt intake is an important factor in the control of hypertension. Here are a few tips for reducing salt in your diet:

- Read labels on all packages and cans to find out whether salt or sodium has been added and cut down on the use of these products.
- Use less salt.
- Avoid adding salt to foods after cooking.
- Flavour your food with natural herbs and spices such as clove, garlic, ginger and onions.