

# The Seychelles Food Guide

fruit and vegetables  
*fri ek legim*



rice, bread, cereals, pasta  
and tubers  
*diri, dipen, sereal, "pasta"  
ek gro manze*

fish, meat  
and alternatives  
*pwason, lavyann,  
ek lezot alternativ*

foods containing  
fat, foods containing  
sugar  
*manze gra, manze dou*

milk and milk products  
*dile ek prodwi dile*



# The Seychelles Dietary Guidelines



- 1 Eat a variety of different foods in the proportion shown in the Seychelles Food Guide.
- 2 Consume at least 5 portions of fruit and vegetables everyday.
- 3 Replace rice with wholegrains and other high-fibre starchy foods at least 3 times a week.
- 4 Eat fish on at least 5 days a week.
- 5 Eat pulses (peas, beans and lentils) at least 4 times a week.
- 6 Reduce the amount of cooking oil, fats and fatty foods.
- 7 Remove fats on meat before cooking.
- 8 Limit the frying of foods to only once a week.
- 9 Consume sugar, sugary foods and sugary drinks in minimal amounts.
- 10 Include 3 portions of milk and milk products in your diet everyday
- 11 Use salt and salty foods in small amounts.
- 12 Drink at least 8 glasses of water everyday.
- 13 If you drink alcohol do not exceed the recommended amounts.
- 14 Maintain a reasonable body weight by exercising for 30 minutes everyday.
- 15 Breastfeed your child exclusively up to 6 months.
- 16 Practice good hygiene when handling food.