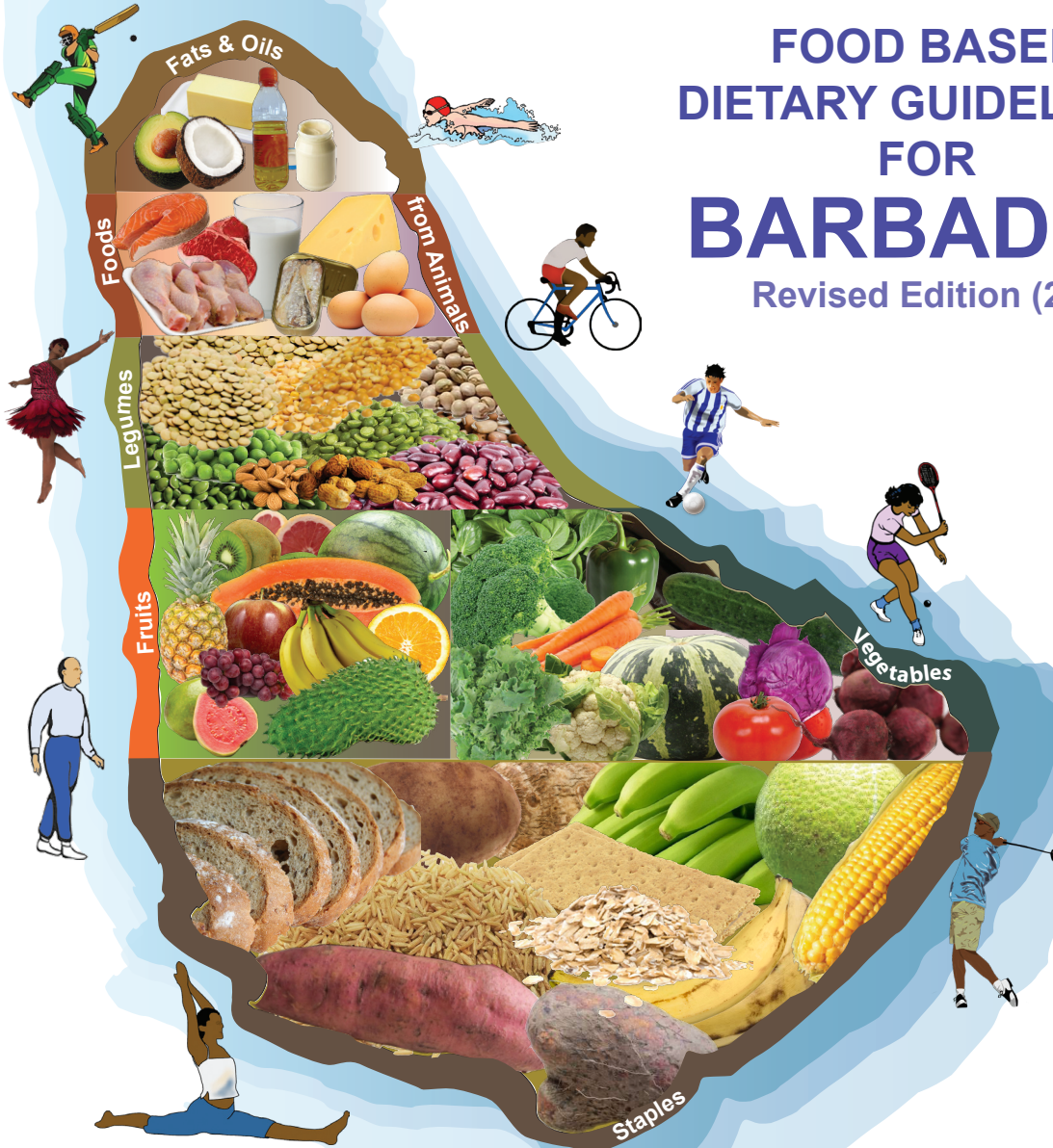


FOOD BASED DIETARY GUIDELINES FOR BARBADOS

Revised Edition (2017)



These guidelines aim to encourage healthy eating habits and promote active lifestyles to prevent and manage chronic nutrition related diseases

About these Guidelines

The National Nutrition Centre has produced the **Food Based Dietary Guidelines for Barbados** with the aim of providing simple dietary information to assist individuals in making wise food and lifestyle choices.

Good nutrition is essential for good health and wise food choices can aid in the prevention of common nutrition-related conditions such as obesity, hypertension, heart disease, diabetes and cancer. These diseases are all leading causes of death in Barbados.

There are 8 Key Recommendations for healthy eating and physical activity:

1. Enjoy a wide **VARIETY OF FOODS** every day
2. Enjoy a variety of **VEGETABLES** every day
3. Enjoy a variety of **FRUITS** every day
4. Enjoy a variety of foods rich in **FIBRE** every day
5. Choose to eat **LESS FAT & FATTY FOODS** every day
6. Choose foods with **LESS SALT & SODIUM** every day
7. Choose foods and beverages with **LESS ADDED SUGAR** every day
8. Engage in **PHYSICAL ACTIVITY** every day

The Barbados map on the front cover shows the six Caribbean Food Groups used to plan healthy meals. In the following pages you will find more information about the 8 Key Recommendations, reading Nutrition Facts labels, making a healthy plate and proper food portions.



MINISTRY OF HEALTH

Caution: Individuals with particular diseases or medical conditions should consult their medical practitioner, nutritionist or dietitian before following these guidelines.



1 Enjoy a Wide Variety of Foods Every Day

No single food can supply all of the nutrients that your body needs and these guidelines encourage you to expand your food choices in order to help ensure a well-balanced diet. The best way to meet your nutritional needs for good health is to eat a wide variety of foods from the six Caribbean Food Groups as shown on the front cover.

The Caribbean Food Groups include Staples, Legumes, Foods from Animals, Vegetables, Fruits and Fats and Oils.

2 Enjoy a Variety of Vegetables Every Day

Vegetables are a good source of nutrients such as vitamin C, beta carotene (vitamin A), calcium and iron. These nutrients help to improve vision, bones, teeth and general health.

Make your plate colourful with green, red and orange vegetables. Aim for 3 – 5 servings daily. A serving is the equivalent of a half cup of cooked vegetables or one cup of raw leafy vegetables.

Many varieties of vegetables are available year round and are cheaper when in season.

3 Enjoy a Variety of Fruits Every Day

Fruits are tasty, nutritious and require little or no preparation. They are good sources of carbohydrates, vitamins, minerals and fibre.

It is best to eat fruits rather than drinking juices. Aim for 2 – 4 servings daily. A serving is the equivalent of a half cup of fresh fruit.

Locally grown fruits are available throughout the year and are cheaper when in season.

4 Enjoy a Variety of Foods Rich in Fibre Every Day

Dietary fibre is found in vegetables, fruits, legumes (dried peas and beans) and whole grains such as whole wheat bread, brown rice and oats. Diets rich in fibre offer many health benefits. These include:

- ✓ Lowering cholesterol and blood pressure
- ✓ Improving blood glucose in diabetes
- ✓ Preventing constipation
- ✓ Decreasing risk of colorectal cancer

Your daily target for fibre is around 25 to 35 grams. Read Nutrition Facts labels to find out how much fibre a serving of the food will provide. Foods containing 5 grams or more are considered high fibre.

When increasing fibre in your diet, it is best to start slowly as large increases could cause uncomfortable gas and bloating. It is also important to drink adequate amounts of water or other healthy beverages to help prevent discomfort.



5

Choose to Eat Less Fat and Fatty Foods Every Day

Diets high in fat and fatty foods are linked to obesity, heart disease, diabetes and cancer. Saturated Fat and Trans Fat are especially harmful as they can increase your risk for these diseases. Read Nutrition Facts labels to help you choose foods low in fat.

To reduce fats in your diet try these tips:

- ✓ Bake, boil, grill or steam foods. Limit fried foods.
- ✓ Prepare meals with little or no added butter, margarine or oil.
- ✓ Eat fish at least twice a week, including canned fish (drained).
- ✓ Remove the skin from chicken and turkey, trim fat from all meats before cooking and choose grade A minced meat.
- ✓ Try meatless meals using dried peas and beans as a substitute for meat.
- ✓ Use skimmed or 1% low fat milk and other low fat dairy products. Soy and almond milk can also be substituted for whole milk.
- ✓ Avoid foods that contain trans fats.

6

Choose Foods with Less Salt and Sodium Every Day

Reducing salt and sodium in the diet helps to lower blood pressure and reduce the risk of heart attack, stroke and kidney disease. Aim to consume less than one teaspoon of salt daily (2,300 mg sodium). Read Nutrition Facts labels and try to choose foods with less Sodium per serving.

To add flavour when cooking, use herbs and spices such as celery, chives, garlic, ginger, marjoram, onion, parsley, pepper, thyme and turmeric. Be cautious when using commercial seasonings and condiments as many are high in salt.

7

Choose Foods and Beverages with Less Added Sugar Every Day

Many foods and beverages with added sugar are high in calories and have little nutritional value. These extra calories can contribute to overweight and obesity. High sugar intake can also increase blood pressure and risk of death from cardiovascular disease.

To reduce sugar in your diet try these tips:

- ✓ Make water your main beverage.
- ✓ Drink coconut water and other low calorie or zero calorie beverages.
- ✓ Limit juice to 8 ounces (250 ml) daily.
- ✓ Eat fruit instead of cakes and pastries for snacks or dessert.
- ✓ Read Nutrition Facts labels for information on Calories and Sugars.

8

Engage in Physical Activity Every Day

It is important to get moving and stay active. Your goal should be to engage in some form of physical activity at least 30 minutes every day (or on most days of the week). Activities can include walking, dancing, swimming, cycling, tennis, gardening or exercising in a gym.

Regular physical activity offers many benefits. These include:

- ✓ Helping to maintain overall good health
- ✓ Lowering blood pressure, blood glucose, and cholesterol
- ✓ Improving heart health
- ✓ Assisting with weight management
- ✓ Managing stress
- ✓ Strengthening of bones and muscles



READ Your Food Labels

Nutrition Facts	
Serving Size 1 cup	
Servings per container 8	
Amount Per Serving	
Calories 230	Calories from Fat 25
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 48g	16%
Dietary Fibre 8g	32%
Soluble Fibre 4g	
Sugars 13g	
Protein 6g	
Vitamin A 10% • Vitamin C 10%	
Calcium 10% • Iron 90%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

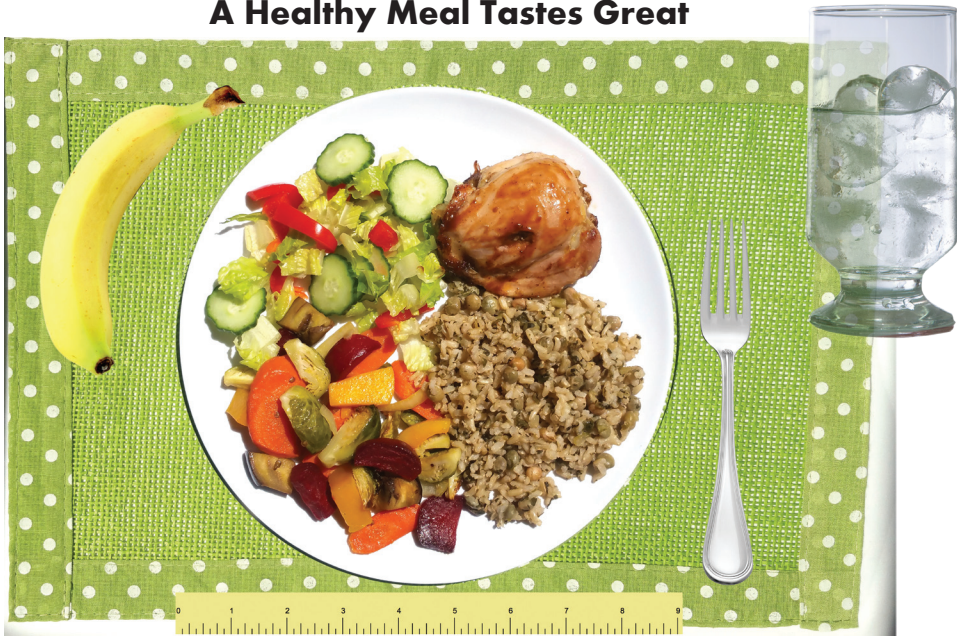
READ Your Food Labels	
Remember to check Serving Size	Start here: the Nutrition Facts are given for 1 serving - how many servings are you having?
Examine Total Calories	Calories are listed Per Serving - more servings means more calories.
Always choose less	Protect your health: select food with less Fat, Saturated Fat, Trans Fat, Cholesterol and Sodium.
Do consume in adequate amounts	Protect your health: select food with more Fibre, Soluble Fibre, Vitamins and Minerals.
Percent (%) Daily Value	LOW 5% or less. HIGH 20% or more.
Total Carbohydrate	Persons with diabetes can use this information to see how the food will fit into their meal plan. 15g carbohydrate = 1 serving

Special note about Trans Fat

Products can be labeled “Zero Trans Fat” or “Trans Fat 0g” if they contain less than 0.5g of trans fat per serving so if you want to know more you should also read the Ingredients list. Products containing “hydrogenated” or “partially hydrogenated” fats and oils do contain some Trans Fat.

My Plate Planner

A Healthy Meal Tastes Great



Planning Healthy Meals using the Caribbean Food Groups

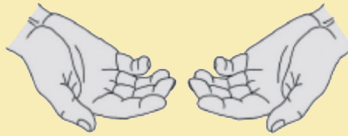
Planning meals using a variety of foods from the Caribbean Food Groups every day helps to ensure that you get all of the nutrients you need to maintain good health. The Caribbean Food Groups are shown on the Barbados map on the front cover and you can find suggestions below on how to combine the Food Groups at each meal and snack. Portion sizes will depend on individual energy requirements.

<u>Breakfast</u>	Staples	Foods from Animals/Legumes	Vegetables optional	Fruit
<u>Snack</u>	Staples			
<u>Main Meal</u>	Staples	Foods from Animals/Legumes	Vegetables half your plate	Fruit optional
<u>Snack</u>	Fruit			
<u>Light Meal</u>	Staples	Foods from Animals/Legumes	Vegetables	Fruit

Handy Mealtime Portion Guide

Maintaining a healthy weight is very important and one of the simplest ways to make sure that you are eating proper portions is to use your hand to measure the portion sizes. However, bear in mind that this is a general rule only and individual requirements do vary.

Be aware that a portion is not the same as a serving and that one portion may actually be several servings.



Staples, Legumes & Fruits	Vegetables	Foods from Animals	Fats & Oils
Choose an amount the size of your fist.	Choose as much as you can hold in both hands.	Choose an amount up to the size of the palm of your hand and the thickness of your little finger.	Limit fat to an amount the size of the tip of your thumb.

Processed Meats and Cancer

The International Agency for Research on Cancer (IARC) is the cancer agency of the World Health Organization. The IARC has classified processed meat as a carcinogen, which means something that causes cancer.

Processed meat includes hot dogs, ham, bacon, sausage and some deli meats. It refers to meat that has been treated in some way to preserve or flavour it. Processing includes salting, curing, fermenting and smoking.

You should limit consumption of processed meat to help reduce the risk of colorectal cancer and possibly pancreatic and prostate cancer. Healthier alternatives can be found in **Key Recommendation #5**.

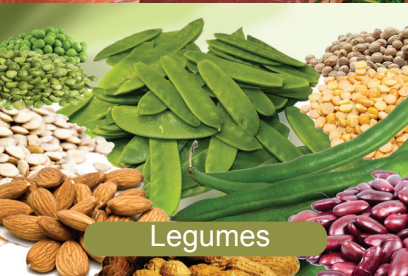




Staples



Foods From Animals



Legumes



Vegetables



Fruits



Fats & Oils

Be Wise About Good Nutrition



And Exercise

Produced by the National Nutrition Centre, Ministry of Health
Ladymeade Gardens, Jemmott's Lane, St. Michael
Tel: (246) 427-1693/4
Email: nutrition.centre@barbados.gov.bb
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