

FOOD BASED DIETARY GUIDELINES FOR JAMAICA 2015



Healthy Eating
Active Living

**MINISTRY
OF
HEALTH
JAMAICA**

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INTRODUCTION

Jamaica is faced with a double burden of under and over nutrition. There is a high prevalence of iron deficiency and low intake of fruits and vegetables. This is coupled with an increasingly high level of obesity and high fat/oil and sodium/salt intakes, leading to an increasing prevalence of chronic, non-communicable diseases such as hypertension, diabetes, cardiovascular diseases and strokes. To combat this, Jamaica has developed eight (8) Food Based Dietary Guidelines aimed at promoting healthy behaviours and practices that will help the population aged 2 years and older to make healthy food choices. The development process involved a number of consultations with stakeholders including the public. This followed a ten (10) step process incorporating feedback from household trials and focus group discussions.

The Ministry of Health is grateful to the Task Force that guided the development of the Food Based Dietary Guidelines for Jamaica. The organizations represented were the Pan American Health Organization, National Health Fund, Planning Institute of Jamaica, Ministry of Agriculture and Fisheries, Rural Agricultural Development Authority, Jamaica Agricultural Society, Tropical Medicine Research Institute, University of Technology, Jamaica Association of Professionals in Nutrition and Dietetics, National Consumers' League, Ministry of Education, Early Childhood Commission, Graphic Artists, Consultant, the four Regional Health Authorities and the Technical Team within the Ministry of Health (Health Promotion and Education, Chronic Disease, Public Relations, Epidemiological Research and Data Analysis Units) led by the Nutrition Unit.



EAT A VARIETY OF FOODS FROM ALL THE FOOD GROUPS DAILY

Characteristics

A balanced and healthy diet has the following characteristics:
Variety, adequacy, balance and control.
You should select foods from each of the six (6) food groups daily and vary your choices within each food group from day to day. Different foods within the same group contain different nutrients. Eating a wide range of foods from each food group will provide all the nutrients needed to maintain a healthy life.

Benefits

- * Promotes good health
- * Improves well being
- * Provides all the nutrients your body needs
- * Helps the body to fight illnesses
- * Provides energy for work and other daily activities

Useful Tips

- * Include foods from each food group daily
- * Grow a variety of food in your backyard or in containers
- * Plan your meals
- * Use foods with a variety of colours when preparing meals
- * Cook enough foods to last for more than one meal
- * Ensure that cooked food is not kept at room temperature for more than two (2) hours



EAT A VARIETY OF FRUITS DAILY



Characteristics

This includes all fruits such as naseberry, cherry, mango, orange, ripe banana, star apple, among others. These contain fibre, carbohydrate, vitamins, minerals, water and phytonutrients.

Benefits

- * Helps to prevent constipation
- * Helps the body to fight illnesses
- * Improves health of hair, skin and nails
- * Keeps you full for longer

Useful Tips

- * Eat fruits that are in season as they cost less
- * Go for fresh fruits.
- * Grow fruit trees at home
- * Prepare fruits in creative ways
- * Use fruits as snacks and desserts





EAT A VARIETY OF VEGETABLES DAILY

Characteristics

This includes all vegetables such as carrot, pumpkin, string beans, okra, callaloo, cabbage, lettuce, tomato, broccoli, among others. Vegetables are a good source of fibre, carbohydrate, phytonutrients, vitamins, minerals and water.

Benefits

- * Improves health of hair, skin and nails
- * Helps the body to fight illnesses
- * Prevents constipation
- * Helps to control conditions such as diabetes, hypertension, overweight/obesity and heart diseases

Useful Tips

- * Eat fresh vegetables—Eat local and in season
- * Use vegetables to make your meals colourful
- * Eat a variety of vegetables everyday
- * Grow your own vegetables. Grow in containers if you don't have enough land space
- * Use vegetables as snacks
- * Prepare vegetables in creative ways
- * Wash vegetables before use
- * Avoid overcooking
- * Limit use of fats, oils, salt and sugar during preparation





INCLUDE PEAS, BEANS AND NUTS IN YOUR DAILY MEALS

Characteristics

These include all peas, beans, nuts and seeds. These are good sources of fibre, protein, and minerals.

Benefits

- * Increases fibre intake
- * Promotes variety in the diet
- * Provides a healthy option for snacks
- * Keeps you full for longer

Useful Tips

- * Eat a handful of nuts as a snack
- * Eat nuts between meals to prevent extremes of hunger
- * Add peas and beans to meat dishes. This will provide variety in meal preparation
- * Prepare a meatless bean stew at least once per week
- * Add peas, beans or nuts to vegetable salads
- * Soak beans overnight to get rid of gas producing carbohydrates and make them easier to cook



REDUCE INTAKE OF SALTY AND PROCESSED FOODS



Characteristics

Foods included in this message:
Foods with very high amounts of sodium for example, sausages, bacon, ham, salted peanuts, canned foods such as sardines in brine.

Benefits

- * Improves health and well being
- * Helps to prevent and control high blood pressure, heart diseases and some cancers

Useful Tips

- * Prepare foods with less table salt and artificial seasoning
- * Avoid using salt at the table
- * Use natural herbs and spices to prepare meals
- * Replace salty snacks with fruits, vegetables and unsalted nuts
- * Read Food Labels— look carefully at the sodium content and choose foods with less sodium
- * Purchase fresh meats, fish, poultry and nuts instead of salted ones



REDUCE INTAKE OF FATS AND OILS



Characteristics

This includes cooking oil, margarine, butter, meat fat, coconuts, nuts, ackee, avocado (pear), shortening, pastries, fried foods, processed foods, chips, mayonnaise, salad dressing. These are sources of fats (trans fat, saturated fat), cholesterol, and fat soluble vitamins such as vitamins A, D, E and K.

Benefits

- * Helps to control hypertension, overweight/obesity, diabetes and heart diseases
- * Prevents some cancers
- * Improves health and well being

Useful Tips

- * Trim visible fats and remove skin from meats before cooking
- * Use less oil or margarine in cooking
- * Steam, bake and boil food instead of frying
- * Cook rice and vegetables without adding fats and oils
- * Read the nutrition facts panel on food labels—look carefully at the type and amount of fat and choose foods with less fat
- * Use less oil to make gravy





REDUCE INTAKE OF SUGARY FOODS AND DRINKS

Characteristics

This includes sugar, honey, syrup, jam, sweetened carbonated beverages, condensed milk, sweet snacks and desserts eg. ice cream and cakes among others.

Benefits

- * Reduces risk of overweight/obesity, hypertension, diabetes, heart diseases and other chronic illnesses**
- * Helps to control hypertension, diabetes and heart diseases**
- * Helps to control weight**

Useful Tips

- * Read the nutrition facts panel on food labels and choose foods with less sugar**
- * Reduce intake of sweet / sugary drinks**
- * Replace sweet / sugary drinks with water**
- * Reduce your intake of sugary foods**
- * Use fruits e.g. ripe banana or raisins in cereals/porridge instead of sugar**
- * Eat fresh fruits, vegetables, nuts or seeds for snacks**
- * Use less sugar when preparing meals and drinks**
- * Plant fruit trees and vegetables at home**
- * Prepare dishes without added sugar eg. rice and peas, stewed peas**



MAKE PHYSICAL ACTIVITY A PART OF YOUR DAILY ROUTINE



Characteristics

Physical activity that promotes movement and increases the heart rate.

Benefits

- * Increases energy levels
- * Reduces stress and promotes relaxation
- * Controls body weight
- * Prevents and controls diabetes, high blood pressure, high blood cholesterol, heart disease and some cancers
- * Builds strong muscles and bones
- * Improves health and well being
- * Provides stamina and vigour

Useful Tips

Use every opportunity to:

- * Walk whenever you can. Walk as fast as you can manage
- * Use the stairs instead of the elevator
- * Stretch and bend for a few minutes as you work
- * Play active games with your family outside
- * Participate in activities you like such as dancing, skipping and gardening



Daily Serving of Food Groups

The amount of energy needed is determined by the age, gender and activity levels of individuals. The energy needs are met by the amount of food that is consumed from each food group. The relative number of servings recommended for each food group each day may be seen below. This represents a 2200 Kcal diet.

Food Groups	Number of Servings
<i>Staples</i>	<i>14</i>
<i>Legumes & Nuts</i>	<i>3</i>
<i>Foods from Animals</i>	<i>5</i>
<i>Vegetables</i>	<i>3</i>
<i>Fruits</i>	<i>3</i>
<i>Fats and Oils</i>	<i>6</i>
<i>Sugars</i>	<i>6tsp</i>

A serving is a set amount and is determined by the amount of energy the food provides. For example, a serving of fruit provides 40Kcal, a serving of vegetables provides 36 Kcal, a serving of staples provides 70 Kcal, a serving of legumes and nuts provides 73 Kcal, a serving of Fats and Oils provides 45 Kcal and a serving of Foods from Animals provides 75 Kcal if meat or whole milk and 40Kcal if skimmed milk.



Serving Sizes



Staples

1 serving provides 70 calories, 15g carbohydrates, 2 g proteins

- 1 slice bread (shop slice)**
- 1 thin slice hard dough bread**
- 1 hot dog roll**
- 2 tablespoons dry, uncooked flour**
- 1/4 small bammy (15cm diameter)**
- 1/2 cup porridge (cooked with water)**
- 3/4 cup corn flakes**
- 1/2 cup cooked pasta**
- 1 corn -on- cob (8 cm long)**
- 1 finger green banana (medium)**
- 1 slice plantain (2")**
- 1 slice breadfruit (2 oz/60g)**
- 2 oz cassava**
- 2 oz dasheen**
- 3 cream crackers biscuits**
- 1/2 cup cooked rice/rice and peas**
- 1 medium boiled irish potato (90g/3 oz)**
- 1/2 cup mashed irish potato**
- 1 piece ripe plantain (5cm)**

Foods from Animals

1 serving provides about 73 calories, 7g proteins, 5g fat

- 2 tablespoon grated cheese**
- 1/4 cup canned fish drained**
- 1 medium egg**
- 1 small drumstick**
- 2 slices chicken**
- 1 thin slice ham**
- 1 slice liver (match box size)**
- 1 tablespoon cooked kidney**
- 1 oz fish (boneless)**
- 1/4 cup flaked saltfish**
- 2 tablespoon grated cheese**
- 1/4 cup canned fish drained**
- 1 medium egg**
- 1 oz minced meat**
- 1 small or 1/2 large sausage**
- 1/2 oz cheddar cheese**
- 1 slice bologna**
- 2 tablespoons powdered milk**
- 4 oz plain yogurt**
- 1/4 cup evaporated whole milk**
- 1/2 cup whole cow's milk**

Vegetables

1 serving of yellow and other vegetables provides about 36 calories, 7g carbohydrates, 2 g protein

- 1/2 cup beetroot**
- 1/2 cup carrot**
- 1/3 cup mixed vegetables (canned)**
- 1/2 cup onions**
- 1/2 cup pumpkin**
- 1/2 cup turnip**
- 3/4 cup string bean**
- Cabbage, Cauliflower, Cucumber, Lettuce, Broccoli, Okra, Tomato, Chocho, Callaloo, Pak Choi**
- (1 cup cooked, Use as desired raw)**

Serving Sizes

Fruits

1 serving provides about 40 calories and 10g carbohydrates

1/2 grapefruit (9 cm diameter)
1 medium orange
1 small tangerine
1 small ripe banana (8cm)
10 guineps
14 medium grapes
1 small sweat sop
1 medium otaheiti apple
1 small pear (imported)
1 small apple (imported)
1 medium june plum
1 medium naseberry
1 cup cubed watermelon
1 slice pineapple
1 small star apple
1 small mango
1/2 cup fruit cocktail
1/2 cup unsweetened grapefruit or orange juice
3/4 cup coconut water
20 cherries
1 medium guava
1/2 small papaya or 1/2 cup cubed
1/3 cup pineapple juice
2 medium prunes
1 1/2 tbsp raisins

Legumes and Nuts

1 serving provides about 73 calories, 14g carbohydrates, 4g proteins

1/4 cup cooked (1 tablespoon dry) peas and beans
1/4 cup stewed peas
1/2 cup canned green peas
1/4 cup baked beans
1/4 cup chickpea
1/2 cup lentils
16 peanuts (roasted and shelled)
7 cashew (shelled)
10 almonds (shelled)

Fats and Oils

1 serving provides 45 calories, 5g fat

Unsaturated fats:

1 teaspoon margarine
2 seeds ackee
1 teaspoon salad dressing (mayonnaise type)
1 tablespoon salad dressing (all varieties)
1 teaspoon oil (corn, sunflower, olive, soybean)
1 teaspoon peanut butter
1/8 avocado (10 cm diameter)

Saturated fats:

1 teaspoon butter
1 tablespoon cream cheese
1 small rasher bacon
2 tablespoons coconut (dried, grated)
1 teaspoon oil (coconut, palm)
2 1/2 cm cube salted pork



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