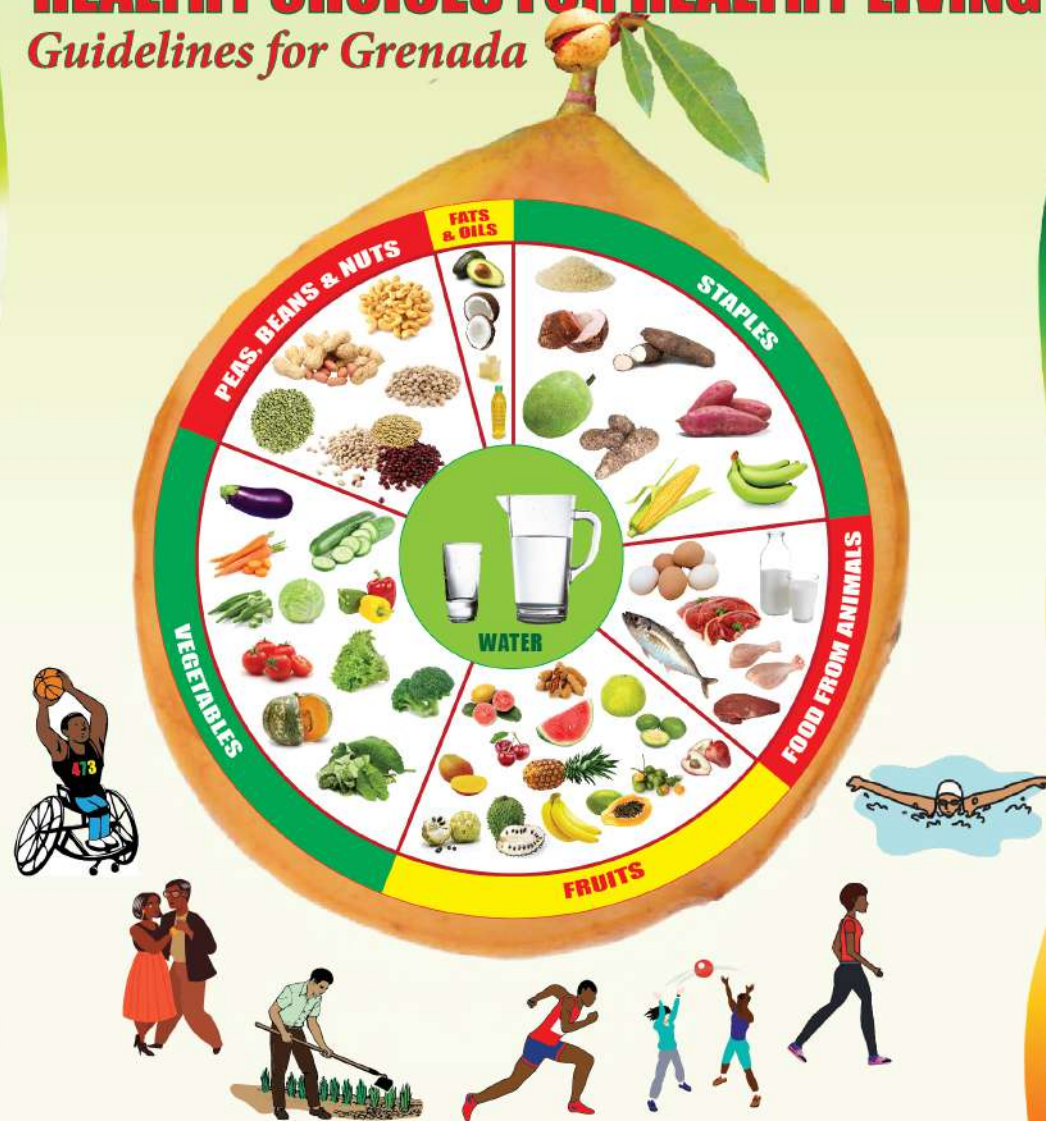


# HEALTHY CHOICES FOR HEALTHY LIVING

## Guidelines for Grenada



## Healthy Choices For Healthy Living

### Guidelines for Grenadians

### Choose Healthy Foods:

1. Let's eat healthy. Enjoy a variety of natural and safe foods every day.
2. Eat fresh vegetables and fruits every day. Grow what you eat and eat what you grow.
3. Flavour foods with local fresh seasoning and spices, it's the healthier choice
4. Drink more water every day, it helps your body function better.
5. Avoid highly processed foods, snacks and drinks; they are high in fat, salt and sugar.

### Choose Healthy Lifestyles

6. Be active! Get moving every day; it makes you look and feel good.
7. Create healthier ways to prepare our traditional dishes.
8. Make time to prepare, share and enjoy healthy family meals.