



WHAT CAN YOU DO TO EAT HEALTHY?



Increase your fibre intake gradually and ensure you also drink plenty of water. Aim to have 6-8 glasses (1.5-2 litres) of water each day



Include at least one serving of fruit or vegetables in your breakfast and at least two servings of fruit or vegetables in lunch and dinner



Use margarine instead of butter to reduce your saturated fat intake



Cut down on salt to reduce blood pressure and the risk of heart disease and stroke. Use herbs, spices, pepper etc instead of adding salt to food.



Eat calcium-rich foods such as dairy, nuts and green leafy vegetables .



Eat fish (including canned fish)2-3 times each week



Healthy snacks may be a good way to include an extra serve of fruit and vegetables, or get some extra calcium from a yoghurt or fruit smoothie.

PARTNERS



University of Technology, Jamaica
Excellence Through Knowledge



IDRC • CRDI

International Development Research Centre
Centre de recherches pour le développement international

Canada