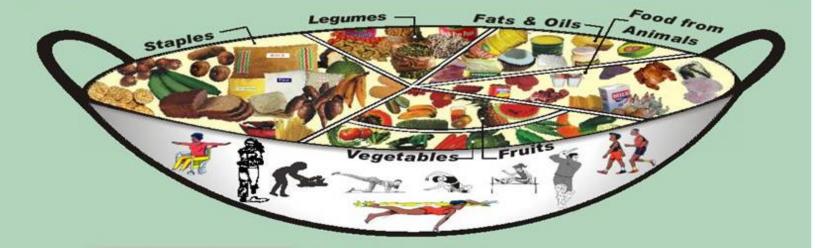
Food Based Dietary Guidelines for Guyana

- 1. Everyday, eat a mix of foods from the different food groups which are shown in our 'stew pot'.
- 2. Grow, store and prepare foods in a clean and safe way.
- 3. Use less salt in your food.



- 4. Eat foods that are low in fat.
- 5. Use less fats and oils in preparing and cooking food.
- Make physical activity and exercise a daily habit.
- It is advisable not to drink alcohol, but for those who do, no more than one drink per day is recommended.