

# EAT LESS SUGAR



- Reduce your intake of sugar in beverages.
- Avoid the habit of using sweets and sugary snacks on a regular basis.



Directorate of Public Health, Health Promotion & Communications  
MINISTRY OF HEALTH, Republic of Trinidad and Tobago



PAHO/WHO

# HEALTHY FOOD CHOICES



A HELPFUL  
HEAPING OF HEALTHY  
EVERYDAY EATING TIPS  
FOR THE ENTIRE FAMILY