



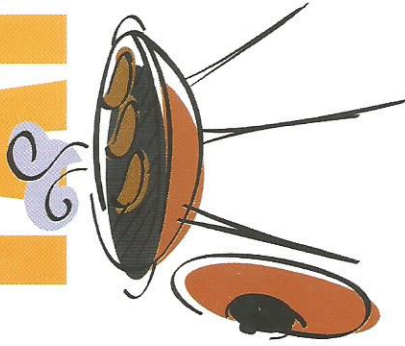
EAT MORE FIBRE

- Eat fresh fruits and vegetables everyday.
- Use fresh fruits instead of fruit juice.
- Use more peas, beans, corn and bran.
- Use more ground provisions e.g. yam, cassava, sweet potatoes and dasheen.



EAT LESS FAT

- Reduce your intake of fried and fatty foods. **Bake, steam, grill and barbecue more than frying.**
- Use less oil or margarine in cooking and at the table.
- Trim excess fat from meats and poultry before cooking.



EAT LESS SALT

- Reduce the amount of salt used in food.
- Use fresh seasoning herbs instead of instant or bottled seasonings.
- Reduce your intake of high salt foods e.g. cheese, sausages, tinned meats, tinned fish and tinned vegetables.

