



Pacific guidelines

for healthy living

1.



Eat a variety of foods from the three food groups in the appropriate amounts each day, and choose fresh local products:

- **ENERGY FOODS**
(yam, cassava, taro, sweet potato, breadfruit, rice and bread)
- **PROTECTIVE FOODS**
(leafy greens, tomato, cucumber, capsicum, papaya, ripe banana)
- **BODY BUILDING FOODS**
(fish, lean meat, eggs, dried beans, low-fat milk products)

2.



Eat vegetables and fruits everyday.

3.



Choose, prepare foods with less salt, fat and sugar.

4.



Prepare and store foods safely. Wash hands thoroughly with soap before and after handling food.

5.



Do at least 30 minutes of moderate-intensity activity (e.g. brisk walking) on five or more days each week.

6.



Drink plenty of safe and clean water each day.

7.



Don't smoke, chew betel nut or do drugs.

8.



Reduce consumption of alcohol, kava and home brew. If you drink, avoid heavy drinking.

9.



Feed babies with breast milk and nothing else for the first six months of life.

Start complementary feeds about 6 months and continue breastfeeding until at least two years of age.

10.



Relaxing and being part of a community are good for your health.

Make sure to enjoy time with family and friends.

NOTE

These guidelines are for healthy populations.

People with medical conditions or concerns should seek the advice of a healthcare professional.