Calcium Rich Alternatives or Low Fat Dairy choices
Choose low fat dairy or calcium rich alternatives.

Starches/Grains
Choose whole grains with each meal.

Meat/Meat Alternatives
Choose lean meat, fish, poultry, eggs, dried beans, nuts and seeds.

Fruits & Vegetables
Eat a variety of 5 or more everyday.

Fat, Sugar & Salt
Limit foods with added fats, sugar and salt. When using fats choose the liquid oils from vegetables, nuts and seeds.

Drink WATER Frequently

Exercise Regularly

Bermuda’s Daily Dietary Guidelines