

EatWell Bermuda

Bermuda's Daily Dietary Guidelines



Bermuda Hospitals Board



Drink WATER Frequently

Calcium Rich Alternatives or Low Fat Dairy choices

Choose low fat dairy or calcium rich alternatives.



Starches/Grains

Choose whole grains with each meal.



Fruits & Vegetables

Eat a variety of 5 or more everyday.



Meat/Meat Alternatives

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



Fat, Sugar & Salt

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



Exercise Regularly



GOVERNMENT OF BERMUDA
Department of Health

<https://www.gov.bm/eat-well-bermuda-dietary-guidelines-bermudians>