

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
Ministry of Health and Environment

Department of Health

www.EatwellBermuda.org
www.eatwell.gov.bm