



Government of the Republic of Trinidad and Tobago
Ministry of Health



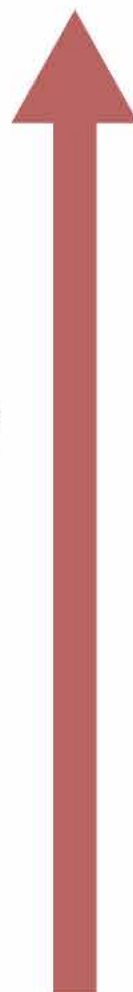
A movement for lifestyle change

BUILDING A HEALTHY PLATE

**YOUR
PERSONAL
COPY**



**YOUR
GUIDE
TOWARDS
HEALTHY
FOOD
CHOICES**



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CALORIES

Calories are the amount of energy available in the food or drinks we consume.
Your body gets energy from the nutrients and minerals from food.
A healthy balance of the following nutrients and minerals
will help you to maintain good health.

Sodium	Sugar	Starch	Fibre	Fats	Protein
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HOW DO CALORIE REQUIREMENTS VARY?

Your calorie needs will vary according to:

- Physical activity
- Age
- Sex
- Body composition (fat /muscle mass)
- Height
- Overall health and/or medical conditions

HOW MANY CALORIES DO YOU NEED IN A DAY?

The average adult (male/female)
needs between **2,000-2500 Cal** a day.

The average child (ages 1-17) needs between
2,000-2800 Cal a day. *

If a person consistently
consumes more
calories than they need,
they will gain weight.



If a person consistently
consumes less calories than
they need, they will lose
weight, fat and then eventually
muscle mass.

* The caloric intake for healthy children (ages 1-17) varies greatly.
Visit www.health.gov.tt/ncd for more information on how many calories your child may need.



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SALT (SODIUM)

The recommended daily intake of salt (sodium) is **1 teaspoon (tsp)** or 2300 mg per day.

YOUR BODY NEEDS SALT (SODIUM) TO

- maintain the body's water balance
- aid in nerve impulses and muscle function
- control body temperature during sweating



Too much salt (sodium) in your diet can lead to high blood pressure which can result in heart attacks and or strokes.

WAYS TO REDUCE SALT (SODIUM)

More of these	Less of these
Fresh whole foods such as bananas, tomatoes and sweet potatoes	Processed meats and fish such as salt fish, sausages, canned meats
Fresh seasoning, herbs and spices	Sauces such as barbecue sauce, soy sauce



CARBOHYDRATES

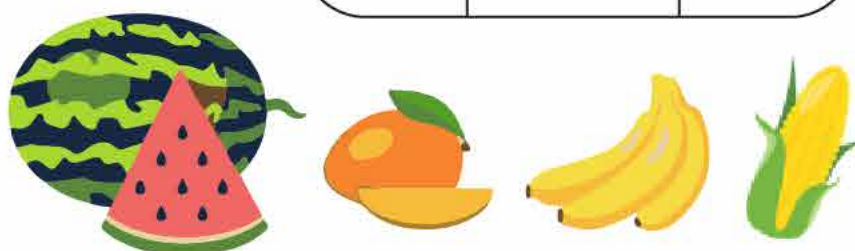
Carbohydrates are one of the main nutrients in our diet. They help provide energy for our body. There are three main types of carbohydrates found in foods: sugars, starches, and fibre

SUGAR

The daily limit for sugar consumption is **no more than 9 teaspoons of sugar per day for men** and **no more than 6 teaspoons of sugar per day for women**.

SOURCES OF NATURAL SUGAR:

Fruit Vegetables Milk



SOURCES OF ADDED SUGAR: ⚠️ LIMIT THESE!

Cookies Icecream Juice Soft drinks

STARCHES

Starchy foods are our main source of carbohydrates and have an important role in a healthy diet. They are also a good source of energy and the main source of a range of nutrients in your diet.

SOURCES OF STARCHES:

Dried beans, such as kidney beans, black beans, pinto beans, black-eyed peas, split peas, and channa

Starchy vegetables, such as potatoes, corn, green peas.

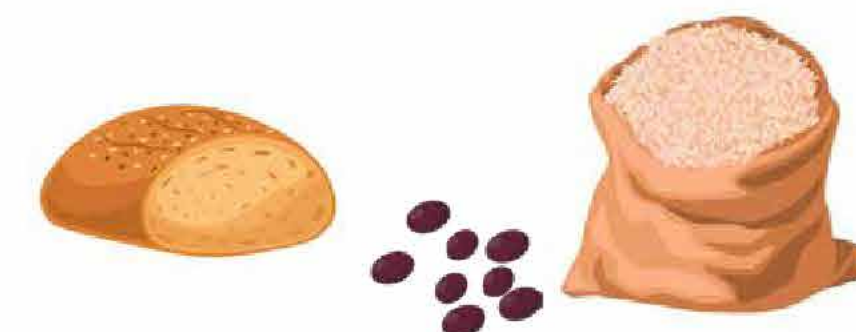
Whole grains, such as brown rice and oats

Ground provisions and local produce such as dasheen, eddoes breadfruit, cassava, yam.



FIBRE

Fibre is a **type of carbohydrate** that the body can't digest. Fibre helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check.



SOURCES OF FIBRE:

Brown rice as well as whole-grain breads
Ground provisions such as cassava, dasheen and yam
Beans and legumes such as black beans, red beans
Vegetables such as carrots, bodi and watercress
Fruits such as oranges, apples, mangoes and bananas
Nuts and seeds



FATS

Reducing the total amount of fat you consume, as well as choosing healthier types of fats can help to reduce the risk of developing heart disease.

More of these	Less of these	
Unsaturated fats	Saturated fats	Trans-fats
fish, avocado, eggs, nuts and seeds	Fried and pre-packaged foods: frozen pizza, pies, cookies, wafers	fatty meat, butter, cream cheese and lard

WAYS TO REDUCE SATURATED FATS:

Replacing saturated fat with healthier unsaturated fats can help protect your heart.

1. Replace whole milk with low-fat options.
2. Use nuts or seeds on salads instead of cheese.
3. Use beans, fish and lean meats as a source of protein.





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TT MOVES
TRINIDAD AND TOBAGO
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PROTEIN

Protein is an important part of a healthy diet. They help to repair and build muscle and bone

YOUR BODY NEEDS PROTEIN TO

- keep the immune system strong.
- transport and store nutrients
- act as an energy source.

SOURCES OF PROTEIN:

Fish, lean meats and poultry, eggs, legumes (beans, peas, and lentils) soy products, nuts and seeds



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A GUIDE TO YOUR HEALTHY PLATE

The first step to good nutrition is building a healthy plate.

- $\frac{1}{2}$ of your plate should contain a variety of vegetables (cooked or uncooked). e.g. lettuce, tomato or cauliflower, bodi
- A glass of water as a beverage with a serving of fresh fruit.



- $\frac{1}{4}$ of your plate should comprise of staples foods e.g. ground provision, corn and rice.
- $\frac{1}{4}$ of your plate should contain foods from animals and legumes. e.g. chicken, fish, lentil peas, red beans



**GET
MOVING**



**DRINK
WATER**



**EAT FRUITS
AND
VEGETABLES**

STAY TUNED FOR PART 2

"READING FOOD LABELS"



scan for more information



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