The Path to a Healthier Pacific

A guide to a healthy life for adults in the Pacific

1. Choose a variety of foods from the three food groups. Local are best.
2. Eat plenty of fruits - it is great as a snack.
3. Include a generous serving of vegetables in two meals a day.
4. Eat less foods which are high in fat, sugar or salt.
5. Drink plenty of clean water.
6. Be active every day. Walk more.
7. Wash hands thoroughly and keep food safe.
8. Avoid smoking, tobacco, drugs and betel nut.
9. Avoid heavy drinking.
10. Exclusively breastfeed babies for about the first six months. Continue some breastfeeding for at least two years.
11. Take time to relax - enjoy time with family and friends.