

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.

