

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.

