

CONSUMER ALERT

A **FOOD PYRAMID** gives a good guide as to how we should eat. Some of us think that good health is possible only if we eat a lot of food. But this is not so. Good health depends on a combination of many things which include good nutrition, in addition to our social, economic and natural environment.

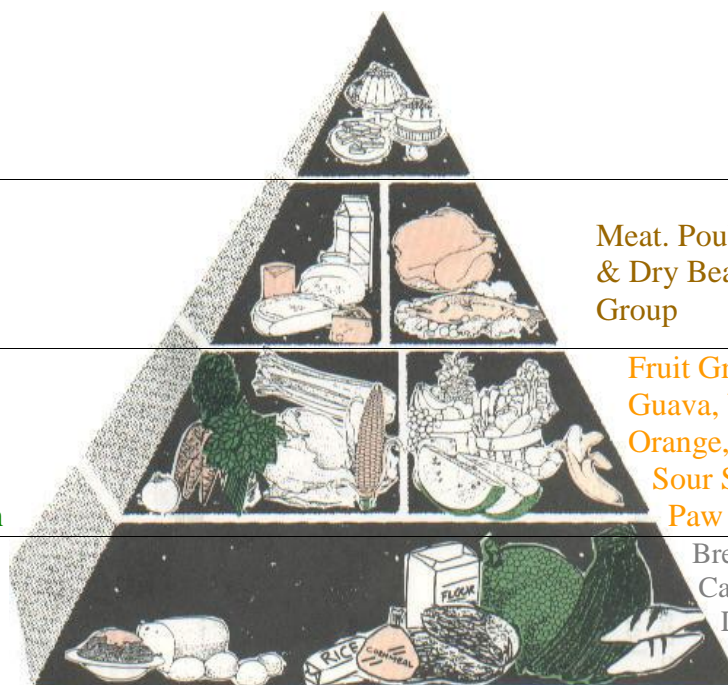
Eat more of the foods shown towards the bottom of the Pyramid and less of those at the top.

A FOOD PYRAMID

Fats, Oils, & Sweets
Eat less of these

Milk, & Cheese
Group

Vegetable Group
Pak Choi, Callaloo,
Okra, Tomato,
Pumpkin, Carrot,
Cabbage, String Bean



Meat, Poultry, Fish, Peas
& Dry Beans, Eggs, & Nut
Group

Fruit Group
Guava, Watermelon
Orange, Melon, Pineapple
Sour Sop, Banana
Paw Paw, Cherries

Bread, Green banana,
Cassava, Rice,
Dasheen, Yam,
Cornmeal, Flour,
Cereal Group
and Other staples.

Eat more of these

Given the state of knowledge on the causes of illnesses and death as well as our dietary habits, the experts advise us that we should keep our diets relatively low in fat, sugar and salt and high in fruits, vegetables and grains and “fibre foods.”

The food category listed at the top of the Pyramid - oils, fats, butter, margarine, salad dressings, soft drinks, sweets and most desserts, are high calorie foods that should be eaten sparingly. Eat more of those foods shown towards the bottom of the Pyramid.

EAT FROM THE BOTTOM UP!!

Again, Consumers should note the importance of Fruits, Vegetables and Staples shown in the Pyramid.

As far as that goes we are certainly blessed here in Jamaica. Most of us can grow our Vegetables ourselves all year round even using containers. Fruits there are aplenty - all year round.

Let us as far as possible - **GROW WHAT WE EAT** and **EAT WHAT WE GROW**, as a Nation for good health.

We are LEADERS IN SPORT
We are LEADERS IN MUSIC
We can be LEADERS IN GOOD NUTRITION

Today's nutritional darlings
COMPLEX CARBOHYDRATES
Are readily available in our own Yams, Dasheens, etc.
Lets **LEAD** the way to **BETTER NUTRITION**.

*You may Contact us at 926-1650-2 (Head Office)
or
940-6154 Montego Bay Office.*