

Label Reading

Nutrition Facts	
Serving Size 1 cup (60g) Servings per container 8	
Amount Per Serving	
Calories 230 Calories from Fat 25	
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg 5%	
Total Carbohydrate 48g	16%
Dietary Fibre 8g	32%
Soluble Fibre 4g	
Sugars 13g	
Protein 6g	
Vitamin A 10% • Vitamin C 10%	
Calcium 10% • Iron 90%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

READ Your Food Labels

Remember to check Serving Size	The Nutrition Facts are given for 1 serving - how many servings are you having?
Examine Total Calories	Calories are listed Per Serving - more servings means more calories.
Always choose less	Select food with less Fat, Saturated Fat, Trans Fat, Cholesterol and Sodium.
Do consume in adequate amounts	Choose food with more Fibre, Soluble Fibre, Vitamins and Minerals.
Percent (%) Daily Value	LOW 5% or less. HIGH 20% or more.

Healthy Eating

**EATING
FOR
LESS\$**



National Nutrition Centre

Ministry of Health

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PLAN

Plan Shopping and Family Meals

- Prepare a budget
- Write grocery list
- Compare Nutrition Facts labels on similar food items then make the best choice for the price
- “Stretch” meat dollars by using peas and beans
- Include seasonal foods – they are usually cheaper
- Plan family meals using the Caribbean food groups



PRODUCE

Produce Vegetables, Herbs and Fruit

- Grow your own vegetables and herbs
- Plant seeds saved from store bought vegetables
- Use containers if space is limited



- Plant fruit trees if you have more space
- Try fruits that grow on vines like melons if there is not enough space for fruit trees
- Freeze surplus vegetables and fruits for future use, or share with family and friends

PREPARE



Prepare More Food at Home

- Prepare more family meals
- Involve the entire family in meal preparation
- Pack lunch for work or school
- Prepare foods in advance to save time
- Cook double and freeze the extra for another day
- Buy ready-prepared foods less often, especially if they cost more