

WOW

Workplace & Organization Wellness

Holiday Nutrition Tips

- Include a variety of nutritious foods in the daily diet and on the holiday menu.
- Offer more vegetable options, so that each person can fill half their plate with vegetables at mealtime.
- Use less salt in meal preparation. Flavor meat, fish and other food options with herbs and salt-free seasonings, to help control the amount of salt and sodium added to food.
- Add less fat and fatty foods like butter, oil, mayonnaise, and cheese when preparing dishes.
- Remember to trim skin and visible fat from meat and poultry before it is served.
- Reduce sugar intake by adding less sugar or syrup when making beverages and desserts.
- Avoid overeating by storing extra food for later use.

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