EAT WELL, LIVE WELL
MAKE YOUR FOOD YOUR MEDICINE
Promoting Healthy Eating Through Local Foods and Balanced Nutrition

Presented by
Francillia Joseph
Nutritionist

Healthy People • Healthy Families • A Brighter Saint Lucia



- **Why MyPlate Saint Lucia?**
  - Healthy dietary patterns help prevent heart disease, diabetes, stroke, and some cancers. Healthy diet [who.int], [who.int]
  - Fruits, vegetables, whole grains, legumes, and healthy protein foods form the basis of a healthy diet. Healthy diet [who.int], [who.int]
  - The MyPlate model recommends making half of the plate fruits and vegetables while including healthy protein and grain choices. MyPlate: Understanding the Dietary Guidelines for Americans [center4research.org], [dietarygui...elines.gov]
  - PAHO and Caribbean public health agencies continue to emphasize healthy local foods and improved food environments to reduce noncommunicable diseases across the Caribbean. Caribbean Noncommunicable Disease Focal Points, Nutritionists and Legal Drafters Strategise on Sodium Reduction and Industrially Produced Trans Fats Policies [paho.org]



My Plate, A Healthy Plate.

Enjoy the taste of healthy food.





Stay Hydrated: 8-10 cups water per day

MINISTRY OF HEALTH

"Quality Health Care For Life"



Choose Healthy Snacks

What is my plate Saint Lucia

. A visual nutrition guide designed to promote balanced-meals
. Helps individuals make healthier food choices
.Reflects on local foods, culture,, and dietary needs
.Supports national efforts to reduce NCDs

The Power of Our Local Foods

Nutritious Affordable Cultural Sustainable

- Our local foods can help us build healthy, balanced plates while supporting local farmers, fishers, families, and communities.



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Components of the plate

Vegetables and Fruits

Largest portion of the plate

Rich in vitamins, minerals and fiber

Examples: mangoes,papaya,cabbage,lettuce,carrots

Staples/Energy Foods

Examples;sweetpotatoes,yams,rice,green bananas,breadfruit

Protein foods

Support growth and repair

Examples; fish,chicken,eggs,peas,beans,lentils.

Have a colorful plate

Key Messages

- ✅ Rich in vitamins, minerals, and fiber
- ✅ Support healthy eating patterns
- ✅ Can be incorporated into the MyPlate model
- ✅ Help reduce dependence on highly processed foods



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Healthy Eating Principals



Eat a variety of foods



Increase fruits and vegetables intake



Choose lean proteins



Limit sugar, salt and highly processed foods



Drink plenty water

The importance of local foods supporting health and food security

- Nutritious and culturally relevant
- Supports local farmers and economy
- Reduces dependences on imported foods
- Encourages sustainable food systems

Benefits of using my plate

- Easy to understand and apply
- Encourages portion control
- Improves diet quality
- Supports healthy weight management
- Reduces risk of NCDs

Challenges and opportunities

Challenges

- Access to healthy foods
- Influence of processed foods
- Nutrition misinformation

Opportunities

- School nutrition programs
- Community education
- Healthcare provider engagement
- Public-private partnership



Recommendations

1. Strengthen nutrition education
2. Promote local food production
3. Encourage healthier food environments
4. Integrate My Plate guidance into Schools and communities

Conclusion

- ‘In Saint Lucia, four out of every five deaths are linked to non-communicable diseases and more than 80% of adults are not eating enough fruits and vegetables.
- My Plate Saint Lucia is not simply a nutrition graphic; It is a practical, evidence-based public health tool that can help reverse these trends and improve the health of our nation.’

Thank You

ANY Questions or comments

