



LIVE HEALTHY,

STAY HEALTHY

Pacific guidelines for healthy living



Eat a variety of foods in the appropriate amounts each day, and choose fresh local products.



Eat vegetables and fruits everyday.



Choose and prepare foods with less salt, fat and sugar.



Prepare and store foods safely. Wash hands thoroughly with soap before and after handling food.



Do at least 30 minutes of moderate-intensity activity (e.g. brisk walking) on five or more days each week.



Drink plenty of safe and clean water each day.



Don't smoke, chew betel nut or do drugs.



Reduce consumption of alcohol, kava and home brew. If you drink, avoid heavy drinking.



Feed babies with breast milk and nothing else for the first six months of life.



Make sure to enjoy time with family and friends.

NOTE

These guidelines are for healthy populations. People with medical conditions or concerns should seek the advice of a healthcare professional.