

Pacific Guide to Healthy Eating

Each day

*eat a variety of foods from the three food groups,
in the **right amounts**.*

Energy Foods

Protective Foods

Body-Building Foods

Energy Foods

*- include in all meals;
local are best.*



Protective Foods

*- include vegetables at two meals
a day and have fruit as a snack.*



Body-Building Foods

- eat twice a day.



Guide for Adults

