

Summary of Main Dietary & Lifestyle Guidelines for Maltese Adults – for use in schools

1. Choose a variety of fresh, local and seasonal foods instead of processed foods.
2. Eat vegetables and fruits of different colours every day.
3. Eat more high-fibre foods by making regular use of legumes, wholegrain cereals, nuts and seeds.
4. Eat small amounts of meat, preferably white and lean. Eat fish and seafood more often.
5. Limit your intake of saturated and trans fats and make use of olive oil in moderate amounts.
6. Make moderate use of eggs. Choose milk and dairy products that are low in fat with no added sugar.
7. Flavour food with spices and herbs (preferably fresh) instead of salt.
8. Limit your intake of sugary foods, energy drinks and other beverages with added sugar.
9. Prepare homemade foods using healthy methods of cooking such as steaming, baking and grilling. Enjoy your meals with your family and friends.
10. Be physically active everyday and drink at least 2 litres of water daily.
11. Avoid smoking and limit alcohol consumption. Alcohol is not allowed for children or pregnant women.
12. Babies should be breastfed for at least the first six months of their life, if possible.