

FSM GUIDELINES FOR HEALTHY LIVING



FSM DHSA

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MODFAT DIET: Encourages & recommends local foods.

“Eat a variety of foods from the 3 Food Groups under ‘Everyday Eating’ & aim for the recommended 5 servings of fruits & vegetables a day.”

| EVERYDAY EATING | | | |
|--|--|---|--|
| ENERGY FOODS | | PROTECTIVE FOODS | |
| <ul style="list-style-type: none"> Green Banana Tapioca Breadfruit Sweet Potato Taro (Sweet, Wild) Yam Rice | <ul style="list-style-type: none"> Papaya Orange Guava Pineapple Passion Fruit Jackfruit Kangkong** Taro Tops** | <ul style="list-style-type: none"> Potato Tops** Bell Pepper Mango Soursop Afuch Tangerine Fresh Coconut | <ul style="list-style-type: none"> Breadfruit Tip Banana Flower Tapioca Tops** Ripe Banana* Pumpkin Squash Eggplant Pandanus Bele** Cabbage Okra Green Beans Green Onions |
| BODY-BUILDING FOODS | | | |
| <ul style="list-style-type: none"> Reef Fish Clam** Ocean Fish Sea Cucumber** Local Livestock | <ul style="list-style-type: none"> Tuna** Eel** Crab, Lobster Shell Fish | <ul style="list-style-type: none"> Mackerel** Shark** Shrimp | |
| MODERATE INTAKE | | | |
| <ul style="list-style-type: none"> Butter or Margarine Ice-Cream Fresh/Powdered/ Evaporated Milk Rice | <ul style="list-style-type: none"> Noodles Fried Foods Canned Fish (Mackerel, Sardines)** Eggs*/** | <ul style="list-style-type: none"> Canned/Frozen/Packaged Fruits & Vegetables Cereals Sugar Labelled Packaged Bread | |
| LIMIT INTAKE | | | |
| <ul style="list-style-type: none"> Canned Meat (Corned Beef, Spam, Luncheon Meat, etc.) Turkey/Chicken Tail Shortening (Animal, Crisco) | <ul style="list-style-type: none"> Hotdogs & Sausages Packaged Ramen Doughnuts Cheese Chips Pizza | <ul style="list-style-type: none"> Soda Soy Sauce Candy Other Snack Foods Adding Salt - MSG, Aji Alcohol (Beer, Wine, Local Brew) | |

VITAMIN A RICH FOODS** | *IRON RICH FOODS** | CHOOSE & PREPARE FOOD WITH LESS SALT, FAT, AND SUGAR. PREPARE AND STORE FOODS SAFELY. WASH HANDS THOROUGHLY WITH SOAP BEFORE AND AFTER HANDLING FOOD. EAT FRUITS & VEGETABLES EVERYDAY.

PORTION SIZES



ENERGY FOODS

1 Portion = Fist

***Eat at least 6 portions each day.**



PROTECTIVE FOODS

VEGETABLES

1 Portion = 2 cupped hands

***Eat 5 or more portions a day.**



FRUITS

1 Portion = 1 cupped hands

***Eat 5 or more portions a day.**



BODY-BUILDING FOODS

MEAT

1 Portion = Palm of Your Hand

***Eat at least 1 to 2 portions each day.**



NUTS, BEANS, LEGUMES

1 Portion = 1 cupped hand

RDI FOR SALT: 5G/DAY



HEALTHY COOKING METHODS



Steaming



Baking



Boiling



Broiling



Stir Fry



Smoked

THREE FOOD GROUPS



PROTECTIVE FOODS



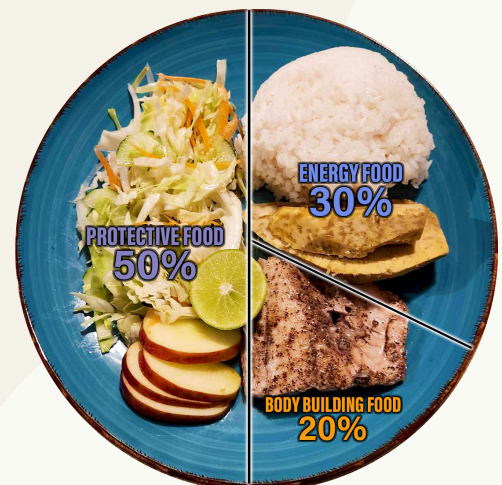
ENERGY FOODS



BODY BUILDING FOODS

"When diet is wrong, medicine is of no use; when diet is correct, medicine is of no need."

-Ayuurvedic Proverb



FOOD SAFETY

Prepare, store & keep food safe. Wash your hands thoroughly with soap before & after preparing food.

1. Keep hands & utensils clean
2. Separate raw & cooked foods
3. Cook food thoroughly
4. Keep food at a safe temperature
5. Use safe water & raw materials

Five Keys TO SAFER FOOD

1 KEEP CLEAN



2 SEPARATED RAW AND COOKED



3 COOK THOROUGHLY



4 KEEP FOOD AT SAFE TEMPERATURE



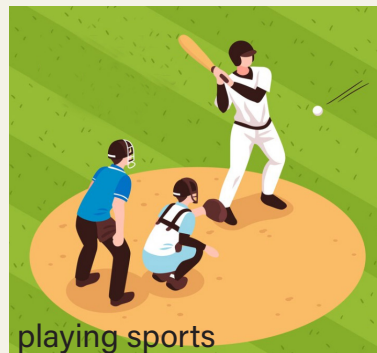
5 USE SAFE WATER AND RAW MATERIALS



PHYSICAL ACTIVITY

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

- Make a start and do some physical activity. Anything that makes your body move is good.
 - walking
 - swimming
 - gardening
 - dancing or cleaning
- Build up the physical activity level gradually to at least 30 minutes. Greater health benefits can be obtained by engaging in physical activity of a vigorous intensity or longer duration of moderate activity.
- Meet friends for a walk instead of sitting in the house to talk.
- Take time to play with family and friends.



DRUGS & ALCOHOL

Do not smoke, use tobacco products, chew betel nut or do drugs.

▪ Smoking and Chewing Betelnut

- If you are smoking, make the decision to stop and seek professional help and support from family and friends.

- Choose a day to stop and make a plan on how to stay focused on your reasons for stopping, as well as a plan to cope with the withdrawal symptoms.

- Requires strong commitment, so don't give up if plan is unsuccessful, but try again and seek help.

- Avoid Illicit Drugs

- Avoid the use of illicit drugs or misuse of prescription medication.



VAPES AND CIGARETTES

DIFFERENT PRODUCTS, SAME DANGERS

- ▶ ADDICTION
- ▶ NICOTINE
- ▶ CANCER-CAUSING CHEMICALS

Did you know?

Pohnpei State Law 9L-113-19 prohibits the sale, possession and use of emerging tobacco products such as electronic cigarettes, vapes and other similar smoking devices.



- Seek help from family, friends and medical professionals.

- If you chew betel nut, make a decision to stop and seek help support and help to develop a plan to stop the habit

▪ Drinking Alcohol and Sakau

- Avoid heavy drinking: This can cause permanent liver damage over a period of time.

Unfortunately, most alcohol use in the Pacific is in heavy drinking sessions, drinking more than the recommended standard amount of alcohol, especially among adult men. This also contributes to social problems such as violence and accidents.

- The active ingredients in the kava drink have narcotic, hypnotic, anesthetic, diuretic and muscle-relaxant effects. The narcotic and muscle-relaxant effect produce mild sedation and calming.

ALCOHOLISM



DRUGS & ALCOHOL

Know your standard drinks.

- Kava is good for short term use. It can be used to treat anxiety and aid in sleep. However, long-term use has been linked to liver damage. There are no current data that states that Kava/Sakau has a standardized drink but however drink in moderation due its common side effects.
- Avoid consuming alcohol during pregnancy and breastfeeding stage
- Standard drink for Men: 2 standard drinks/day
- Standard drink for Women: 1 standard drinks/day
- **When drinking, avoid heavy drinking of alcoholic beverages and kava. Excessive drinking is dangerous.**
- **Do not drive or operate machinery or go out fishing or swimming after drinking.**

Know your standard drinks



WINE

13% alcohol
100ml



BEER

4.9% alcohol
285ml



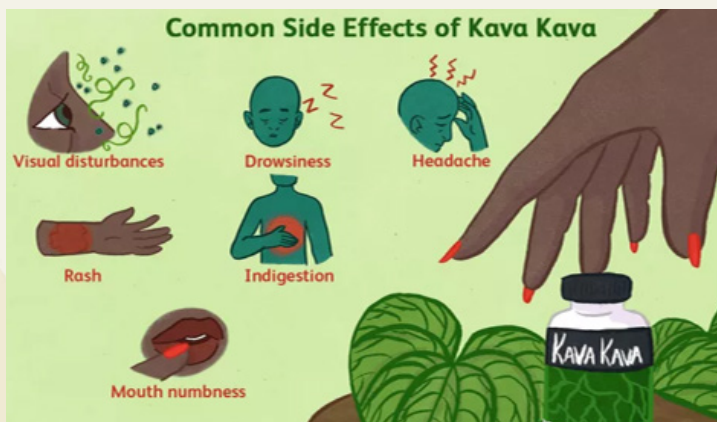
CIDER

4.9% alcohol
285ml



SPIRITS

40% alcohol
30ml



no more than 3 scoops

BREASTFEEDING

"Exclusive breastfeeding for the first 6 months of life."

- Recommend exclusive breast feeding for first 6 month and continued breastfeeding until at least 2 years of age
- Benefits from Breastfeeding Poster

WORLD BREASTFEEDING WEEK

LET'S MAKE BREASTFEEDING AND WORK, WORK!

Key Benefits of Breastfeeding

| | |
|---|---|
| <p>FOR BABIES:</p> <ol style="list-style-type: none"> 1. Nutritional Superiority 2. Immune System Support 3. Reduced Risk of Infections 4. Healthy Digestion 5. Reduced Allergy & Asthma Risk 6. Optimal Brain Development 7. Reduced Risk of Sudden Infant Death Syndrome (SIDS) | <p>FOR MOTHERS:</p> <ol style="list-style-type: none"> 1. Faster Postpartum Recovery 2. Weight Loss 3. Reduced Risk of Postpartum Depression 4. Lowered Risk of Certain Health Conditions 5. Convenient and Economical 6. Strong Bonding |
|---|---|




MENTAL WELL-BEING

"Taking care of your mental health is an act of self-love."

- Studies have found that the benefits of positive thinking include an increased life span, lower rates of depression, lower levels of distress, greater resistance to the common cold, better psychological and physical well-being, a reduced risk of death from cardiovascular disease, and better coping skills during hardships and times of stress.
- Set at least a day out of your week to do what you enjoy (farming, fishing, walk, or spending time with friends and/or family) can help reduce your stress level.

"A Healthy outside starts from the inside" -Robert Urich



WATER FOR LIFE

"Drink plenty of safe and clean water everyday."

- Water is essential to life.
- The human body is made up of between 50% and 70% water.
- Water helps to keep the body cool, remove waste, lubricate joints, digest food, prevent constipation and carry oxygen and nutrients to body cells.
- Make safe drinking water available; boil it first if necessary. Aim for the recommended 8 glasses of safe and clean water per day.
- Avoid drinking too many high-sugar drinks.





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