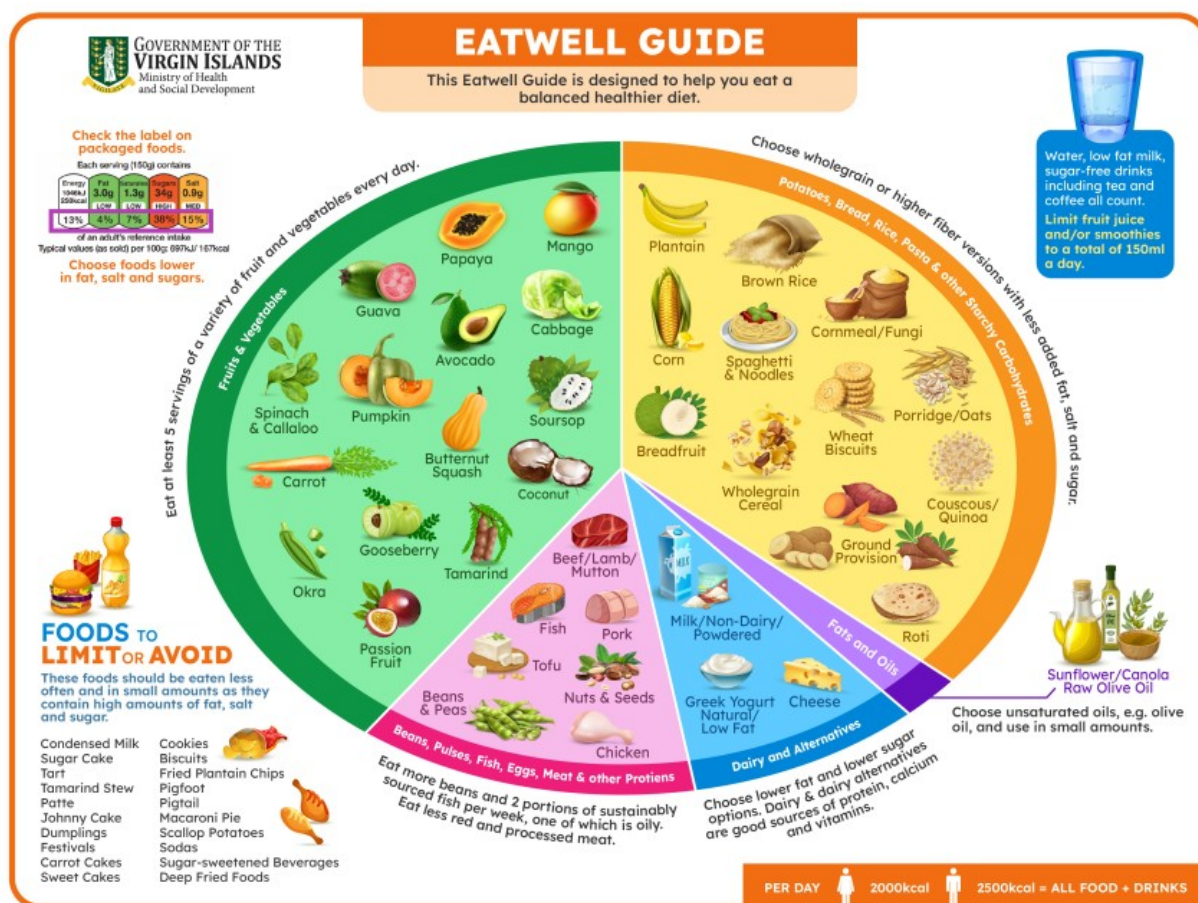


Ministry Of Health And Social Development Launches Eat Well Guide

Release Date: 11 June, 2025



The Ministry of Health and Social Development has officially launched the Virgin Islands Eat Well Guide and Dietary Guidelines to improve public health outcomes and reduce chronic non-communicable diseases (NCDs) across the Territory.

Minister for Health and Social Development, Honourable Vincent O. Wheatley, introduced the guide during the Fifth Sitting of the Second Session of the Fifth House of Assembly, describing it as a transformational step toward a healthier Virgin Islands.

Honourable Wheatley said, “This guide is more than just a document, it is a call to action. It is a roadmap to a healthier living. It supports individuals, families and communities in making informed food choices that nourish both body and mind.”

The Eat Well Guide is grounded in evidence based practices and outlines five essential food groups: fruits and vegetables, starchy carbohydrates and grains, animal protein and alternatives, dairy and alternatives, and healthy fats and oils. It promotes not only balanced nutrition but also food security and the consumption of locally grown and traditional foods.

The guide is expected to become a standard in nutrition education within schools and healthcare settings, in addition to supporting policy decisions. The ministry is also developing a series of supportive materials, health promotion campaigns and strategic partnerships. This includes partnerships with food vendors in order to ensure widespread reach and adoption of healthy eating practices.

As part of its broader strategy, the ministry will also explore the introduction of a protected essential food basket to make nutritious options more accessible and affordable, particularly for vulnerable populations.

The launch of the Eat Well Guide and Dietary Guidelines represents the Ministry of Health and Social Development’s ongoing commitment to empowering residents to make healthier choices to build a stronger, more resilient and healthier Virgin Islands one meal, one family, one community at a time.

The Ministry of Health and Social Development is committed to ensuring that all aspects of the environment with the potential to negatively impact the health of

the population are managed efficiently to enable all persons in the BVI to attain and maintain optimal health and well-being.