



# Eat less fat, eat healthy fat!

## Eat less meat, fat, oil, sugar and salt! Eat more fish and fish oil!

### **Healthy Food**

Seafarers' Health Information Programme

### **Healthier, fitter, safer**

International Seafarers' Welfare and Assistance Network

[www.seafarershealth.org](http://www.seafarershealth.org)

