

## 1. Enjoy a variety of foods

- ❖ Eat different foods from different food groups
- ❖ Give attention to methods of preparation
- ❖ Address low micronutrient and low energy intake
- ❖ Address chronic diseases of lifestyle.

*Eat 20 - 30 different foods in a week*

## 2. Be active

- ❖ Do 30 minutes of moderate to vigorous activity on most days.
- ❖ This protects against chronic diseases such as hypertension, diabetes, heart disease and cancer.

*Do 30 minutes of exercise on most days*

## 3. Make starchy foods the basis of most meals

- ❖ Consume cereals and root vegetables in unprocessed or minimally processed form (high in fibre). This will also contain some micro-nutrients, fat and protein.
- ❖ Amounts of around 260gram/day are recommended for adult women and 325 gram/day for adult men. This should be at least 55% of one's total energy intake.

*Eat at least 50 gram/adult/day of starch*

## 4. Eat plenty of vegetables and fruit every day

- ❖ Eat citrus, onions, garlic, carrots and tomatoes (high in vitamin C and A) and crucifers (cabbage, kale, broccoli, cauliflower).
- ❖ Consume dark green and orange vegetables.
- ❖ A minimum of 5 portions or 400gram/adult/day is recommended

*Eat 2 fruits and 5 vegetables every day*

## 5. More legumes for better overall health

- ❖ Eat dry beans, peas, lentils and soy regularly
- ❖ Grain legumes are beans, lentils, cowpeas, chickpeas, peas etc.
- ❖ Oil seeds are soya and peanuts for example.
- ❖ This provides good quality protein, carbohydrates, fibre, vitamins and minerals.

*Eat 100-200gram of legumes /adult/day. This is 0.5 to 1 cup.*

## 6. Food from animals can be eaten every day

- ❖ This includes meat, fish, chicken, milk and eggs.
- ❖ Besides protein this contributes towards intake of calcium, iron, zinc and omega-3 fatty acids.
- ❖ Eat low fat meats and use fats sparingly in preparation.
- ❖ Add small amounts to a plant based diet.
- ❖

*Take 400-500ml of dairy/day (milk, yogurt, maas, cheese...)*

*Eat 4 eggs/week*

*Eat 2-3 servings of fish per week*

*OR*

*Do not have more than 560 grams of meat (chicken and red meat) per week*

## 7. Eat fats sparingly

- ❖ Lower the fat intake from meat and non dairy creamers.
- ❖ Eat low fat margarine.

## 8. Eat salt sparingly

- ❖ High salt intake can lead to hypertension. For hypertension eating a diet high in vegetables and fruits, with low fat dairy products, for 8 weeks will significantly reduce the blood pressure.

*Sprinkle, don't shake*

## 9. Water, the neglected nutrient

*Drink at least 2 litres of water per day*

10. If you drink alcohol, drink sensibly.