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 100-200 gram 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 400-500 ml 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.