



Food-Based Dietary Guidelines for South Africa

The food we eat affects our health.



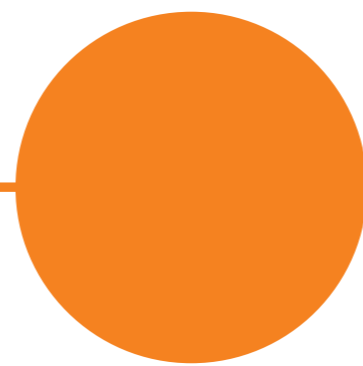
Be active!

Enjoy a variety of foods.

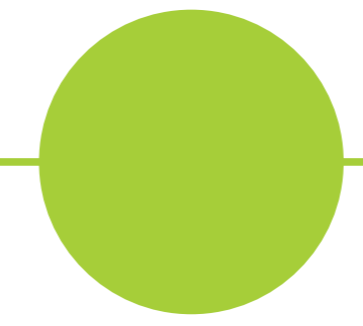
Eating 3 mixed meals a day will give your body all the nutrients it needs to stay healthy.



1 x mixed meal = 2-3 food items from different food groups.



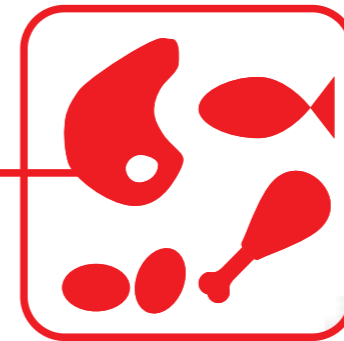
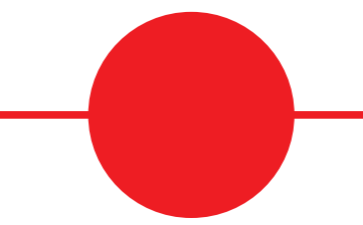
Make starchy foods part of most meals.



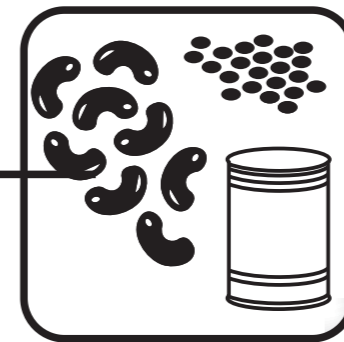
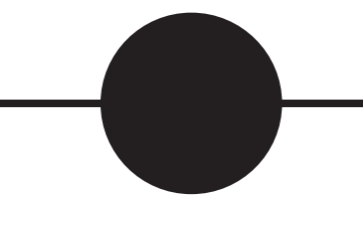
Eat plenty of vegetables and fruit every day.



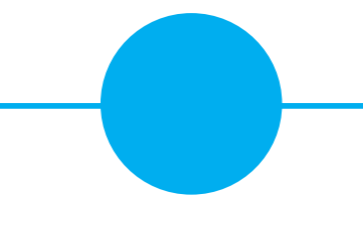
Have milk, maas or yoghurt every day.



Fish, chicken, lean meat or eggs can be eaten daily.



Eat dry beans, split peas, lentils and soya regularly.



Drink lots of clean, safe water.



Use fats sparingly; choose vegetable oils rather than hard fats.



Use sugar and foods and drinks high in sugar sparingly.



Use salt and food high in salt sparingly.

Make healthy choices and prevent lifestyle diseases!

Developed by the Consumer Education Project of Milk SA

Guidelines for healthy eating



www.dairykids.co.za