



Guidelines for healthy eating



Developed by the Consumer Education Project of Milk SA



FBDGs
For South Africa

The food we eat affects our health.

Use the **Food-Based Dietary Guidelines For South Africa** to help you make healthy choices and prevent lifestyle diseases.



Enjoy a variety of foods.



Eating 3 mixed meals* a day will give your body all the nutrients it needs to stay healthy.
* Mixed meals: 2-3 food items from different food groups.



Be active!



Exercise vigorously for 30 minutes every day. This helps to keep you at a healthy weight, makes your heart, bones and muscles strong, and relieves stress.



Make starchy foods part of most meals.



Choose unrefined starches like whole grains and sweet potatoes for sustained energy and good digestion.



Eat plenty of vegetables and fruit every day.



Have at least 5 portions of vegetables and fruit a day to help your body fight disease and infections.



Eat dry beans, peas, lentils and soya regularly.



Adding legumes or pulses to a meal helps you to feel fuller for longer. These foods also help to protect you against many lifestyle diseases.



Have milk, maas or yoghurt every day.



Three portions of dairy a day will help to keep your bones strong and your teeth healthy. Eating dairy also helps you to manage your weight and keep your blood pressure in check. A portion of dairy is:

- 1 cup of milk (250 ml)
- 1 cup of *amasi* (200 ml)
- 2 small tubs of yoghurt (2x100 g)



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



A palm-sized portion of meat once a day helps you grow and keeps your muscles strong



Drink lots of clean, safe water.



Have 6-8 glasses of water every day so that your body can work at its best.



Use fats sparingly choose vegetable oils rather than hard fats.



By not eating too much fat you can keep your weight in check. Vegetable fats are better for your heart and brain health than hard fats.



Use sugar and foods and drinks high in sugar sparingly.



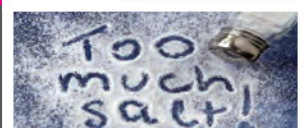
To prevent tooth decay, weight gain and diabetes, limit your sugar intake to less than 9 teaspoons a day. This includes sugar that hides in foods such as sweets, biscuits, sauces, cereals and soft drinks.



Use salt and food high in salt sparingly.



Do not use more than 1 teaspoon of salt a day to reduce your risk of high blood pressure and stroke.



For Grade 5 and Grade 6 in the Intermediate Phase

For the teacher:

As part of our school programme, the Consumer Education Project of Milk SA developed learning material aimed at learners in the **Foundation Phase – For Grade R to Grade 3**: From farm to fridge: Let's learn about dairy; **Intermediate Phase – For Grade 5 and Grade 6**: Guidelines for healthy eating. Contact us: info@rediscoverdairy.co.za. All materials (fact sheets, teacher's guides and posters) can be downloaded from www.dairykids.co.za