

The Ten Food Based Dietary Recommendations

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.

Exercise 30 minutes 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 250 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 (eg radish, kale, broccoli, cauliflower)
- Consume dark green and orange vegetables (Swiss chard, yellow sweet potato)
- 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 soya 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 ½ 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, amasi, 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 a period of 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.

Not every day, better with food and keep it very moderate