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 260 gram/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 400 gram/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*