

# Food Based Dietary Guidelines of South Africa

1. Enjoy a variety of foods
2. Be active!
3. Make starchy foods part of most meals
4. Eat dry beans, split peas, lentils and soya regularly
5. Eat plenty of vegetables and fruit every day
6. Have milk, maas or yoghurt every day
7. Fish, chicken, lean meat and eggs can be eaten daily
8. Drink lots of clean, safe water
9. Use fats sparingly: Choose vegetable oils, rather than hard fats
10. Use foods and drinks containing sugar sparingly, and not between meals
11. Use salt and foods high in salt sparingly