



Choose a variety of foods from different food groups, and eat recommended amounts.

Meal example for an inactive female adult

Vegetables and Fruit 

Starchy Foods 

Fish, Chicken, Lean Meat or Eggs 

Dry Beans, Split Peas, Lentils and Soya 

Milk, Maas or Yoghurt 

Water 

Fats 

Salt and Sugar 

MILK, MAAS OR YOGHURT

1 cup (200ml) low-fat milk or maas or yoghurt (100ml)



STARCH

½ cup of cooked pap or rice or pasta or 1 slice of bread



FISH, CHICKEN, MEAT OR EGGS

1 chicken thigh, or 1 lrg piece of fish

VEGETABLES AND FRUIT

At least ½ cup of 2 types of vegetables

WATER

6 - 8 glasses a day



snack



FRUIT

1 medium fruit or ½ large piece

to be used sparingly

FATS

1 tsp oil, or soft margarine

SUGARS

1 tsp sugar or jam

SALT