



1

Enjoy a variety of unprocessed/minimally processed food choices



2

Eat plenty of vegetables and fruit every day



3

Eat dry beans, peas, lentils and soya regularly



4

Plan and prepare healthy home meals rather than buying ready-to-eat meals/snacks or eating out frequently



5

Always check food and beverage labels to read what is in your food and drink

Whole foods are low in added sugar, fat and salt. These foods are naturally higher in vitamins, minerals and fibre because of minimal processing. Eating mostly whole foods on a regular basis can help to prevent unwanted weight gain as well as diseases like type-2 diabetes, high blood pressure, heart disease and certain types of cancer.

For more information visit www.nutritionweek.co.za



Basic Education
Health

