

PROTECT YOURSELF WITH VEGETABLES AND FRUIT

EATING MORE VEGETABLES AND FRUIT EVERY DAY CAN HELP PROTECT AGAINST DISEASE SUCH AS HEART DISEASE, STROKE, CANCER AND DIABETES BY:

Reducing blood pressure	Reducing cholesterol	Supporting weight management	Supporting blood sugar management	Promoting healthy cell growth

EAT MORE VEGETABLES AND FRUIT THROUGH EVERY STAGE OF YOUR LIFE



FROM THE AGE OF 6 MONTHS ONWARDS,

in addition to breastmilk, your child will need different types of foods, and vegetables and fruit should form part of each meal starting with small amounts and building up to 5 small meals each day.

CHOOSE FRESH OR FROZEN VEGETABLES AND FRUIT AS SNACKS.

Limit foods such as sweets, crisps, biscuits and sugary drinks.

WHEN HAVING LUNCH OR DINNER, AIM FOR:

1. Half a plate of vegetables and/or salad.
2. A quarter plate of skinless chicken, baked or grilled fish, lean meat, eggs, cooked dry beans, split-peas or lentils.
3. A quarter plate of starchy food such as rice, samp, pap, potatoes, sweet potatoes or brown bread.





For more information visit
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Basic Education
Health
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British High Commission Pretoria

GROW GREAT

ADSA
ASSOCIATION FOR DIETETICS IN SOUTH AFRICA

THE NUTRITION SOCIETY OF SOUTH AFRICA
NSSA

THE HEART AND STROKE FOUNDATION SOUTH AFRICA

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