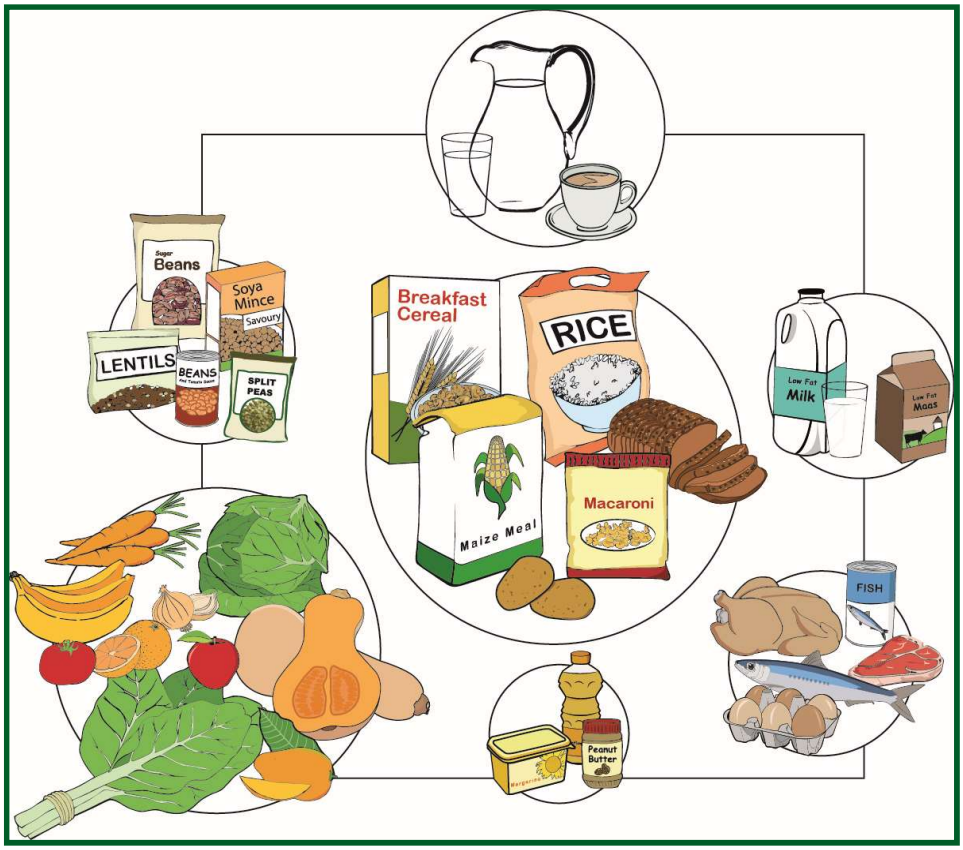
health
Department:
Health
REPUBLIC OF SOUTH AFRICA

2030 NDP

ANNEXURE I

SOUTH AFRICAN GUIDELINES FOR HEALTHY EATING (FBDGs) FOR ADULTS AND CHILDREN FIVE YEARS AND OLDER AND THE FOOD GUIDE

- Enjoy a variety of foods.
- Be active.
- Make starchy foods part of most meals.
- Eat plenty of vegetables and fruit every day.
- Eat dry beans, split peas, lentils and soya regularly.
- Have milk, maas or yoghurt every day.
- Fish, chicken, lean meat or eggs can be eaten daily.
- Drink lots of clean, safe water.
- Use fats sparingly. Choose vegetable oils rather than hard fats.
- Use sugar and foods and drinks high in sugar sparingly.
- Use salt and food high in salt sparingly.



This picture depicts the Food Guide. The size of the circles reflects the proportional volume that those foods should contribute to the total daily intake