South African Food-based Dietary Guidelines

- Enjoy a variety of foods
- Be active!
- Make starchy foods (carbohydrates) part of most meals
- Eat plenty of vegetables and fruit every day (3-5 portions/d)
- 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
Plan Your Meal

The size of each section gives a rough idea as to the amount of each food group that you should eat with each meal. For example, large amounts of fruit and vegetables and very small amounts of fatty foods like crisps and chocolate should be eaten.
Healthy Recipe

Spicy Fish & Vegetable Stir Fry
(Serves 4 – 6)

**Ingredients**
360 g fish fillet (cut into strips)
1 Cup Butternut (chopped)
1 Cup Cabbage OR Spinach (chopped)
2 Carrots (diced)
2 – 3 Tomatoes (diced)
1 Onion (diced)
1 Sweet Red Pepper (diced)
1 Chilli (remove pips and dice) – optional
1-2 Garlic cloves, crushed
1 tin (410g) Chickpeas (or 1 cup dry chickpeas, soaked overnight)
1 TBS Olive oil OR canola oil
30 ml lemon juice
30 ml tomato paste
30 ml sweet chili chutney
Salt & pepper to taste

**Directions**
1. Heat olive oil in a pan. Add chopped onion and soya strips, and brown lightly.
2. Add all chopped vegetables and stir fry for a few minutes.
3. Add chickpeas, as well as fluid from tin OR add a little water.
4. Leave to cook for further 5 minutes.
5. Season with lemon juice, tomato paste and sweet chili chutney.
6. Add salt and pepper to taste

Serve with brown rice, samp or couscous.
Healthy Hints

- Use chicken breast (no skin, no bones) instead of chicken
- Choosing soya and using controlled amounts of olive oil or canola oil are good ways to decrease saturate fat (bad fat) and to increase use of the more healthy polyunsaturated fats.
- Read food labels – check the fat content: <5g fat per portion/serving
- Fat-free cooking methods: grill / stew / roast / boil / stir-fry (1 tsp oil /cooking spray)
- By adding vegetables and chickpeas, the soluble fibre content is increased.
- Add salt to taste to limit the salt content of the recipe.
- Fresh or dried herbs can also be added, (e.g. oregano, rosemary, thyme or basil).
- Use any leftovers as a healthy lunch for work or school, with a added fruit.
Healthy Recipes

Fish Tikka
(Serves 4)

Ingredients
For Marinade:
250 ml plain yoghurt or maas
Half an onion, finely chopped
2 ml ground ginger
4 cloves garlic, crushed
5 ml ground coriander
30 ml lemon juice
8 ml mild curry powder
30 ml tomato puree
5 ml salt
500 g hake fillets
2 onions, cut into chunks
1 each red, green and yellow peppers cut into chunks

Directions
1. Mix together all ingredients, except for fish, peppers and rice.
2. Cut fish into bite-sized chunks.
3. Place fish in a shallow dish, spoon marinade over and turn, so that fish and vegetables are coated.
4. Cover and marinate for 1 hour.
5. Cook until fish is cooked and firm, and both fish and vegetables are slightly charred.

Serve on cooked briyani rice (a mixture of basmati rice, lentils and briyani spice mix).
Spinach Basics

Cooks classify this good-for-you green three ways: Curly-leaf spinach has crinkled leaves; flat-leaf spinach, often sold frozen or canned, has smoother leaves and a slightly milder flavor; and baby spinach is simply the flat-leaf type harvested when very young and tender.

**In Season:** Fresh spinach is available year-round.

**What to Look For:** Look for bright green, unwilted leaves. Avoid slimy or spotted leaves.

**How to Store:** Refrigerate spinach in a plastic bag; it spoils quickly, so use it within a couple of days.

The benefits of consuming fruits and vegetables of all kinds, including tomatoes, are impressive!

- As the proportion of plant foods in the diet increases, the risk of heart disease, diabetes, and cancer decreases.
- High fruit and vegetable intake is also associated with healthy skin and hair; increased energy and lower weight.
- Increasing consumption of fruits and vegetables significantly decreases the risk of obesity and overall mortality.
Fresh Green Salad
(Serves 4)

Ingredients
1 head lettuce
1 cucumber, peeled and sliced
2 to 3 plum tomatoes, cored and cut into small wedges
1 small red onion, sliced thin
Olive oil and red wine vinegar, to taste
Salt and pepper

Directions
Tear the lettuce leaves into bite-sized pieces and transfer them to a large salad bowl. Add the cucumber, tomatoes, and onion. Sprinkle with the oil, vinegar, and salt and pepper, and toss to combine.

Tomatoes are packed full of beneficial nutrients and antioxidants and are a rich source of vitamins A and C and folic acid.
Healthy Eating
Healthy Sauces & Spreads

Low-fat Yogurt Sauce/Dressing

**Ingredients**
- 1 Cup Low fat plain yoghurt
- 1 TBS lemon juice
- Salt and pepper to taste
- 1 tsp parsley (chopped) OR dill

**Directions**
1. Mix together all the ingredients
2. Use this dressing instead of mayonnaise, to lower saturated and total fat intake in the diet.
3. Use as a salad dressing on green salad or on baked potato or pasta salad.
4. Use as a healthy sauce with cold meat or chicken.
5. Use as a dip with low fat, low salt snacks.

Hummus

**Ingredients**
- 2 cups chickpeas (cooked)
- 1/3 cup tahini (sesame paste)
- 2/4 cup lemon juice
- 2 garlic cloves
- Salt & pepper to taste

**Directions**
1. Combine all the ingredients in a food processor and blend until very smooth. Add liquid as needed.
2. Taste. Add additional lemon juice, garlic, salt & pepper if desired.
3. Serve as dip for pita bread and veggies, or serve on bread
Herbs: A Basic Guide

Herbs can be used to flavour food, instead of adding extra salt to food/dishes. They can be used fresh or dry.

- Grow your own herb garden; buy plants at your supermarket or nursery and put each one in its own container in your windowsill in a sunny spot, water regularly and use cuttings in food.
- Freeze whole herbs in plastic bags. No need to thaw; simply cut as much as you need and add to dishes.
- Dried herbs are more concentrated than fresh herbs. For every teaspoon of dried herbs, use one tablespoon of fresh herbs.
- Make your own herbal oils and vinegar: Add favourite herbs and spices to olive oil or vinegar then leave to flavour. Use in salad dressings.

<table>
<thead>
<tr>
<th>Herb</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil</td>
<td>All tomato dishes</td>
</tr>
<tr>
<td>Chives</td>
<td>Add to potato, egg dishes, soups, stews</td>
</tr>
<tr>
<td>Coriander</td>
<td>Add to curries, salads and sauces</td>
</tr>
<tr>
<td>Dill</td>
<td>Pickles, soups, and fish dishes</td>
</tr>
<tr>
<td>Garlic</td>
<td>Meat, chicken, potato, pasta, soup, stews</td>
</tr>
<tr>
<td>Mint</td>
<td>Savoury dishes such as lamb, also desserts</td>
</tr>
<tr>
<td>Oregano</td>
<td>Stuffing, pizza, soups and stews</td>
</tr>
<tr>
<td>Parsley</td>
<td>Garnishes, salads, soups, stews</td>
</tr>
<tr>
<td>Rosemary</td>
<td>Lamb and chicken dishes, potatoes</td>
</tr>
<tr>
<td>Sage</td>
<td>Stuffing for meat, pork</td>
</tr>
<tr>
<td>Thyme</td>
<td>Lamb, chicken, soup, stews etc.</td>
</tr>
</tbody>
</table>

INMED South Africa Partnerships for Children
## Spices: A Basic Guide

<table>
<thead>
<tr>
<th>Spice</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allspice</td>
<td>Used in fruit cakes, mince pies and Christmas puddings.</td>
</tr>
<tr>
<td>Anise</td>
<td>Adds licorice flavour; used in confectionery and baking.</td>
</tr>
<tr>
<td>Fennel</td>
<td>Used in curries, vegetables and bean casseroles (also liquorice flavoured).</td>
</tr>
<tr>
<td>Cayenne Pepper</td>
<td>Used for giving heat to curries, as well as for seasoning cheese and fish dishes.</td>
</tr>
<tr>
<td>Chili</td>
<td>Used to give heat and flavour to curries.</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Ground cinnamon is used for desserts, cakes and biscuits, while cinnamon sticks are used in curries, soups and casseroles.</td>
</tr>
<tr>
<td>Cloves</td>
<td>Used in baking, pickling and marinades, apple dishes, fruit punches.</td>
</tr>
<tr>
<td>Coriander (Dhana or Cilantro)</td>
<td>These spicy dried seeds are used in curry pastes and powders, marinades and pickling.</td>
</tr>
<tr>
<td>Cumin (Jeera)</td>
<td>Used in cheese, bread, sauces and curries.</td>
</tr>
<tr>
<td>Ginger</td>
<td>Combines well with garlic. Also used in baking, herbal teas.</td>
</tr>
<tr>
<td>Mixed Spice</td>
<td>Used for biscuits, puddings and cakes.</td>
</tr>
<tr>
<td>Mustard Seed</td>
<td>Used to give tang to casseroles and sauces.</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>Sprinkled on milk puddings, pumpkin, spinach and pasta.</td>
</tr>
<tr>
<td>Paprika</td>
<td>Made from dried red pepper, it goes well with beef, chicken and fish.</td>
</tr>
<tr>
<td>Saffron</td>
<td>Used with rice and fish dishes, as well as in cakes and biscuits.</td>
</tr>
<tr>
<td>Tumeric</td>
<td>Often used instead of saffron to colour food yellow. Its warm and spicy taste makes it good for use in curries, pickles, chicken and fish stews.</td>
</tr>
</tbody>
</table>
### Healthy Lunch Box & Snack Ideas

- Sandwich, roll or pita made with brown or whole-wheat bread topped with cottage cheese; tuna, pilchards; mashed egg with low fat mayonnaise; baked beans; peanut butter; avocado pear with lemon juice; lean chicken slices, fish paste and sliced tomato.

- Pasta salad with chopped vegetables, lean chicken and some plain yoghurt.

- Fresh or dried fruit or fruit salad or veggie sticks

- Peanuts and raisins

- Low-fat yoghurt

- Home-made oat crunchies or popcorn

---

### Contact Us for More Information

INMED Partnerships for Children and INMED South Africa are proud to offer Health in Action. With support from the Mondelez International Foundation and in partnership with local public and private entities, this programme takes a multifaceted approach to inspire and involve individuals of all ages in adopting healthy nutrition and lifestyles. The programme provides greater access to fresh foods, health education, physical activity and other participatory activities to help at-risk communities battle obesity and eliminate malnutrition.

INMED South Africa NPC | Fancourt Office Park—Block 7, Loft Right Northumberland Avenue, North Riding 2162 RSA

Telephone: +27 11 486 1090 | contact@inmed.org | www.inmed.org.za

Follow us on

- Facebook
- Twitter
- YouTube
- LinkedIn