

# Eat well and stay healthy

**START** by enjoying a **variety** of food

Eat dry beans, split peas, lentils and soya regularly

Legumes are cheap and contains protein, slow release carbohydrates, dietary fibre, vitamins & minerals



Drink lots of clean, safe water



Have milk, maas or yoghurt every day

AS we all know it contains calcium but did you know it contains protein that may protect you against diseases such as diabetes and high blood pressure?

**Make starchy foods part of most meals**



Eat plenty of vegetables and fruit every day

Low in energy, rich in micronutrients and a good source of dietary fibre.



Use fats sparingly. Choose vegetable oils, rather than hard fats. Vegetable oils contains healthy fats that is good for your heart



Fish, chicken, lean meat or eggs can be eaten daily



These foods contain high-amounts of good-quality protein AND a number of vitamins: A, B1, B2, B6, B12, and niacin,

Use foods and drinks containing sugar sparingly, and not between meal

Use salt and foods high in salt sparingly

