

EAT RIGHT, STAY HEALTHY

A healthy diet is important for everyone - it helps the body stay strong to fight disease.

For some groups of people, it is even more important:

- **Children** need food to help their brains and bodies grow.
- **Pregnant women** need food to help their unborn babies grow.
- **People living with HIV and TB** need food to make their immune system strong.
- People who are **taking antiretroviral medicine** for HIV or to prevent HIV (PEP and PrEP) and people on TB medicine need food so that their medicine doesn't make them feel sick.



USE SPARINGLY

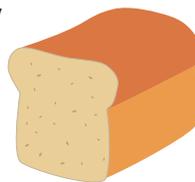
Sugar
Sugary food &
drinks

Fried foods
Alcohol
Salt & salty foods

Enjoy a variety of foods, including:

Starchy foods

Make starchy foods part of most meals. Foods like bread, rice, samp, mielie meal, potato, barley and oat or sorghum porridge provide energy and fibre. Brown bread is usually cheaper and has more fibre than white bread. Choose whole-grain starchy foods over refined ones.



Eat dry beans, split peas, lentils and soya regularly.

Fruit and veggies

Eat plenty of vegetables and fruit every day. Fresh is best but frozen fruit and vegetables are also fine. Green, leafy veggies like broccoli and spinach are very good. Fresh veggies that last longer – like carrots, pumpkin, butternut, sweet potato, cabbage and gem squash – will help your budget go further.



Dairy

Milk, amasi, cheese, butter and yoghurt are dairy products. Try to have milk, maas or low-fat, unsweetened yoghurt every day. Powdered milk will keep for a long time and can be sprinkled over pap and porridge.



Meat, fish and eggs

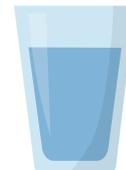
Fish, chicken, eggs and lean meat (without fat) can be eaten daily. Liver, kidneys and offal are inexpensive sources of meat. Oily fish like pilchards and sardines are good value and healthy.



Choose unprocessed meats and remove skin and fat.

Fats and oils

Use fats like cooking oil, margarine and butter sparingly. Choose plant oils rather than hard fats like those from animals.



Drink lots of clean, safe water.

Shopping list

Foods that are healthy, long-lasting and good value for money include:

Fresh vegetables and fruit

Amasi

Eggs

Fortified brown bread

● Rice

Fortified maize-meal

Oat or mabela porridge

Powdered milk

Dried samp, beans and lentils

Dried soup mix

Soya mince

Pilchards or sardines

Sunflower or canola oil

● You can also buy hygiene products:

Washing powder

Soap

Sanitary pads

Toothpaste

RECIPE IDEAS

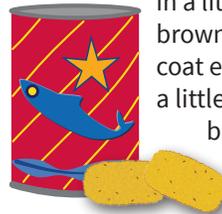
Breakfast porridge

Make mielie, mabela or oat porridge with boiled water, a pinch of salt and powdered milk and stir in some chopped-up bananas or grated apple.



Fishcakes

Mash up tinned fish with cooked, peeled potatoes or leftover pap and a chopped onion. If you have sweetcorn, you can add it as well. Shape the mixture into small fish cakes and fry in a little oil until golden brown. If you have eggs, coat each fishcake in a little beaten egg and breadcrumbs before you fry it for extra crunch.



Spicy rice

Fry chopped onion and red pepper in a little oil and add 2 cups of rice. Cook for about 3 minutes and then mix in a chopped tomato, a pinch of salt and a teaspoon of curry powder with 3 cups of water. Cover and simmer for 30 minutes. Stir in some frozen peas.

Veggie stew

Fry onions with carrots and cabbage in a little oil. Add 2 chopped tomatoes, a litre of water and a cup or two of lentils, beans or soup mix (remember to soak dry beans overnight and rinse before cooking). Include whatever other veggies you have like pumpkin, butternut or spinach with a pinch of salt and some spices and let it simmer for 30 minutes.



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