

Food and guidelines for healthy eating

Guidelines for healthy eating

The South African Guidelines for Healthy Eating and the Food Guidelines send a strong public message and give people essential information in accessible and user-friendly formats to help them make long-lasting diet and lifestyle changes.

The .pdf document can be downloaded to explain healthy food choices, portion sizes and healthy meal patterns.

- <http://www.nutritionweek.co.za/NNW2014/docs/NNW-2013-Nutrition%20Educators%20Guideline.pdf>



For further, personalized and more detailed information, please contact a dietitian registered with the Health Professions Council of South Africa. References from the scientific literature used to compile this document are available on request.

Human Nutrition | Menslike Voeding

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