

Food and guidelines for healthy eating

Menus And Meal Examples

The following partners developed the menus and meal examples available at:

The Department of Health; The Consumer Goods Council of South Africa (CGCSA); ADSA, the Association for Dietetics in South Africa, The Consumer Education Project The Heart and Stroke Foundation South Africa (HSF).

Available material.

- <http://www.nutritionweek.co.za/NNW2014/introduction>
- Source: Link <http://www.nutritionweek.co.za/NNW2014/messages>

Portion/Food Unit Guide

Portion

A portion is the amount of food that a person eats of one food at one time. Members of the same family may have different portion sizes of some foods, e.g. active men will have a bigger portion of starchy food than women, but they will all have the same portion size of vegetables. A single portion of food may have one or more units (food guide units) that are eaten at one time.

Unit / food guide unit

A unit of food within a food group is calculated based on the nutritional value of the food, and this amount is then stated. Thus a single unit of each food in a food group provides a similar amount of nutrients as other units in that same group. The unit sizes of different foods are described in different ways, for example 1 slice of bread (starchy food), 1 apple (vegetables and fruit) or 1 cup of milk (milk group).

FOODS	UNIT
Starchy foods	
Bread, brown / white	1 slice
Porridge, soft	½ cup
Maize meal, dry powder	3 heaped tablespoons
Potato	1 medium
Rice / pasta, cooked	½ cup
Samp / whole grains, cooked	½ cup
Breakfast cereal	Varies

Cut corn / mealie	½ cup
Popcorn, popped, no salt or fat	2 cups
Vegetables and fruit	
Fresh / frozen vegetables	½ cup cooked
Raw leafy vegetables	1 cup raw
All fresh fruit	1 piece medium sized fruit apple, banana
	2 pieces medium sized fruit apricots, plums
	½ piece large sized fruit grapefruit
	½ cup chopped fruit
	½ cup fruit juice
	2 tablespoons raisins
Dry beans, split peas, lentils, soya	
Dry beans, cooked	½ cup
Lentils, split peas, cooked	½ cup
Soya mince, dry	30g
Fish, Chicken, lean meat, eggs	
Fish, white	1 large piece
Fish, high fat flesh	1 small piece
Chicken, no skin	1 medium breast
Meat, lean	size palm, slice 10mm
Eggs, hens	2
Liver, chicken	3
Cheeses, yellow	cube of 30mm / 40g (match box size)
Milk, maas, yoghurt	
Milk, low fat or skim	1 cup
Maas, low fat	1 cup
Yoghurt, low fat or fat free	1 tub, 100ml
Fat, oil	
Oil; sunflower, canola, olive oil or other plant oil	1 teaspoon
Tub margarine	1 teaspoon
Peanut butter	1 heaped teaspoon

Sugar	
Sugar; brown or white	1 teaspoon
Jam	1 heaped teaspoon

Healthy eating plan patterns

To have a healthy eating plan:

- Eat the right amount for your needs – examples of food intake plans for three different energy levels are given.
- Choose a food intake pattern that suits the food you have available to you and that you can afford.
- Enjoy a variety of foods from each food group within a day, from week to week and during the year when different foods are available.
- Use foods from most of the food groups, most days of the week.
- Most of the eating plan will consist of foods from plants; some foods from animals may be included.
- Water is an important part of healthy eating; make plans to be sure you have water available during the day.

There are many ways of creating a healthy eating plan. Two different patterns are given in the tables below. These are based on the **Guidelines for Healthy Eating** and allow individual preferences to be taken into account. These recommended eating plans are based on all the food groups, and provide the energy and nutrients needed by children, teenagers and adults of average height and moderate activity levels.

Eating pattern A is a economic pattern with more starchy food options and less animal food options whereas eating pattern B has more animal food options and less starchy food options.

Additional units from the food groups will be needed by people who are taller than average and / or who are very active. Discretionary foods (foods with little nutritional value) may be eaten on occasion instead of some of the units of starchy foods.

Energy needs for different groups of people

	Energy intake kilojoules (Kj) per day	
	BOYS / MEN	GIRLS / WOMEN
5 - 9 years old	6 500	6 500
10 - 13 years old	8 500	8 500
14 - 18 years old	10 500	8 500 to 10 500
Adults	10 500	8 500
Sedentary and older adults	8 500	6 500

The tables below show how many food guide units you need from each food group every day, based on your energy requirement level and your preferred eating pattern.

Eating pattern A

Energy level	6 500 Kj	8 500 Kj	10 500 Kj
Starchy foods	8	11	15
Vegetables	3	3	3
Fruit	1	1	1
Drybeans, split peas, lentils, soya	1	1	1
Fish, chicken, lean meat, eggs	1	1	1
Milk, maas, yoghurt	1	1	1
Fat, oil	4	6	8
Sugar	2	6	6

Eating pattern B

Energy level	6 500 Kj	8 500 Kj	10 500 Kj
Starchy foods	5	7	10
Vegetables	3	3	5
Fruit	2	2	2
Drybeans, split peas, lentils, soya	1	1	1
Fish, chicken, lean meat, eggs	2	2	2
Milk, maas, yoghurt	1	2	2
Fat, oil	4	6	8
Sugar	2	6	6

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.

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