

FOOD GROUPS

Make STARCHY FOODS part of most meals	Eat plenty of VEGETABLES & FRUIT	Have MILK MAAS & YOGHURT everyday	FISH CHICKEN MEAT & EGG could be eaten everyday	Eat DRIED BEANS & LEGUMES regularly	Use FATS sparingly
<p>One portion is:</p> <ul style="list-style-type: none"> • 1 shop slice bread (35g) • 1 small bread roll • 1/2 burger- / hotdog roll • 3 snack biscuits eg. Provita / Rye vita • 1/2 cup (125ml) cooked porridge or cereal • 1/3 cup stiff porridge • 1/2 cup (125ml) cooked rice / pasta / mealie rice / crushed wheat / rice / mashed potato / samp • 1/2 cup (125ml) lentils* • 1/3 cup baked beans • 2 cups popped popcorn* • 3 teasp (15ml) sugar / jam / fructose <p>Starchy vegetables:</p> <ul style="list-style-type: none"> • 1 small potato (75g) • 1/2 cup sweet potato (60g) • 1/2 cup sweet corn or 1 medium size mealie • 1/2 cup vegetables prepared with potato and onions <p>* When eating commercial popcorn you have to add 1 extra fat portion to your total daily intake</p>	<p>One portion is:</p> <ul style="list-style-type: none"> • 1 medium fruit eg. apple, pear, orange, peach, banana • 2 small fruit eg. plums apricots, kiwi's • bunch of grapes, the size of your hand palm • 4 x1cm slices pineapple • 1 heaped cup paw-paw, watermelon, melon • 2 tbls raisins (30ml) • 1 cup (250ml) fruit salad • 3 dates • 2-4 pieces dried fruit • 125ml fruit juice, unsweetened <p>One portion vegetables is:</p> <ul style="list-style-type: none"> • 1 cup (250ml) raw or cooked vegetables eg. artichokes, asparagus, broccoli, brussel sprouts, cauliflower, baby marrows, brinjal, cabbage, celery, cucumber, chives, chillies, gem squash, green beans, green- or sweet peppers, kale, leeks, lettuce, mushrooms, patty pans, radishes, spinach, turnips, tomato, watercress • 1/2 cup of raw or cooked beetroot, carrots, butternut or pumpkin or mixed vegetables 	<p>One portion is:</p> <ul style="list-style-type: none"> • 1 cup (250ml) milk, buttermilk or maas • 1 cup (250ml) plain or artificially sweetened yoghurt • 175ml sweetened fruit yogurt <p>Please note that cheese falls under the meat group due to its high meat content per serving</p>	<p>One portion is:</p> <p>30g cooked without bone unless otherwise indicated: 30g is more or less a 1/3 of a hand palm or 2 tbls (30ml)</p> <ul style="list-style-type: none"> • beef, lamb, mutton, pork, chicken, fish, seafood, venison • 2 thin slices ham • 2 tbls grated cheese (30ml) • 2 cheese wedges • 2 tbls (30ml) cheese spread • 40ml cottage cheese • 1 egg • 1tbls peanut butter (15ml) <p>Low-fat choices: beef cuts: bolo, fillet, trimmed rump or sirloin, topside, -mince lamb: fat class 2 poultry: chicken or turkey, white meat without skin fish: white fish without crumbs, haddock, canned fish in brine, most sea food cheese: low fat or fat free cottage cheese and ricotta</p> <p>Medium-fat choices: most beef, lamb, mutton and pork where the fat is removed prior to cooking; venison, egg cheese, medium fat: mozzarella, parmesan, provolone, robiola</p> <p>High-fat choices: Pork ribs, sausages, boerewors, canned corned beef, polony, viennas, bacon, peanut butter cheese: cheddar, gouda, cream cheese, camembert, brie</p>	<p>One portion is:</p> <p>1/2 cooked:</p> <ul style="list-style-type: none"> • lentils • dried beans • baked beans • tinned beans • chick peas • split peas 	<p>One portion is:</p> <ul style="list-style-type: none"> • 5ml margarine or butter • 10ml medium fat margarine (Lite) • 15ml low fat margarine (Extra Lite) • 5ml oil • 5ml regular mayonnaise • 15ml low oil mayonnaise (<10gfat / 100g) • 20ml no-oil or fat free salad dressing • 8 olives • 35g avocadopear (1/4 small) • 10ml peanut butter • 30ml cheese sauce • 15ml chopped nuts • 5 big / 10 small nuts • 15ml meat gravy • 15ml cream / sour cream • 15ml seeds • 15ml coffee creamer • 1 strip bacon

WATER Drink clean safe water every day.
 Drink when thirsty or aim for 1.5 – 2L per day.
 Drink more water in hot weather or directly after exercise to ensure good hydration.

