

My healthy eating plate



6+ years

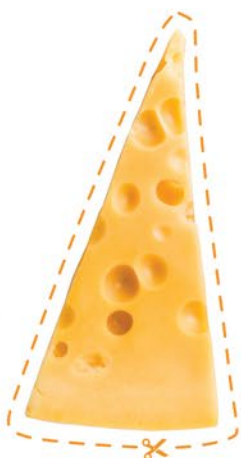
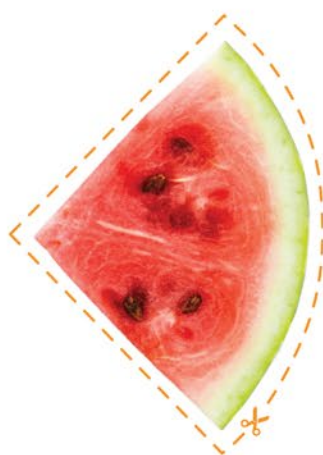
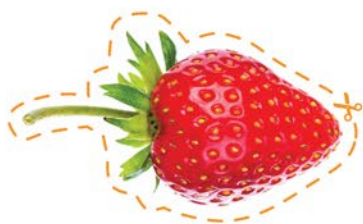
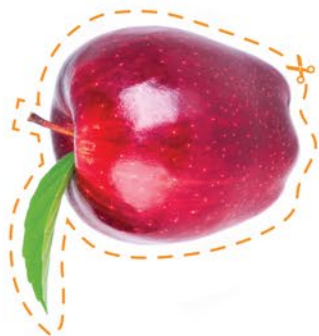
* Refer to attached guide for portion recommendations.

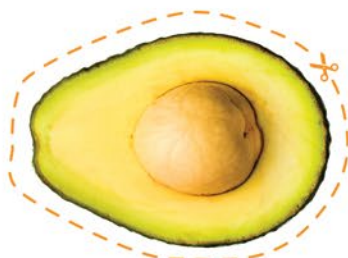
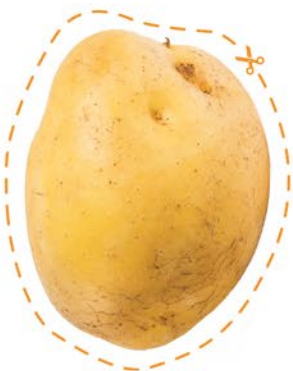
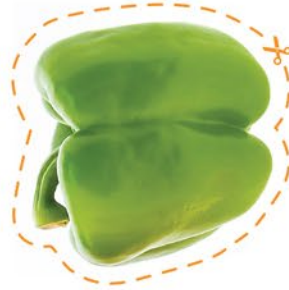
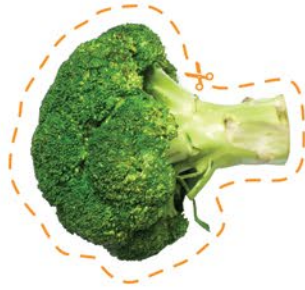
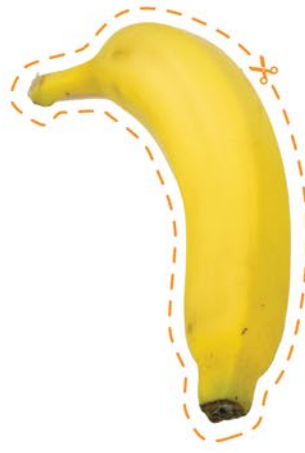
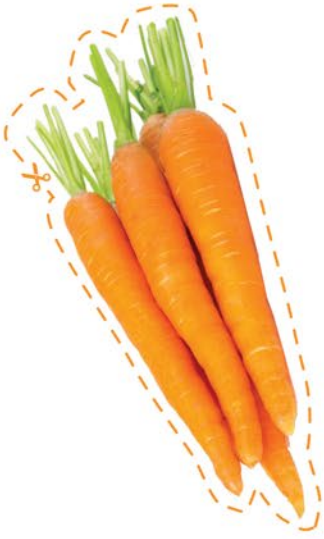


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Portion Sizing Guide

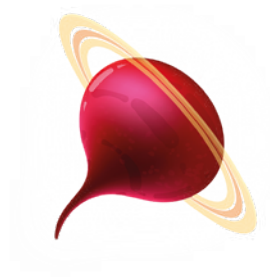


1-3 Year Olds

1



DAILY PORTIONS	ONE PORTION	FOOD TYPE
Dairy: 3-4 portions	1/2 - 3/4 CUP 15 - 20 GRAMS	Milk Cheese
Protein: 2+ portions	30 - 45 GRAMS 1/4 CUP	Lean meat/fish/poultry Cooked legumes
3+ portions	1-3 TBS	Vegetables
2+ portions	1/4-1 FRUIT	Fruit
Carbohydrates: 4+ portions to satisfy child's appetite	1/2 - 1 SLICE 1/2 - 3/4 CUP 1/2 CUP	Bread Cereal Pasta/rice/ porridge
20-25 ml daily depending on activity		Butter/margarine/oil
Just enough to make food tasty		Sugar/jam/syrup



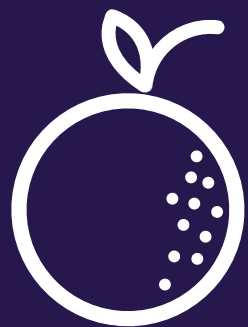
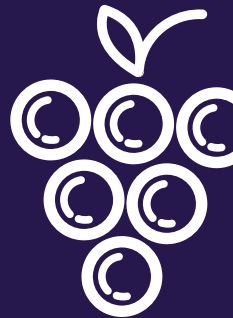
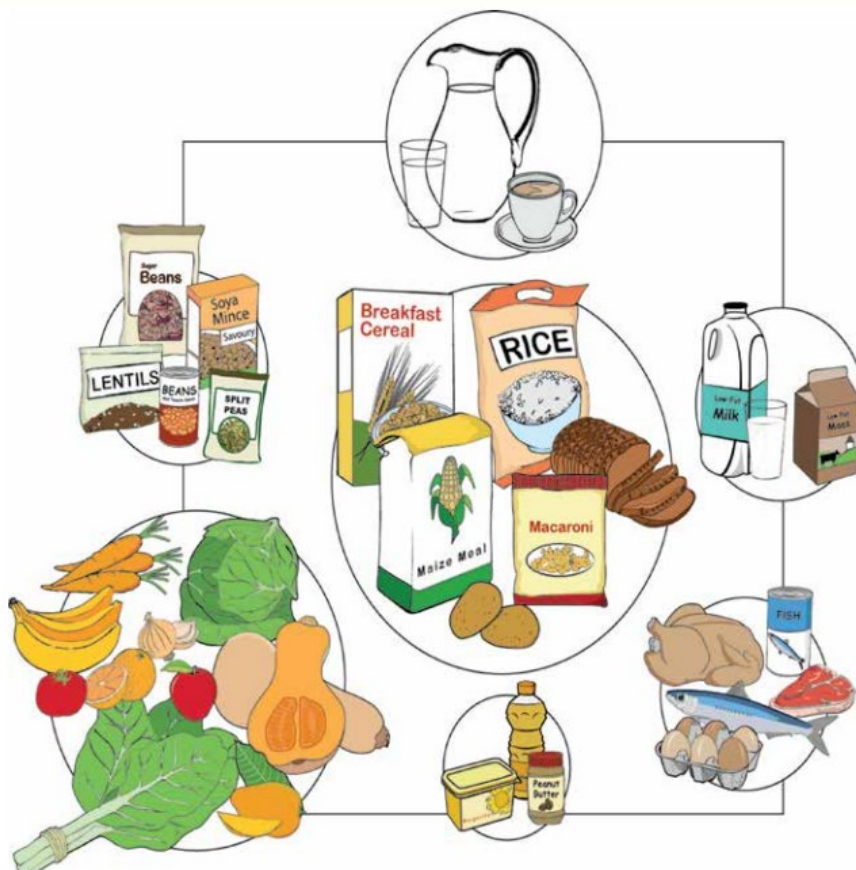
Adults



DAILY PORTIONS ²	ONE PORTION ³	FOOD TYPE ³
DAIRY: 2-3 PORTIONS	1 CUP 40 GRAMS 100ML	MILK (LOW FAT / SKIM) CHEESE YOGHURT, LOW FAT/ FAT-FREE
PROTEIN: 2-3 PORTIONS	PALM SIZE, 10MM 1 LARGE PIECE 1 MEDIUM PIECE 1/2 CUP	LEAN MEAT FISH, WHITE CHICKEN, NO SKIN COOKED LEGUMES
VEGETABLES: 3-5 PORTIONS	1/2 CUP 1 CUP RAW	FRESH/FROZEN RAW & LEAFY
FRUIT: 2-4 PORTIONS	1 2 1/2 1/2 CUP	MEDIUM SIZED: APPLE/BANANA APRICOT/PLUM LARGE FRUIT: ORANGE CHOPPED
CARBOHYDRATES: 6-11 PORTIONS	1 SLICE 1 MEDIUM 1/2 CUP 3 HEAPED SPOONS 1/2 CUP 2 CUPS	BREAD POTATO PASTA/RICE/ PORRIDGE MAIZE MEAL, DRY POWDER MEALIE POPCORN, NO SALT/FAT
FATS: USE SPARINGLY	1 TSP 1 HEAPED TSP	BUTTER/MARGERINE/OIL PEANUT BUTTER
SUGARS: USE SPARINGLY	1 TSP 1 HEAPED TSP	SUGAR (BROWN/WHITE) JAM

The SA food-based dietary guidelines⁴

1. Enjoy a variety of foods.
2. Be active!
3. Make starchy foods part of most meals.
4. Eat plenty of vegetables and fruit every day.
5. Eat dry beans, split peas, lentils and soya regularly.
6. Have milk, maas or yoghurt every day.
7. Fish, chicken, lean meat or eggs can be eaten daily.
8. Drink lots of clean, safe water.
9. Use fats sparingly.
10. Choose vegetable oils, rather than hard fats.
11. Use sugar and foods and drinks high in sugar sparingly.
12. Use salt and food high in salt sparingly.



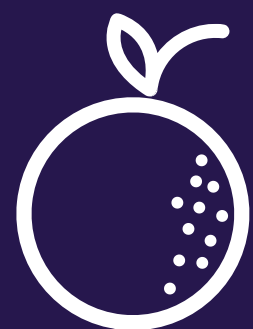
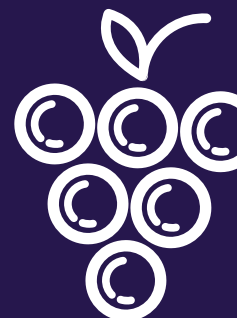


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It is of the individual's own interest to first gain advice from their health practitioner before implementing any new dietary changes. All information sources will be referenced to their appropriate origins. It is therefore, the reader's own responsibility to ensure that these are accurate and valid to their health with the assistance of qualified professionals.





References

1. NICUS (Nutrition Information Centre University of Stellenbosch). s.a. *Feeding children 1-3 years*.
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2. Whitney, E. and Rolfes, S.R. 2005. *Understanding nutrition*. 10th ed. London, UK:Thomson Learning.
3. NICUS (Nutrition Information Centre University of Stellenbosch). 2020? Food and guidelines for healthy eating: menus and meal examples.
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4. NICUS (Nutrition Information Centre University of Stellenbosch). 2020? Food and guidelines for healthy eating: The South African food based dietary guidelines.
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