

# EASY WAYS TO MAKE HEALTHIER CHOICES FOR BREAKFAST AND LUNCH



## 01 PLAN WHEN YOU CAN

Eating regular healthy meals helps you to avoid eating unhealthy snacks and meals. Pack a lunch box for work or school if you don't have time to eat at home.

## 02 AVOID SKIPPING MEALS

Many people tend to overeat later in the day if they skip breakfast or lunch. Eating regularly also maintains blood sugar level which gives you the energy you need for the rest of the day.

## 03 CHOOSE STARCHY FOODS THAT ARE LESS REFINED & HIGHER IN FIBRE

Brown rice, brown bread, boiled potatoes/sweet potatoes with skin on, corn, oats, samp, and grains such as bulgur wheat and pearly barley keeps you fuller for longer and are good for gut health.

## 04 ADD MORE VEGETABLES AND FRUIT

Aim to have at least 5 portions of vegetables and fruit per day. Keep the skin on where possible and avoid overcooking vegetables.

## 05 ADD PROTEIN-RICH FOODS TO AVOID GETTING HUNGRY BETWEEN MEALS

Add fish, skinless chicken, lean meat, beans, split-peas, lentils, chickpeas, soya, eggs, milk, maas or yoghurt. Limit processed meats.

## 06 RETHINK YOUR DRINK - CHOOSE WATER

Sugary drinks can lead to blood sugar spikes and energy dips and contribute to weight gain. Water has no sugar or kilojoules, helps with digestion and helps you maintain a healthy weight.

## 07 CHOOSE YOUR PORTION WISELY

The amount of food in the lunch box should be the same as on a healthy plate.

Aim for:

- ✓ Half a plate of vegetables and/or salad.
- ✓ A quarter plate of protein-rich foods such as skinless chicken, baked or grilled fish, lean meat, eggs, cooked dry beans, split-peas or lentils.
- ✓ A quarter plate of starchy food such as rice, samp, pap, potatoes, sweet potatoes or brown bread.

## 08 USE FOODS THAT ARE HIGH IN FAT, SUGAR AND/OR SALT SPARINGLY

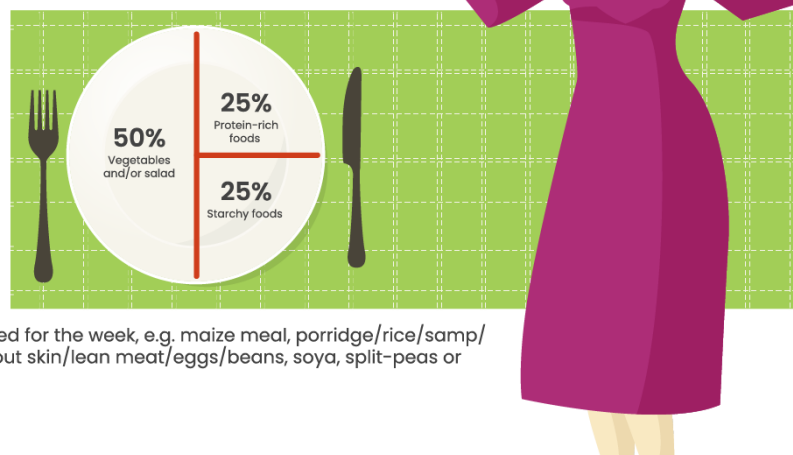
All foods can be enjoyed in moderation, but eating foods that are high in fat, sugar and/or salt on a regular basis puts you at risk for obesity, high blood pressure, high cholesterol and diseases such as type-2 diabetes.

### EXAMPLES OF A HEALTHY BREAKFAST

- ✓ Maize porridge with left-over vegetables from the night before.
- ✓ Maize or mabele or oats porridge with milk or maas and fruit.
- ✓ Overnight oats (e.g. raw oats with yoghurt and fruit prepared the night before).
- ✓ Wholegrain/brown bread sandwich (lettuce, tomato and cheese/boiled egg, or peanut butter, or baked beans) and fruit.
- ✓ Smoothie made from milk, unsweetened yoghurt and fruit.

### EXAMPLES OF A HEALTHY LUNCH

- ✓ Left-overs of the healthy meal from the night before/meals prepared for the week, e.g. maize meal, porridge/rice/samp/ potato/sweet potato/pasta with baked or grilled fish/chicken without skin/lean meat/eggs/beans, soya, split-peas or lentils and with vegetables/salad.
- ✓ Samp with beans and spinach/morogo.
- ✓ A wholewheat wrap with salad/grilled vegetables and tuna.



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