Compilation of Food-Based Dietary Guidelines

Chinese Nutrition Society
South Africa 南非 (2001)

- Enjoy a variety of foods.
- Be active.
- Make starchy foods the basis of most meals.
- Eat plenty of fruit and vegetables.
- Eat dry beans, peas, lentils and soya often.
- Meat, fish, chicken, milk and eggs can be eaten every day.
- Eat fats sparingly.
- Use salt sparingly.
- Drink lots of clean, safe water.
- If you drink alcohol, drink sensibly.