

非洲 Africa

# 膳食指南资料汇总

Compilation of Food-Based Dietary Guidelines



中国营养学会

Chinese Nutrition Society

## African Heritage Diet Pyramid



Illustration by George Middleton

© 2011 Oldways Preservation and Exchange Trust

[www.oldwayspt.org](http://www.oldwayspt.org)



### 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.