

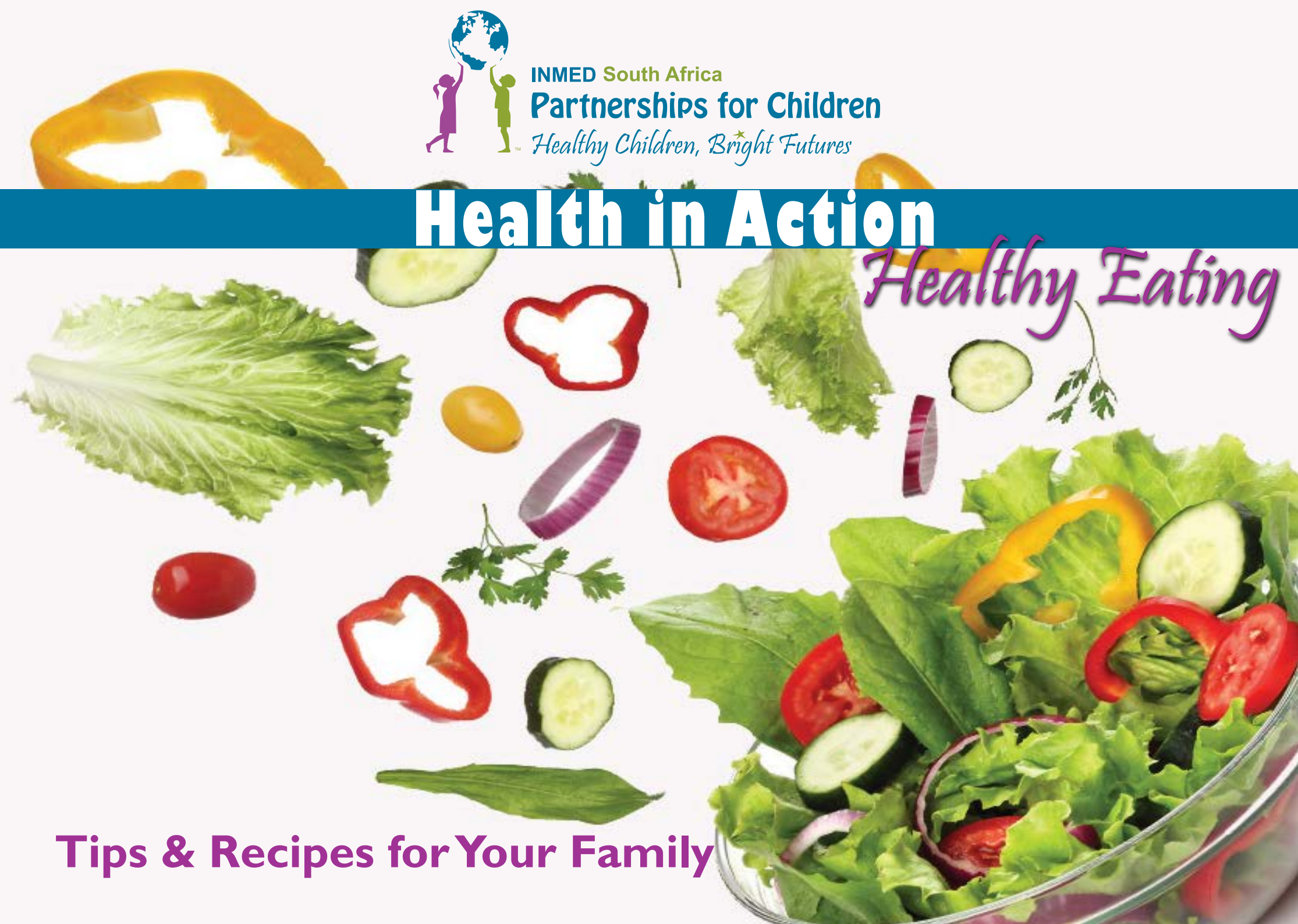


INMED South Africa
Partnerships for Children
Healthy Children, Bright Futures

Health in Action

Healthy Eating

Tips & Recipes for Your Family



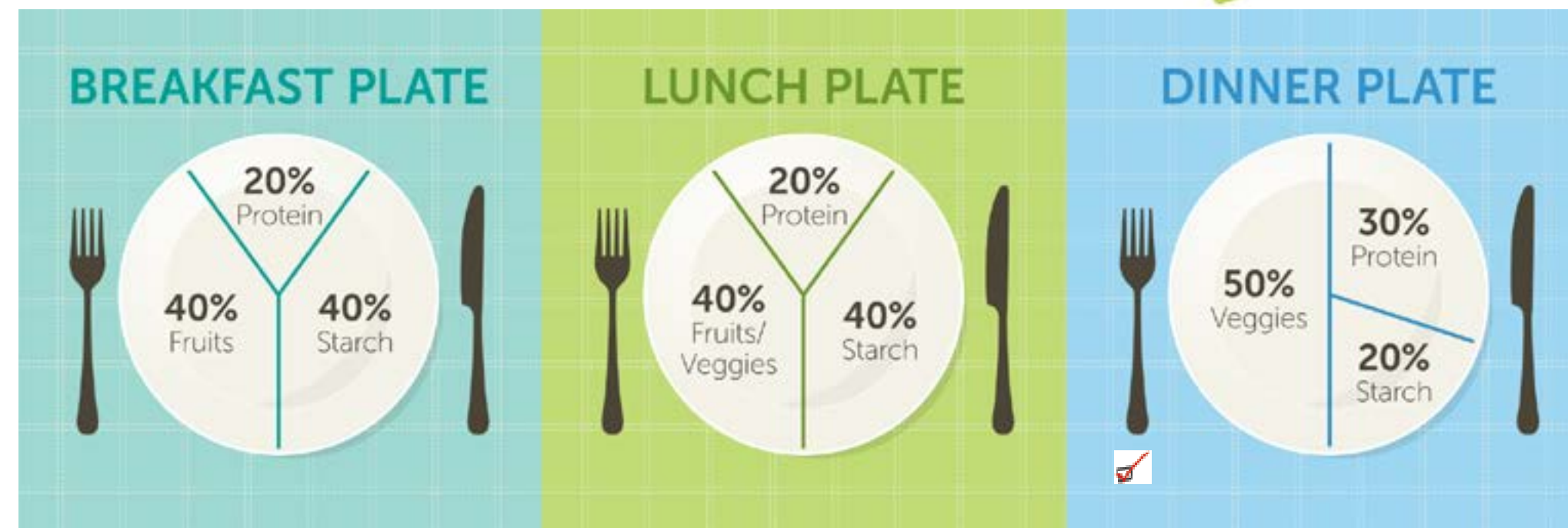
South African Food-based Dietary Guidelines



- ✓ Enjoy a variety of foods
- ✓ Be active!
- ✓ Make starchy foods (carbohydrates) part of most meals
- ✓ Eat plenty of vegetables and fruit every day (3-5 portions/d)
- ✓ Eat dry beans, split peas, lentils and soy regularly
- ✓ Have milk, maas or yogurt every day
- ✓ Fish, chicken, lean meat or eggs can be eaten daily
- ✓ Drink lots of clean, safe water

Plan Your Meal

The size of each section gives a rough idea as to the amount of each food group that you should eat with each meal. For example, large amounts of fruit and vegetables and very small amounts of fatty foods like crisps and chocolate should be eaten.



Healthy Recipe

Spicy Fish & Vegetable Stir Fry

(Serves 4 – 6)

Ingredients

360 g fish fillet (cut into strips)
1 Cup Butternut (chopped)
1 Cup Cabbage OR Spinach (chopped)
2 Carrots (diced)
2 – 3 Tomatoes (diced)
1 Onion (diced)
1 Sweet Red Pepper (diced)
1 Chili (remove pips and dice) – optional
1-2 Garlic cloves, crushed
1 tin (410g) Chickpeas (or 1 cup dry chickpeas, soaked overnight)
1 TBS Olive oil OR canola oil
30 ml lemon juice
30 ml tomato paste
30 ml sweet chili chutney
Salt & pepper to taste

Directions

1. Heat olive oil in a pan. Add chopped onion and soy strips, and brown lightly.
2. Add all chopped vegetables and stir fry for a few minutes.
3. Add chickpeas, as well as fluid from tin OR add a little water.
4. Leave to cook for further 5 minutes.
5. Season with lemon juice, tomato paste and sweet chili chutney.
6. Add salt and pepper to taste

Serve with brown rice, samp or couscous



Healthy Hints

- Use chicken breast (no skin, no bones) instead of chicken
- Choosing soy and using controlled amounts of olive oil or canola oil are good ways to decrease saturate fat (bad fat) and to increase use of the more healthy polyunsaturated fats.
- Read food labels – check the fat content: <5g fat per portion/serving
- Fat-free cooking methods: grill / stew / roast / boil / stir-fry (1 tsp oil /cooking spray)
- By adding vegetables and chickpeas, the soluble fiber content is increased.
- Add salt to taste to limit the salt content of the recipe.
- Fresh or dried herbs can also be added, (e.g. oregano, rosemary, thyme or basil).
- Use any leftovers as a healthy lunch for work or school, with a added fruit.



Healthy Recipes

Fish Tikka

(Serves 4)

Ingredients

For Marinade:

250 ml plain yogurt or maas
 Half an onion, finely chopped
 2 ml ground ginger
 4 cloves garlic, crushed
 5 ml ground coriander
 30 ml lemon juice
 8 ml mild curry powder
 30 ml tomato puree
 5 ml salt
 500 g hake fillets
 2 onions, cut into chunks
 1 each red, green and yellow peppers
 cut into chunks

Directions

1. Mix together all ingredients, except for fish, peppers and rice.
2. Cut fish into bite-sized chunks.
3. Place fish in a shallow dish, spoon marinade over and turn, so that fish and vegetables are coated.
4. Cover and marinate for 1 hour.
5. Cook until fish is cooked and firm, and both fish and vegetables are slightly charred.

Serve on cooked briyani rice (a mixture of basmati rice, lentils and briyani spice mix).



Spinach Basics

Cooks classify this good-for-you green three ways: Curly-leaf spinach has crinkled leaves; flat-leaf spinach, often sold frozen or canned, has smoother leaves and a slightly milder flavor; and baby spinach is simply the flat-leaf type harvested when very young and tender.

In Season: Fresh spinach is available year-round.

What to Look For: Look for bright green, unwilted leaves.

Avoid slimy or spotted leaves.

How to Store: Refrigerate spinach in a plastic bag; it spoils quickly, so use it within a couple of days.



The benefits of consuming fruits and vegetables of all kinds, including tomatoes, are impressive!

- ✓ As the proportion of plant foods in the diet increases, the risk of heart disease, diabetes, and cancer decreases.
- ✓ High fruit and vegetable intake is also associated with healthy skin and hair, increased energy and lower weight.
- ✓ Increasing consumption of fruits and vegetables significantly decreases the risk of obesity and overall mortality.

Healthy Recipes

Fresh Green Salad

(Serves 4)

Ingredients

1 head lettuce
1 cucumber, peeled and sliced
2 to 3 plum tomatoes, cored and cut into small wedges
1 small red onion, sliced thin
Olive oil and red wine vinegar, to taste
Salt and pepper

Directions

Tear the lettuce leaves into bite-sized pieces and transfer them to a large salad bowl. Add the cucumber, tomatoes, and onion. Sprinkle with the oil, vinegar, and salt and pepper, and toss to combine.



Tomatoes are packed full of beneficial nutrients and antioxidants and are a rich source of vitamins A and C and folic acid

Healthy Sauces & Spreads

Low-fat Yogurt Sauce/Dressing

Ingredients

1 Cup Low fat plain yogurt
1 TBS lemon juice
Salt and pepper to taste
1 tsp parsley (chopped) OR dill

Directions

1. Mix together all the ingredients
2. Use this dressing instead of mayonnaise, to lower saturated and total fat intake in the diet.
3. Use as a salad dressing on green salad or on baked potato or potato or pasta salad.
4. Use as a healthy sauce with cold meat or chicken.
5. Use as a dip with low fat, low salt snacks.

Hummus

Ingredients

2 cups chickpeas (cooked)
1/3 cup tahini (sesame paste)
1/4 cup lemon juice
2 garlic cloves
salt & pepper to taste

Directions

1. Combine all the ingredients in a food processor and blend until very smooth. Add liquid as needed.
2. Taste. Add additional lemon juice, garlic, salt & pepper if desired.
3. Serve as dip for pita bread and veggies, or serve on bread



Herbs: A Basic Guide

Herbs can be used to flavor food, instead of adding extra salt to food/dishes. They can be used fresh or dry.

- ✓ Grow your own herb garden; buy plants at your supermarket or nursery and put each one in its own container in your windowsill in a sunny spot, water regularly and use cuttings in food.
- ✓ Freeze whole herbs in plastic bags. No need to thaw; simply cut as much as you need and add to dishes.
- ✓ Dried herbs are more concentrated than fresh herbs. For every teaspoon of dried herbs, use one table-spoon of fresh herbs.
- ✓ Make your own herbal oils and vinegar. Add favorite herbs and spices to olive oil or vinegar then leave to flavor. Use in salad dressings.

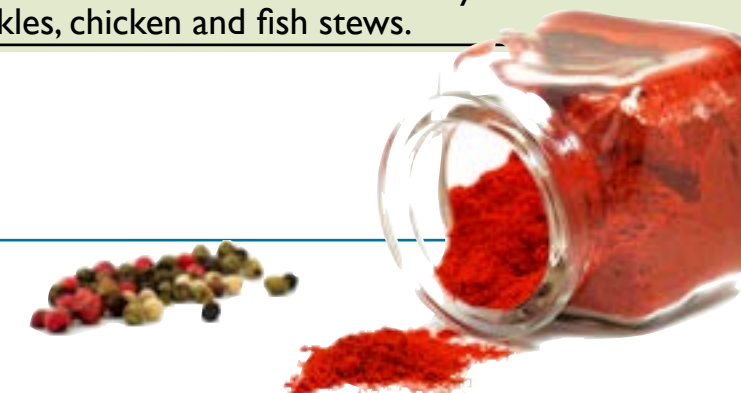
Basil	All tomato dishes
Chives	Add to potato, egg dishes, soups, stews
Coriander	Add to curries, salads and sauces
Dill	Pickles, soups, and fish dishes
Garlic	Meat, chicken, potato, pasta, soup, stews
Mint	Savory dishes such as lamb, also desserts
Oregano	Stuffing, pizza, soups and stews
Parsley	Garnishes, salads, soups, stews
Rosemary	Lamb and chicken dishes, potatoes
Sage	Stuffing for meat, pork
Thyme	Lamb, chicken, soup, stews etc.



Health in Action-South Africa

Spices: A Basic Guide

Allspice	Used in fruit cakes, mince pies and Christmas puddings.
Anise	Adds licorice flavor; used in confectionery and baking.
Fennel	Used in curries, vegetables and bean casseroles (also liquorice flavored).
Cayenne Pepper	Used for giving heat to curries, as well as for seasoning cheese and fish dishes.
Chili	Used to give heat and flavor to curries.
Cinnamon	Ground cinnamon is used for desserts, cakes and biscuits, while cinnamon sticks are used in curries, soups and casseroles.
Cloves	Used in baking, pickling and marinades, apple dishes, fruit punches.
Coriander (Dhania or Cilantro)	These spicy dried seeds are used in curry pastes and powders, marinades and pickling.
Cumin (Jeera)	Used in cheese, bread, sauces and curries.
Ginger	Combines well with garlic. Also used in baking, herbal teas.
Mixed Spice	Used for biscuits, puddings and cakes.
Mustard Seed	Used to give tang to casseroles and sauces.
Nutmeg	Sprinkled on milk puddings, pumpkin, spinach and pasta.
Paprika	Made from dried red pepper, it goes well with beef, chicken and fish.
Saffron	Used with rice and fish dishes, as well as in cakes and biscuits.
Tumeric	Often used instead of saffron to color food yellow. Its warm and spicy taste makes it good for use in curries, pickles, chicken and fish stews.



Health in Action-South Africa

Health in Action



INMED Partnerships for Children and INMED South Africa are proud to offer Health in Action. With support from the Mondelez International Foundation and in partnership with local public and private entities, this program takes a multifaceted approach to inspire and involve individuals of all ages in adopting healthy nutrition and lifestyles. The program provides greater access to fresh foods, health education, physical activity and other participatory activities to help at-risk communities battle obesity and eliminate malnutrition.

Healthy Lunch Box & Snack Ideas

- Sandwich, roll or pita made with brown or whole-wheat bread topped with cottage cheese; tuna, pilchards; mashed egg with low fat mayonnaise; baked beans; peanut butter; avocado pear with lemon juice; lean chicken slices, fish paste and sliced tomato.
- Pasta salad with chopped vegetables, lean chicken and some plain yogurt.
- Fresh or dried fruit or fruit salad or veggie sticks
- Peanuts and raisins
- Low-fat yogurt
- Home-made oat crunchies or popcorn

Contact Us for More Information



**INMED South Africa NPC | Fancourt Office Park—Block 7, Loft Right
Northumberland Avenue, North Riding 2162 RSA**

Telephone: +27 11 486 1090 | contact@inmed.org | www.inmed.org.za

Follow us on

