## <sup>非洲</sup> Africa 膳食指南资料汇总

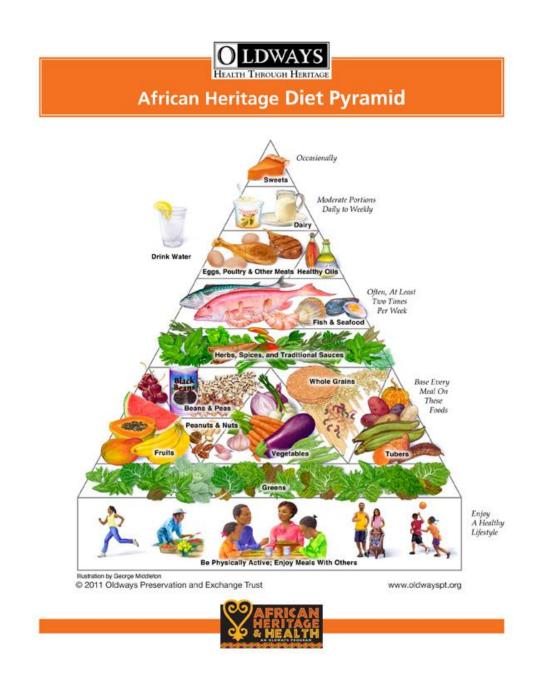
## Compilation of Food-Based Dietary Guidelines





中国营养学会

**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. •