

Your healthy eating checklist

African diet

A healthy eating plan gives your body the nutrients it needs every day, and will also lower your risk for heart disease.

Get at least 5 a day



- Eat at least 5 portions of fruit and vegetables per day.

More vegetables with all your meals

- Bulk out meals by adding more vegetables or a side salad to replace reduced carbohydrate portion.
- Vegetables can be added to curry, rice, bariis, canjeero.

Drink 8 glasses of water



- Aim to drink at least 8 glasses of water a day
- Avoid fruit juices, fizzy drinks, syrups like mango pulp or adding sugar to tea.

Good fats



- Use plant oils instead of animal fats
- Increase oily fish, such as salmon, trout and sardines as they are high in omega 3.

Less oil with your cooking



- Meat and chicken dishes can be prepared by using less oil.
- Try shallow frying, baking or grilling foods
Measure oil when cooking rice dishes and aim for one tablespoon per person per dish.

Less carbohydrates



- Swap for higher fibre carbohydrates such as eba, pounded yam, amala and gari and reduce portion to quarter of the plate.