

- Examples include: Sour Milk, Fresh Milk, and Yoghurt.
- Coffee creamers are not milk or milk products.
- Aim to consume about 1 cup (250 ml) of milk or milk products every day.
- Where milk and milk products are not available, eating more small fish-eaten with bones, moringa leaves or beans and lentils should give equal benefits of calcium and protein.



LEGUMES, PULSES, AND NUTS

- These foods are also good sources of protein and a good substitute for meat.
- They are high in vitamin E, calcium, zinc and fibre (roughage).
- These foods can be processed into flour and added to everyday foods like vegetables, porridge, samp, fritters and scones to increase their nutritional value.
- Examples include: Groundnuts, Beans, Soya beans and Pumpkin seeds.



- Aim to eat 2 handfuls of cooked pulses e.g. beans, lentils, soya (about 180g) or 6 tablespoons of nuts and seeds regularly

NOTE

- All family members need to wash hands thoroughly with soap and clean running water; before and during food preparation; before eating food; before feeding young children, after using the toilet/latrine; and after changing a baby's diaper.
- Make sure your surroundings are clean; keep animals away from where children play or eat.
- Drink a lot of clean safe water every day; about 2 liters throughout the day.
- Avoid or limit your intake of highly processed foods and beverages like corn snacks, sugary drinks, and biscuits. These foods contain a lot of energy but very little or no nutrients.
- Avoid or limit consumption of alcoholic beverages. Excessive intake of alcohol can result in poor nutrient absorption as well as other health complications like liver and heart diseases.
- People who are very physically active such as farmers, sports men and women, construction workers etc., need to eat more and drink more water than guided in this brochure.

Healthy Eating

for the whole family



CIFOR - ICRAF: Piloting incentive-based agricultural portfolios for nutrition and resilience in Zambia

WHAT IS EATING HEALTHY?

Healthy eating means eating the right amount of a variety of good quality foods every day. The whole family need to eat different types of food from all 6 food groups to stay strong and healthy. The 6 food groups are; 1) Cereals, Starchy Roots and Tubers, 2) Legumes, Pulses, and Nuts, 3) Vegetables, 4) Fruits, 5) Fish, Insects, and Animal Source Foods, 6) Milk and Milk Products.



NOTE: Children under the age of 6 months should be given only breastmilk. Breastmilk contains enough water and nutrients the baby needs to grow well.

WHY EAT HEALTHY?

Eating healthy as a family is one way of preventing and fighting diseases to maintain good health today as well as in the future.

To ensure this, the household must have food and nutrition security. Poor diets (not eating healthy), inadequate care practices, hygiene, disease and infection result in malnutrition. Malnutrition can cause poor brain and physical development, obesity, and diseases like diabetes, high blood pressure and heart disease.

Food security is when everyone in the family has physical, social, and economic access to sufficient, safe, and nutritious food that meets their dietary needs and food preferences throughout the year, for an active and healthy life.



CEREALS, STARCHY ROOTS AND TUBERS

- Eat different whole or milled-whole foods every day.
- These foods are the best sources of energy, some vitamins, minerals and roughage (fibre) which will keep you full for a longer time and help with digestion.
- Examples include: Millet, Sorghum, Maize, Cassava and Sweet Potatoes.



- Aim to eat about 4 to 5 fist-sizes (560g) of foods from this group per day.

VEGETABLES

- Eat different coloured vegetables every day.
- Vegetables are an excellent source of vitamins, minerals and fibre (roughage).
- To get the maximum benefits of vegetables, do not overcook them.
- Examples include: Zumba, Chibwabwa, Bondwe, Tomato, Cabbage, and Mushrooms.



- Aim to eat **at least** 1½ cup (230g) of cooked vegetables every day.

FRUITS

- Eat different coloured fruits every day
- Fruits contain vitamins and minerals. Some types

of vitamins and minerals that may be lost during the process of cooking vegetables (e.g. vitamin C, iron, and zinc) can be regained by eating enough uncooked fruit.

- Examples include: Baobab, Masuku, Mfungo, Mpundu, Mango, Oranges and Banana.



- Aim to eat 2 medium-sized fruits or 2 handfuls of small fruits every day (i.e. about 300 g).

FISH, INSECTS, AND ANIMAL SOURCE FOODS

- These foods are the best sources of high-quality protein as well as vitamins and minerals.
- Limit your intake of red meats like beef and goat meat as well as insects to once a week because they can cause negative health effects when eaten too often. Eat chicken and different types of fish more regularly.
- Examples include: Inswa, Vinkubala, Eggs, Chicken, Kapenta and Grasshoppers.



- Aim to eat about 3 - 4 small matchbox-sizes (50 - 115 g) of foods from this group regularly

MILK AND MILK PRODUCTS

- Milk is one of the best sources of high-quality protein and calcium.
- Calcium is found most abundantly in milk. 2 cups (500ml) of milk can provide almost half the amount of calcium you need per day.