

DEPENDS ON A FAIR FOOD SYSTEM

- Your food environment may not always offer what you need to stay well.
- Many older South Africans live with chronic conditions linked to unhealthy diet, but many nutritious foods are often more expensive.
- Start or join a household or community food garden – this can save money and puts fresh food on the table.
- Choose more seasonal fruits and vegetables – they taste better, cost less, and are better for the environment.
- Enjoy traditional and indigenous foods crops like delele, thepe, amadumbe and sorghum – they are nutritious, often affordable, part of our heritage and better for the environment
- Support your community by buying fresh produce from local farmers and markets
- If you cannot afford enough food, seek help through social services or community-based food programmes
- Being more aware of the faulty food system can lead to better food choices being made, and increased pressure put on the government to improve the food system.
- Encourage your workplace management to provide healthier food choices in tuck shops and the canteen.
- Support advocacy movements that ask for stronger policies to protect society from unhealthy food and beverages.
- The government, health services, civil society and communities should work together to build better food systems.
- Inform yourself about marketing tactics that deliberately target society, including children and youth.

“Food system” is all aspects and activities of producing and consuming food, and its effects, including on health and the environment.

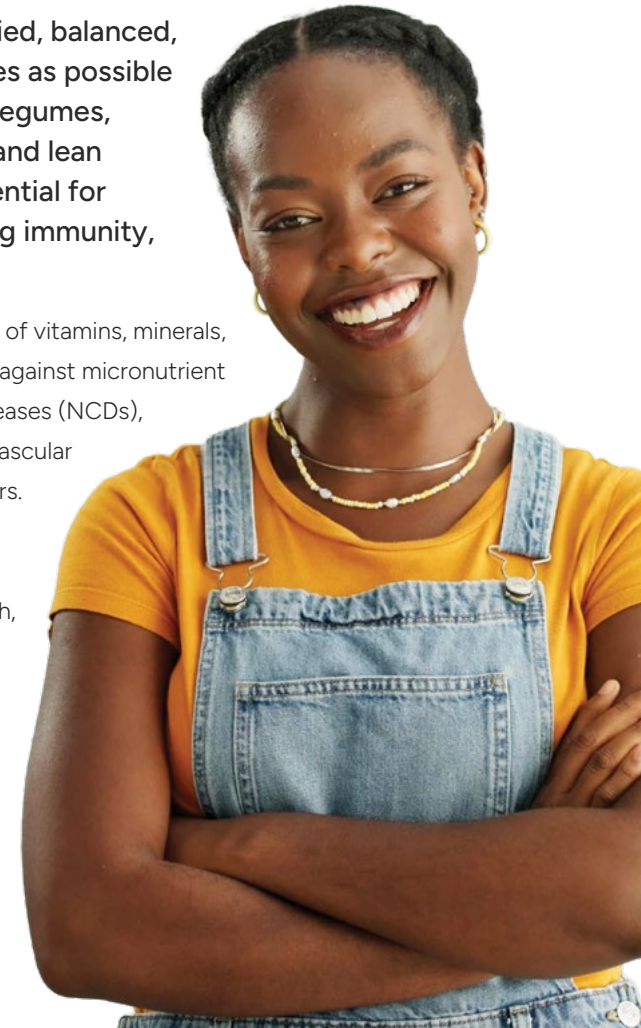
WHAT YOU EAT SHAPES HOW YOU AGE



Did you know? Diets that are varied, balanced, and as close to their natural states as possible (seasonal fruits and vegetables, legumes, whole grains, nuts, healthy fats, and lean or plant-based proteins) are essential for supporting growth, strengthening immunity, and preventing disease.

Ensuring your diet provides a wide range of vitamins, minerals, and phytonutrients will help protect you against micronutrient deficiencies and non-communicable diseases (NCDs), such as obesity, type 2 diabetes, cardiovascular disease, hypertension, and certain cancers.

A nourishing diet also contributes to healthy gut function, better mental health, and lower rates of stunting and anemia.



WHY HEALTHY EATING MATTERS



It helps to **manage your blood pressure, weight, and sugar levels**



It **reduces your risk of diseases** like diabetes, stroke, and heart disease



It **preserves your memory, mobility, and bone health** as you age



With healthy eating, **many illnesses can be prevented and / or better managed**, increasing life expectancy and quality of life.



SIMPLE, HEALTHY EATING GOALS



Aim for five portions of fruits and vegetables every day.

One portion = about the size of your fist (fruit), 1 cup raw or ½ cup cooked vegetables.



Include affordable protein sources like beans, lentils, eggs or tinned fish each day.

Protein is the building blocks of all your cells and necessary for all systems in the body to work well.



Choose starchy foods that are higher in fibre, like oats, brown bread, samp or brown rice. Fibre helps keep you fuller for longer and helps protect against disease.



Add dairy, like milk or maas, each day. It also contains protein and other nutrients like calcium which is important for bone health.



Cook with **less oil and salt**.



Avoid sugary drinks and snacks. Rather snack on fruit, yoghurt, brown bread + cheese slice, soup.



Drink **plenty of water**.



Move daily: walking, cleaning, gardening or stretching all count



Read food labels carefully – choose foods with less salt, sugar, and unhealthy fats



Wash your hands with soap and clean water before preparing or eating food – it prevents illness.



Keep raw and cooked foods separate, and store leftovers safely to protect contamination of food.