

Chicken, fish, meat, milk or eggs could be eaten daily

The above foods are good sources of many nutrients. These include protein and minerals to build our muscles, our bones, our teeth and our blood.

Must we eat chicken, fish, meat, milk, and eggs daily?

No, you don't have to. If you can afford it, you may eat these every day. But, it is important to eat small portions, such as a chicken thigh or a fish fillet. These foods all have fat in them. Therefore you should only eat small portions. You can also eat dry beans, lentils, soya or split peas instead of meat.



What do the words mean

Calcium

A mineral that our bodies use to build bone and teeth. Calcium is found in milk and the soft bones of fish.

Healthy

To be well and free from illness

Minerals

Nutrients which our bodies need to work properly.

Protein

An important substance in food that builds the body

Vitamins

Nutrients that are found in foods that protect our bodies



Why are chicken, fish, meat, milk and eggs needed by the body?

- To build muscles, bones, skin and blood. They are especially necessary for growth in children and for pregnant and breastfeeding women.
- Milk, sour milk or maas, cheese and yoghurt and the soft bones from fish (sardines and pilchards), build our bones and teeth. They contain calcium which builds bones when we are growing up. They also keep our bones strong and protect us from broken bones later in life.
- Meat, chicken and fish contain a mineral called iron. Iron protects our bodies against tiredness and certain illnesses. Red meat (beef or lamb or mutton) and especially organ meat such as liver contain the most iron.





Some of these foods are expensive - what should you do?

- You need not eat these foods every day.
- Buy and eat small amounts of these foods.
- Choose cheaper, lean cuts of meat with little bone to use in stews.
- Eggs are good value for money. Eat about three to four eggs per week to replace red meat or chicken.
- Meat can also be replaced with dry beans, lentils or split peas.
- Offal is usually cheaper and you can eat small portions of this instead of meat.
- Tinned fish is also healthy and is usually cheaper than fresh fish.

Some tips

- Cook meat or chicken at home. It is cheaper and healthier than a take away.
- Prepare meat, chicken and fish without frying. Rather boil, stew, grill or braai.
- Make small portions of lean meat go further in stews and minced meat dishes by adding extra vegetables, dry beans, split peas or lentils, soya, pasta or noodles.
- Try to eat fish at least twice a week. Fish has a good type of fat that protects the body against heart disease.
- Remember that mopani worms, locusts or other insects are also good sources of protein and low in fat.

Keep viennas, polonies, sausages and frankfurters for special occasions. They have a lot of fat and salt, which is not healthy.

How much do you know?

Why are chicken, fish, meat, milk, and eggs good for you?

Which of these foods do you eat and how often?

What do the words 'could be eaten daily' mean to you?

Which other foods do you eat with chicken, fish, milk, meat and eggs?



Important to remember

Chicken, fish, meat, milk and eggs have fats in them. Eating too much of these foods is not healthy.

Cut off all the visible fat from meat before cooking. Don't eat this fat.

Always eat chicken, fish, meat, milk and eggs with other food. It is important to eat a variety of foods so add starchy food and lots of vegetables.



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