



10 TSEBO NUTRITION MISSIONS

1.



**Make the healthy choice
the easy choice.**

Use proven techniques to empower and encourage our customers to improve their knowledge and decisions, particularly as it relates to ways they can maintain healthy lifestyle habits. Healthier items should be the first menu items listed and the first products a customer see when walking into a facility. Provide sufficient menu options that ensure the health of our customers.

2.



**Provide a colourful
variety of fruit and
vegetables.**

We aim to use fresh fruit and vegetables that is in season and frozen vegetables when out of season. As far as possible, vegetables are unprocessed and left unpeeled. For our consumers, remember that eating a variety of fruit and vegetables every day helps you and your family get the vitamins, minerals and fibre your body needs to function as it should. Our suppliers aim to save water, approve soil quality and working with nature to improve soil and plant health, preserve natural resources and promote biodiversity. At least two fresh or frozen vegetables should be available per mealtime.

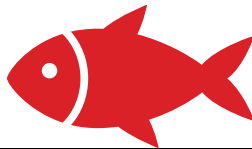
3.



Unprocessed red meat and poultry.

Preference is given to unprocessed red meat and poultry, as far as possible of high biological value. Wet dishes are made using the leanest cuts available. The heme iron in red meat is easily absorbed by the body and it supplies vitamin B12 and zinc. An unprocessed protein option should be available at each mealtime.

4.



Provide responsibly sourced fish and seafood.

All fish is responsibly caught or farmed. We adhere to the WWFSASSI (Southern African Sustainability Seafood Initiative) to ensure that all fish and seafood is responsibly sourced. Fish should be served at least twice per week in any setting.

5.



Provide wholegrains.

Whole grains contain a variety of nutrients, minerals and fibre. Grains that have been refined, such as white flour and white rice, have fewer of these important micronutrients and less fibre. A wholegrain option should be available at every mealtime.

6.



Include more legumes and pulses.

Beans, peas, and legumes such as lentils, are important sources of dietary fibres that enhance the feeling of fullness. It also maintains gut health. Vegetarian dishes are built around legumes and pulses.

7.



A wide range of healthier fats.

Replacing saturated fats with unsaturated fats like avocado, nut and healthy seed oils in one's diet helps your body maintain normal cholesterol levels. Raw and dry roasted nuts are not fried in any oil, making them a better option. Oily fish like salmon, mackerel and sardines naturally contain omega 3 fatty acids that contribute to the normal function of the heart and mental health. Plant oils are used for cooking and spreading.

8.



Food with less saturated fat.

Oils like olive and canola oil are high in unsaturated fat and should replace hardened plant fats (like palm oil) and animal fat. Ingredients like skinless chicken breast, extra lean mince, low fat milk and lower fat cheeses should be used. Food must be prepared with less saturated fats. Low fat milk must be available in all settings.



9.



Food with less sugar.

These days it seems everyone is talking about sugar. The average South African consumes 24 teaspoons of sugar per day – more than double the World Health Organization guidelines for daily intake! From 1985, when 30 million people had diabetes, its prevalence has increased six-fold and today more than 230 million people worldwide are affected by diabetes. If nothing is done now to prevent this, this number will continue to increase to more than 350 million within the next 20 years. Sugar in all recipes must be reduced by 10 percent.

10.



Food with less salt and no added MSG.

No MSG is added to food and the salt content of all spices and flavourings are diligently checked before it is added to the Tsebo buying platform. The link between high blood pressure and salt intake is clear. The prevalence of hypertension in South Africa is 35 percent, and it is estimated that more than 90 percent of patients are not adequately controlled. In a recent study, 28 percent of 900 South Africans consumed more than 9 grams of salt per day. No more than 30 percent salt content allowed per spice. All products must comply with regulations related to the reduction of sodium in certain foodstuffs and related matters (Notice 214 of the FOODSTUFFS, COSMETICS AND DISINFECTANTS ACT 54 OF 1972).