

**TSEBO**



# National Nutrition and Obesity week 2022

Make healthy food  
choices easier

*Yours in nutrition, Annelize Zeelie*





# Overview

With the soaring costs of the monthly food basket, many South African households are forced to make changes to their well-established eating patterns.

Given the country's high prevalence of non-communicable diseases (NCDs) such as hypertension and Type 2 diabetes, which are impacted by diet, it is vital that the current high cost of food doesn't become a barrier to healthy eating.

During October an alliance of South African health organisations is collaborating with the Department of Health and the Department of Basic Education to address barriers to healthy eating and promote the National Nutrition Week 2022 theme 'Make healthy food choices easier'.





# Our Tsebo Promise

At Tsebo we are committed to providing safe, wholesome food of an excellent quality and we inspire a healthy lifestyle by making healthy eating satisfying and delicious.

Tsebo's nutrition missions are premised on the UN's sustainable development goal 3 of "Good Health and Well-Being" which strives to promote wellbeing for all to ensure healthy lives.

As a leader in food service industry, it is our duty to articulate a simple, easy to communicate and very consistent vision of our commitments about nutrition, health and wellness. The objective is to increase awareness and help consumers in their food choices and in their life habits in order to stay healthy, to prevent disease and improve their quality of life.

We aim to make it easier for customers to choose healthy food options.

The 10 Nutrition Missions provide guidance for all Tsebo facilities to implement common principles for a healthy diet. These principles are the foundation for developing menus, recipes, products as well as promotional materials to help our customers make healthy lifestyles second nature.





# The 10 Tsebo Nutrition Missions are:

01

Make the healthy choice the easy choice

02

Provide a colourful variety of fruit & Vegetables

03

Use unprocessed red meat and poultry

04

Provide responsibly sourced fish and seafood

05

More wholegrains

06

More legumes and pulses

07

A wide range of healthier fats

08

Food with less saturated fat

09

Food with less sugar

10

Food with less salt and no added MSG



# Nutrition Mission

## MAKE THE HEALTHY CHOICE THE EASY CHOICE



The Healthier items should be the first item on the menu

The Healthier items should be packed at eye level in resale environments

Healthier items should be indicated with a logo on a menu, menu board or digital format (H)

Healthy counters should be the first item a customer see when walking into a facility

A healthy hot and cold meal should always be available

A healthy hot and cold meal should always be available

Call order bars and coffee shops should have healthier items available





# Making healthy food choices easier

The National Department of Health points out that in addition to concerns about non-communicable diseases (NCDs), South Africa has the highest rates of overweight and obesity in Sub-Saharan Africa. When it comes to nutrition, South Africa bears a double burden where both under- and over-nutrition occur in our communities, sometimes even existing side by side in the same household. The Demographic and Health Survey conducted in 2016 reported that 68% of South African women and 31% of men are overweight or obese. Around 20% of women and 3% of men are severely obese. In addition, approximately 13.3% of South African children under five years are overweight or obese, which is more than double the global average of 6.1%. Lifestyle changes, including making daily healthy eating choices and regular physical activity are important for South Africans of all ages.



# Barriers to healthy eating

Research has shown that barriers to healthy eating include cost of healthy food, low levels of nutritional knowledge, culinary traditions, social pressures, and lack of time for meal planning and preparation. Many of the barriers to healthy eating have to do with perceptions rather than facts. An example of this is believing that healthy eating is more expensive when there are many affordable ways to make healthier eating choices.





# National Nutrition Week 2022 Messages:

## The focus areas for National Nutrition Week 2022 are:

- Improved healthy food choices by household members throughout the life course
- Eating regular meals and healthy snacks
- Improved consumption of healthy portions
- Improved physical activity engagement by household members





01

**Healthy eating can be affordable and helps fight diseases such as COVID-19 and chronic illnesses.**

- Enjoy a variety of whole foods, i.e., unprocessed or minimally processed foods
- Buy healthy affordable foods
- Drink lots of clean, safe water instead of sugary drinks
- Prepare healthy home meals rather than buying ready-to-eat snacks or meals
- Practice healthy eating habits, e.g. eat lots of vegetables and small portions of other foods. Eat together without distractions (e.g. cellphones or TV)





02

**Protect your health with vegetables and fruit. Eat more vegetables and fruit through every stage of your life.**

**Eating more vegetables and fruit every day can help protect against diseases, such as heart disease, stroke, cancer and diabetes, by:**

- Reducing blood pressure
- Reducing cholesterol
- Supporting weight management
- Supporting blood sugar management



# 03

## Eat regular meals and healthy snacks

- Setting and keeping to a plan of regular, healthy meals helps people to stay healthy, maintain a healthy weight and prevent hunger. It helps to prevent overeating at meals or snacking on unhealthy foods during the day which can lead to the development of obesity, diabetes and heart disease.
- The goal is to eat at least every four to five hours during the day in order to re-energise one's body and keep blood sugar levels consistent and for optimal digestion of food.
- Skipping meals can lead to feelings of hunger and low blood sugar (like dizziness, shaking or loss of concentration).
- Eating regularly means that if one chooses to eat three meals per day, that this is done most days of the week.



04

## Choose water rather than sugary drinks

- Start your day with a glass of water.
- Increase your daily water intake when the weather is hot.
- Keep a reusable water bottle with you and make sure to refill it regularly. This will also help one to sip on water instead of sugary drinks and will also provide a visual reminder to drink more water.
- Take a bottle of clean, safe water to school or work.
- Make it a habit to drink water with meals instead of sugary drinks.
- Add fresh slices of lemon, cucumber or lime, mint leaves or pieces of fresh fruit or berries to your water or unsweetened Rooibos or herbal teas. Prepare flavoured water in advance and refrigerate and/or add ice.
- If you do not have access to clean, safe water, purify water by boiling it for three minutes or by adding one teaspoon of bleach to 25 litres of water and leaving it to stand for two hours before using.





# Tips to plan and prepare quick, healthy and affordable meals:

- Practise forward planning - leaving you healthier and financially stable. Plan the amount of money you have available for food and draw up a budget for food. Have an amount in mind and do your best to stick to it. Look at past receipts as a starting point.
- Always draw up a menu plan and a shopping list. Create a menu plan for the week ahead for breakfast, lunch and dinner. Be realistic. If you only have 20 minutes to prepare a meal, then do not choose a complicated recipe.
- Use the guidelines for healthy eating and the food guide when planning meals that are mostly plant-based, i.e., vegetables, fruit, legumes and preferably minimally processed starchy foods. Choose a variety of foods that are affordable and in season.
- Consider meat-free days during the week. Dry beans, peas, lentils and soya can be used in many dishes, such as salads, soups and stews. They are high in protein and can also be added as a meat extender to “stretch” the quantity of the dish.
- Include fatty fish such as canned pilchards and sardines as an affordable option of protein and good fats.
- Try to eat a variety of vegetables and fruit in different colours if possible.





# Budget tips when buying groceries:

- Plan when you will go shopping – if you shop when you are hungry, you may buy unnecessary and unhealthy food.
- Always use a shopping list as a reminder to choose healthy foods and to stick to the food budget.
- Dry beans, peas, lentils and soya are more affordable and are not subjected to VAT.
- Buy locally produced foods and look out for specials: look for discounts, coupons, and sales, especially on store brands, which usually cost less.
- Compare unit prices (rand per gram/kilogram) listed on price tags to find the cheaper brand.
- Buy in bulk, if possible, as single-size items are often more expensive than buying in bulk. Dry products and frozen foods keep well for a longer period and can be bought in bulk.
- Check the use by date / best before date/expiry date and quality of food you buy, especially when it is on sale.



# Be Active! The following tips may help to be physically more active

Engage in any form of physical activity for 30 minutes daily

Start slowly and set realistic goals to work towards

Engage in community physical activities to encourage participation by others

Choose a form of physical activity that should be enjoyable, for instance:

- Brisk walking
- Walking up the stairs instead of taking a lift
- If you use a car, park the car far away from the shopping/mall entrance
- Take opportunities to stand more, e.g., when speaking on the phone
- Taking a walk during lunch breaks
- Playing active games with family and/or friends
- Dancing, cycling, swimming and skipping





# Supporting documents from Key collaborators



Basic Education  
Health  
Social Development



APPROVED AS PART OF  
THE HEART AND STROKE  
FOUNDATION EATING PLAN



<https://www.nutritionweek.co.za/NNW2022/collaborators>







For queries please contact  
Tsebo Catering Solutions.

**TSEBO**

