

Make starchy foods the basis of most meals

Examples of starchy foods

Starchy foods are foods such as maize (mealie) meal, bread, rice, sorghum (mabella), samp, pasta (macaroni, spaghetti), potatoes, sweet potatoes, porridges and breakfast cereals.

Starchy foods contain some of the nutrients that our bodies need to stay healthy. Starchy foods are also sometimes called staple foods.

What is special about starchy foods?

- Eating starchy foods makes us feel full. This means we won't get hungry easily.
- Unrefined starchy foods have fibre, which helps our bowels to function properly (going to the toilet easily).
- Starchy foods are widely available.
- Starchy foods are cheaper than animal foods.
- Starchy foods are low in fats, which make them good for us.



What the words mean

Energy

The power that our bodies need to keep going.

Starch

The part of the food that makes us healthy and gives us energy.

Staple food

The food that we eat the most, such as bread and maize meal.

Healthy

To be well and free from illness.

Fibre

Roughage

Fortified foods

Foods that are strengthened with vitamins and minerals.

Mixed meal

A meal with more than one type of food.

Did you know?

- Unrefined (coarse) starchy foods is best for us, for example coarse maize meal and whole wheat bread.
- All maize meal and white and brown bread flour (and bread baked with this flour) are fortified. This means that even more nutrients are added to them.
- Soured porridge made from sorghum or maize meal is good for children.

Remember to add variety to your meals by eating other foods with starchy foods

More information about fortified foods

Micronutrients are vitamins and minerals that people need to keep their minds strong, and their bodies healthy to fight off diseases and have healthy babies. If you do not have enough of even one micronutrient, you will get a deficiency (having too little) and become sick.

Most South Africans do not have enough money to eat enough of a variety of foods to provide all the micronutrients they need. The only way that they can get extra micronutrients is if they eat foods that have been fortified (strengthened).

All maize meal and white and brown bread flour (and bread baked with this flour) are fortified with the following micronutrients: **vitamin A, thiamin, riboflavin, niacin, pyridoxine, folic acid, iron and zinc.**



Starchy foods should be the biggest part of each mixed meal.

You should eat more of the starchy foods than of the other foods in a mixed meal.

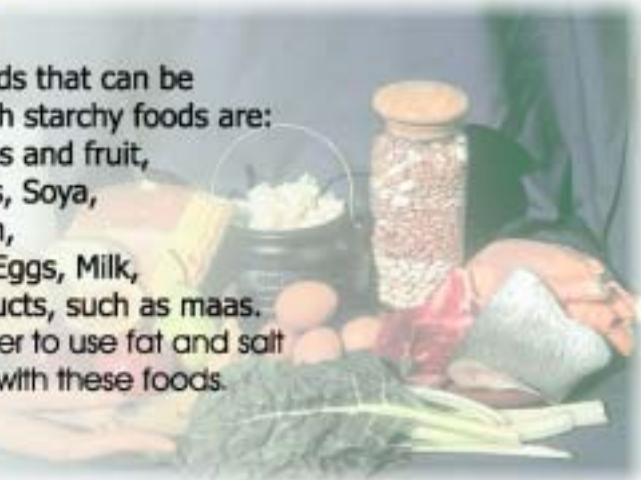


Important facts

Starchy food is not fattening as long as you don't eat too much of it and it is not prepared with lots of fat and sugar. If you do lots of physical activity during the day you need more starchy food than if you are inactive. Starchy food does not give your body everything that it needs. Therefore, mix starchy foods with other foods.

Hints

Other foods that can be mixed with starchy foods are:
Vegetables and fruit,
Dry beans, Soya,
Meat, Fish,
Chicken, Eggs, Milk,
Milk products, such as maas.
Remember to use fat and salt sparingly with these foods.



For more information, contact:
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How much do you know?

- What does the word 'starchy' mean to you?
- Which starchy foods do you and your family usually eat?
- Which other foods do you eat with your starchy foods?
- Why do you think starchy foods are healthy?

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