

# NUTRITION AWARENESS



**Use the  
plate model  
to eat  
balanced  
meals.**

## Healthy eating on a budget

- Buy in bulk.
- Buy locally produced foods.
- Buy unprocessed foods.
- Buy fruit and vegetables that are in season.
- Buy tinned or frozen vegetables if fresh vegetables become unusable too quickly.
- Buy tinned fish, e.g. pilchards, sardines or tuna, as it's generally cheaper than buying fresh fish.
- Buy cheaper cuts of meat. Compare meat prices per kilogram.
- Avoid tinned and processed meat, polony and sausages, as these are high in fat and salt.



Western Cape  
Government

FOR YOU

Health and Wellness