

RED MEAT CONSUMPTION

as recommended by the South African Food- Based Dietary Guidelines

- ✓ Most foods can form part of a healthy diet
- ✓ Lean red meat, like South African lamb and mutton, can contribute significantly to meeting dietary needs of many nutrients, including iron
- ✓ According to the SA Food- Based Dietary Guidelines (FBDG), fish, chicken, lean meat or eggs can be eaten daily
- ✓ Up to 560g cooked, lean red meat per week is recommended, which equals to approximately 80g to 90g per day
- ✓ According to large national food consumption studies the average red meat intake of South Africans is below the recommended 80g to 90g per day (cooked red meat portion)^{1,2,3}
- ✓ According to agricultural data (production and import of the raw unprocessed product), approximately 70g red meat, 100g white meat, 20g eggs and 20g fish are available per person per day in South Africa.



Why are Food- Based Dietary Guidelines important?

- The South African FBDGs were developed to be used as a consistent communication tool
- They represent expert agreement on how diet-related public health problems should be addressed by dietary recommendations to consumers
- Doctors, dietitians and nurses are considered the most trusted sources of nutritional information for South African consumers

More about the Food-Based Dietary Guidelines

Food- Based Dietary Guidelines (FBDGs) are dietary recommendations based on foods and food patterns. They include a collection of short, positive, country-specific and science-based messages aimed to educate the general population on how to attain a prudent diet that will meet all nutrient requirements while simultaneously protecting against the development of non-communicable diseases.

In 2003 the first set of South African FBDGs was adopted by the National Department of Health to form the basis of nutrition communication to the public. These guidelines were developed by the Nutrition Society of South Africa (NSSA) in partnership with the Department of Health, Directorate Nutrition (DoHDN)), the Medical Research Council, and several other stakeholders from different United Nations Agencies and Food Producer's Organisations in South Africa. In 2011 a national working group was established to revise these FBDGs to increase relevance to the rapidly urbanising South African population as well as address previous misinterpretations. In 2012 these revised guidelines were published.

REFERENCES

1. Labadarios D, Steyn NP, Maunder E, et al. 1999. The National Food Consumption Survey (NFCS). Children aged 1-9 years, South Africa. Pretoria: Department of Health. 2. Labadarios, D., Swart, R., Maunder, E., et al. 2008. The National Food Consumption Survey - Fortification Baseline (NFCS-FB-II): South Africa, 2005. Directorate: Nutrition, Department of Health, Pretoria. 3. Nel, J.H. & Steyn, N.P. 2002. Report on South Africa Food Consumption Studies Undertaken Amongst Different Population Groups (1983-2000): Average Intakes of Foods Most Commonly Consumed. Directorate: Food Control, Department of Health, Pretoria, South Africa. 4. Abstract of Agricultural Statistics. 2012. Directorate Statistics and Economic Analysis. Abstract of Agricultural Statistics. Department of Agriculture, Forestry and Fisheries; Private Bag X246, Pretoria, South Africa.

The South African Food- Based Dietary Guidelines

1. Enjoy a variety of food
2. Be active
3. Make starchy food part of most meals
4. Eat plenty of vegetables and fruit every day
5. Have milk, maas or yoghurt every day
6. Eat dry beans, split-peas, lentils and soya regularly
7. Fish, chicken, lean meat or eggs can be eaten daily
8. Use fats sparingly; choose vegetable oils rather than hard fats
9. Use salt and food high in salt sparingly
10. Drink lots of clean, safe water
11. Use sugar and food and drinks high in sugar sparingly

Meat Recommendations

Optimal intake of foods from the meat and meat alternatives group are:

- ✓ Up to 560 g lean red meat per week (approximately 80 to 90 g per day)
- ✓ 2 to 3 fish dishes per week
- ✓ ± 4 eggs per week



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