

Plan your meal to include at least one of the foods from the following groups:

• Energy giving foods

- Cereals, bananas, roots and tubers.
- Fats, oils and sugars in small quantities.

• Body building foods

(Legumes and foods of animal origin)

• Protective foods

(Vegetables and fruits)



Remember

- Eat more food to increase energy intake
- Eat at least three main meals plus snacks between meals.
- Have main meals that include foods from each group.
- Prepare, handle, serve and store all foods in a hygienic way.
- Drink at least four big cups (1.5 litres) of water throughout the day.

Food groups	Examples of food choices	Special preparation considerations
Energy giving foods: <i>Cereals, bananas, roots and tubers</i> <i>Fats, oils and sugars- in small quantities</i>	Matooke, cassava, irish potatoes, maize, sweet potatoes, yams, chapati, posho, rice, bread, millets. Ghee, cooking oil, cooking fat, butter, (siagi), margarine, sugar, and honey.	<ul style="list-style-type: none"> • Avoid deep frying.
Body building foods: <i>Legumes and foods of animal origin</i>	<i>Beef, goat, milk, pork, chicken, fish, liver, nswa, kidney, beans, peas, yoghurt, simsim, kidney, groundnuts, soya beans, mukene, odii, nsenene.</i>	<ul style="list-style-type: none"> • Cook all animal products until well cooked. • Do not eat raw eggs.
Protective foods: <i>Vegetables</i>	<i>Nakati, dodo, jobyo, carrots, ntula, tomatoes, bbuga, ngobe, cabbage sukuma wiki, pumpkin, pumpkin leaves, spinach, tomato.</i>	<ul style="list-style-type: none"> • Avoid cutting before washing. • Avoid cutting into very small pieces. • Cook immediately after cutting. • Cook for a short time. • Avoid adding a lot of water. • Eat immediately after cooking.
Protective foods: <i>fruits</i>	Banana, pawpaw, <i>matugunda</i> , Water melon, mango, guava, passion fruit, pineapple, pawpaw, <i>ntutunu</i> , orange, jambula, tangerine (mangada), apple, pineapple, jackfruit, tomato, avocado.	<ul style="list-style-type: none"> • Wash properly before eating. • Do not eat rotten fruits.
Water and beverages	Fruit Juice and water.	<ul style="list-style-type: none"> • Boil drinking water and water for making fruit juice. • Keep drinking water in a clean covered container.

Snacks may include: Bread (slice or bun), cassava, popcorn, biscuits, kabalagala, an egg, groundnuts, muchomo, fruit.



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