



Helping South Africans eat better

South African adults living in resource-poor communities are at greater risk of chronic diseases because their diets lack variety.

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Many South African adults face numerous challenges when it comes to eating healthily. These include a lack of health knowledge, a lack of cooking skills, a low household income, high food prices, unemployment and a lack of access to food stores that provide healthy, quality food.

Poor diets contribute to obesity and chronic diseases such as diabetes, hypertension and cardiovascular disease. Healthy food should be easily accessible, affordable and sufficient enough for everyone to lead a healthy life.

“People often choose unhealthy high-fat, high-sugar, high-salt foods when healthy food is inaccessible or unavailable,” says Samukelisiwe Madlala.

Researchers at the SAMRC Non-communicable Diseases Research Unit have developed a booklet to promote diverse diets among adults in urban resource-poor communities. The pamphlet provides information on healthy food options available in resource-poor communities, budget-friendly meal planning ideas, ways of making meals go further and healthy food preparation tips.

“The purpose of this booklet is to motivate, assist and illustrate to adults in urban resource-poor communities how to consume a varied and affordable diet. People need to feel empowered despite the obstacles to making the right choices for their own health and



Healthy food can help South Africans live better.

that of their families.”

In addition to addressing the challenges of consuming a diverse diet on an individual level, it is still necessary to address external factors that influence food choices.

“Government, policymakers,

food manufacturers and retailers must work together to create interventions for promoting healthier food choices and a diverse diet among South Africans.”