

Sample Counseling Card from Tanzania on a Balanced Diet

Eat a variety of foods from all **five food groups** below to get all the nutrients the body needs to stay strong and fight infection. No single food contains all the nutrients you need. When planning a meal, choose at least one food from each food group. Eat at least three meals and two snacks a day.

1. **Cereals, green bananas, roots, and tubers** (carbohydrates for energy)

Examples: maize, rice, millet, cassava, taro (*magimbi*), white potatoes, yams, sweet potatoes



2. **Pulses, nuts and animal-source food** (proteins for body building)

Examples: beans, peas, nuts, meat, fish, eggs, milk, sardines, insects (*senene, kumbikumbi*)



3. **Fruit** (vitamins and minerals for protection)

Examples: pawpaw, mango, orange, pineapple, *mabungo, ukwaju*, many others



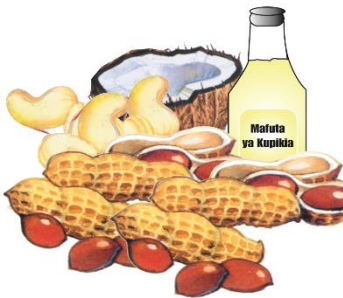
4. **Vegetables** (vitamins and minerals for protection)

Examples: amaranth, sweet potato leaves, okra, pumpkins, tomatoes, *mlenda*, *mchungu*, *figiri*, *mwidu*



5. **Sugar, honey, fats and oil** (for extra energy)

Examples: sugar, honey, coconut, sunflower, corn and palm oil



Examples of balanced meals and nutritious snacks

BREAKFAST

Piece of fruit
Boiled cassava, banana, or potato
Boiled carrots
Fruit juice
Treated (boiled or filtered) water

SNACK

Piece of fruit
Roasted cassava or sweet potato
Roasted nuts
Carrot
Treated (boiled or filtered) water

LUNCH

Mealie meal or rice
Meat or beans
Boiled sweet potatoes
Papaya or other fruit
Treated (boiled or filtered) water

DINNER

Mealie meal or green bananas
Meat, beans, or fish
Seasonal vegetables cooked in oil
Guava or baobab fruit
Treated (boiled or filtered) water

Source: Tanzania Food and Nutrition Centre (TFNC). 2016. *Nutrition Assessment, Counselling and Support (NACS): Job Aids for Facility-Based Service Providers*. Dar es Salaam, Tanzania: TFNC.

Pictures from Centre for Counselling on Nutrition and Health (COUNSENUH).