

Key Message 8: Take up to 15–20 grams of fats and oils per day.



- 1 tablespoon of oil is about 8 gram.
- Choose liquid vegetable oils such as sunflower, soya bean or Niger seed oil and Limit the use of solid fat such as margarine

Key Message 9: Limit intake of sugar, sweets and soft drinks to below 30 grams per day.



- Avoid adding sugar and sweeteners to milk and fruit juices
- Take water instead of soft drinks: water is best and good for your health

Key Message 10: Limit salt intake to below 5 grams per day.



- Safeguard yourself from blood pressure by using less than 5 g of salt per day.

Key Message 11: Limit alcoholic drinks – both factory-processed and homemade – to no more than 2 glasses per week.



- Even small amount of alcohol intake during pregnancy and lactation affects health of both mother and baby
- Pregnant women should eat one extra small meals or “snack” every day to be healthy.
- Lactating women should eat two extra small meals or “snack” every day to be healthy.

Remember that always stay clean!



- Wash your hands with soap and water before handling food, and often during food preparation

Ethiopia Food-Based Dietary Guidelines (Key Messages)



March 2022

Key Messages

For Healthy Diet and Lifestyle

Key Message 1: Diversify your diet by selecting from at least 4 food groups in every meal and 6 food groups every day.



- A diverse diet means a plate with at least 4 food groups in every meal and 6 different food groups every day.
- Pregnant women should eat one extra small meal or “snack” every day to be healthy.
- Lactating women should eat two extra small meals every day to be healthy.

Key Message 2: Every day, eat 80–120 grams of legumes such as beans, chickpeas, peas or lentils.



- Legumes such as beans, chickpeas and lentils are very important for your health and to control weight gain overtime.

- Soaking, sprouting and cooking will help you to get the full nutritional benefits from eating legumes.
- 1 medium sized scoop of shiro stew gives you 100gram.

Key Message 3: Eat 100–200 grams of various fruits and vegetables of different colours every day, such as bananas, papayas, kale, carrots and tomatoes



- Avoid overcooking of vegetables; it promotes loss of vitamins.
- On average 1 medium banana is 150gram or 1 medium mango is 100gram.
- 1 medium-sized scoop of cooked vegetables is about 80gram.

Key Message 4: Diversify your diet with 10–20 grams of nuts and oilseeds such as groundnuts, and sunflower or sesame seeds.



- Avoid moldy nuts as they are not good for your health
- 1 Table spoon of **Yesuf fettet** (injera mized with sunflower juice) = 25 g.

Key Message 5: Add animal-source foods such as eggs and meat (60 grams) and dairy foods (300–400 grams) to your meals every day.



- 1 egg is about 50gram or 1 portion of beef stew is 85gram.
- 1 cup of fresh milk is about 200gram.

Key Message 6: Drink 8–10 large glasses of clean water daily. It is good for your health.



- Treat your water by boiling or using water guard: this makes it safe for drinking

Key Message 7: Be physically active for at least 30 minutes a day.



- Whatever your age, being physically active can help you lead a healthier and happier life.