

“Give me five” food groups for a healthy diet!

Teacher Guidance Manual



Representation of the recommended servings and quantities

1

CARBOHYDRATES

Carbohydrates provide the body with glucose (sugar), which is converted to energy used to support bodily functions and physical activity. Carbohydrates can be found for example in bread, injera, rice, kocho, and cassava. But carbohydrate quality is important; some types of carbohydrate-rich foods are better than others. The healthiest sources of carbohydrates include unprocessed or minimally processed whole grains, vegetables, fruits, and beans, which deliver vitamins, minerals, fiber, and a host of

important phytonutrients. Unhealthier sources of carbohydrates include white bread, pastries, sodas, and other highly processed or refined foods. These items contain easily digested carbohydrates that may contribute to weight gain and promote diabetes and heart disease.

2

ANIMAL PROTEINS

Proteins are made up of amino acids. A person's body needs a balance of all 22 types of amino acids to function correctly. The body cannot produce nine of these acids, called essential amino acids. Amino acids are the building blocks of protein. When the body digests the proteins in food, it breaks them down into amino acids. **Animal proteins** provide protein, fats, vitamins, and mineral and are important for health maintenance in vulnerable persons

and building body tissues and muscle. Meat, poultry, eggs, and fish are very good sources of high-quality (complete) protein and vital micronutrients such as iron, zinc and vitamin B12 (good for blood cells and nervous system). However, animal products should be consumed with moderation as they contain saturated fat and higher levels of cholesterol than sources of plant protein, which can cause some health issues.

3

PLANT PROTEINS

Only **plant proteins** contain fiber, which helps to keep the digestive system balanced and do not contain saturated fats and cholesterol. Peas, lentils, and chickpeas are good sources of proteins, minerals and vitamins. Those with more proteins such as beans and peas combat malnutrition while also providing other nutrients. Nuts are good sources of minerals and unsaturated fat. Nuts and oilseeds

are very good sources of vitamins with antioxidative properties such as vitamin E and beta-carotene. Adding sunflower seeds and peanuts in kolo is already well-established in Ethiopia. It should be encouraged as a wider practice. Eating 15–30 grams of nuts every day reduces cardio-vascular disease risk.

4

VEGETABLES + FRUITS

Vegetables and fruits are rich sources of vitamins, minerals, and fiber. Minerals and vitamins help our body fight diseases and function properly. Fiber absorbs harmful chemicals, slows digestion, and improves the absorption of nutrients from food. Some fruits and vegetables are rich in carbohydrates (potato, sweet potato, banana, mango,

etc.) and fat (avocado, etc.), which are essential for energy. To the extent possible, one should eat a variety of fruits and vegetables of different colors such as banana, papaya, kale, carrot, and tomato every day.

5

FATS

Fats are concentrated sources of energy: for example, one spoon of cooking oil contains twice as much energy as one spoon of starch or one spoon of sugar. Fats contain fatty acids needed for growth. Fats also help the absorption of certain vitamins such as vitamin A. Besides pure visible fats such as butter and oil, plant-based fat is

also available in certain food items such as oilseeds and avocados which are good for health. Sesame seeds also have a high antioxidant content (vitamin E and betacarotene) than other oilseeds. Vitamin E helps the body form red blood cells and use vitamin K and betacarotene as an antioxidant.

1 medium-sized teff injera (only) = 310g



1 medium-sized home-made bread = 110 g



1 medium-sized commercial bread = 110g



1 tablespoon of oil = 10g



1 tablespoon of spiced butter = 15g



1 glass of milk = 200g



1 cup of yoghurt = 350g



1 tablespoon of cottage cheese = 25g



1 medium-sized boiled egg = 50g



2 medium-sized scrambled egg = 50g



1 average adult handful of groundnuts = 21g



1 average adult handful of roasted sunflowers = 15g



Sunflower juice mixed with pieces of injera (Yesuf fetfet) = 25g



1 teaspoon of peanut butter = 10 g



1 medium-sized ladle shiro stew = 100g



1 average adult handful of roasted beans (qollo) = 30g



1 medium-sized ladle of lentil stew = 125g



1 average adult handful of germinated beans (beqolt) = 45g



1 medium-sized scoop of salad = 35g



1 medium-sized scoop of cooked kale = 35g



1 medium-sized scoop of mixed vegetables = 25g



1 glass homemade mixed fruit juice = 250g



1 medium-sized banana = 150g



1 medium-sized orange = 200g



1 medium-sized avocado = 150g



1 medium-sized mango = 250g



1 medium-sized lemon = 35g



1 medium-sized slice of papaya = 75g



1 medium-sized slice of watermelon = 150g



1 medium-sized slice of pineapple = 35g



Food group	Local food item example	Serving size (kcal)	Equivalent amount (grams)	In local measurement unit
Grains, roots and tubers	Injera, bread	300	Average from 310 g of injera or 150 g of bread	1 medium-size injera or 1.5 pieces of bread
Milk and dairy foods	Milk	90	200 g	1 cup
Meat and eggs	Egg and beef stew	65	50g of eggs or 85 g of meat stew	1 egg or 1 portion of beef stew
Pulses	Shiro stew	115	100 g (shiro)	1 medium sized scoop of stew
Nuts and seeds	Sunflower seeds	50	10–15 g (sunflower paste (suf fitfit))	1 tablespoon
Fruits	Mango or banana	80	150 g of banana or 100 g of mangoes	1 medium banana or 1 medium mango
Vegetables	Cooked vegetables	30	80 g	1 medium-sized scoop
Oils and fats	Oil	130	8 g	1 tablespoon

Recommended amount and equivalent serving size per day for an ideal balanced diet for the **average population**

Recommended intake of the different food groups in grams per day for various age-range **among children**



Food group	Local food item example	2–5 years	6–18 years
Grains, roots and tubers	Injera, bread	490 g	600 g
Milk and dairy foods	Milk	200 g	200 g
Meat and eggs	Egg and beef stew	30 g	50 g
Pulses	Shiro stew	90 g	115 g
Nuts and seeds	Sunflower seeds	15 g	10 g
Fruits	Mango or banana	75 g	95 g
Vegetables	Cooked vegetables	75 g	95 g
Oils and fats	Oil	15 g	10 g

Qabiyeen Qajelfamaan barsisota midhaan kudura fi muduraa Qoranon isa akka armaan gaditii qopha'ee Jira: "Ethiopia: Food-Based Dietary Guidelines–2022", (2022), Federal Government of Ethiopia, Ministry of Health, Ethiopian Public Health Institute fi "Feed the Future Ethiopia Growth through Nutrition Activity: Nutrition-Sensitive Agriculture Training Manual" (2017), USAID, Save the Children, Land O'Lakes