

## CUPPA FOR CANSA PROJECT: Guidelines

This forms part of the “launch package” for each hostess: *‘Serving healthier food options’*  
**This year CUPPA FOR CANSA aims to focus on one or more ‘Healthier’ recipe and food options at your CUPPA table. Here’s how:**

<b>CUPPA FOR CANSA “HEALTHIER OPTIONS” GUIDELINES</b>
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### **1. CANSA SMART CHOICE SEAL PRODUCTS<sup>1</sup>**

Aim to include one or more of the CANSA Smart Choice food products (carries the CANSA Smart Choice Seal) in your recipes, these can include:

- Epic Foods (Pty) Ltd – **product:** Blossom Canola Margarine and spreads
- Fair Cape Dairies (Pty) Ltd – **product:** Fair Cape Rooibos Yoghurt
- Olyfberg – **product:** Olyfberg Extra Virgin Olive Oil
- Pioneer Foods (Pty) Ltd – **products:** Bokomo Weet-Bix & Bokomo Oats
- Red espresso® – **product:** red espresso® (rooibos espresso)
- Southern Oil (Pty) Ltd – **products:** B-Well Canola Oil and B-Well Extra Virgin Olive & Canola Oil
- Sozo Food (Pty) Ltd – **product:** Sozo Food Culinary Oil
- Willmar Continental Edible Oil and Fats (Pty) Ltd – **products:** Excella & Conti Canola Oil

### **2. FRUIT/VEGETABLES**

- Try to include whole fruit and /or vegetables in your recipe(s).
- *‘Whole’ means the entire fruit/vegetable, not only the juice.*

### **3. WHEAT OR OTHER FLOURS**

- If flour is used: aim for less refined flours and more wholegrain flours.

### **4. LEGUMES**

- Aim to include legumes (.e.g. lentils, chicken, all kidney-shaped beans, soya (GMO free, if possible) and tofu, where possible.

## **5. MEAT, CHICKEN, FISH**

- Fish & lean white meat are better options than red meat. If red meat is used, opt for leaner options.
- Limit/avoid smoked foods.
- Limit/avoid highly salted meats.
- Limit/avoid processed meats.

## **6. DAIRY**

- Aim for lower fat dairy options, e.g. cheese, milk, yoghurts.

## **7. FATS**

- Aim to use smaller quantities of fats and oils.
- Please do not deep fry, but rather bake (use dry heat methods), grill, steam, stir-fry.

## **8. SUGAR**

- Limit/lower the sugar content of the original recipe – tell us how you adapted this recipe.
- Aim to use foods such as whole fruits, etc. to sweeten recipes, where appropriate.
- What can be seen as ‘added sugar’: ingredients or substances such as corn syrup, deionised, deflavoured fruit concentrates and juices, dextrose, dextrose syrup, , glucose, glucose syrup, invert sugar, lactose, maltose, maltose syrup, sucrose, sucrose syrup, trehalose, xylose and isomaltulose.

## **9. ARTIFICIAL SWEETENERS**

- The term ‘artificial sweetener’ or ‘non-nutritive sweetener’ refers to a number of compounds that are used as additives to food and drinks as a substitute for sugar.<sup>2</sup> They are many times sweeter than table sugar and smaller amounts are needed to create the same level of sweetness. They may be used to control weight and obesity.

## **10. SALT**

- Limit/avoid salt – aim to use more herbs and spices.

## **11. PORTION SIZE**

- *Aim to control the portion size and number of servings at your table.*
- *Smaller portions are better for the more ‘treat-like’ tea-time options.*

Megan Pentz-Kluyts RD(SA)  
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<sup>2</sup> Mishra A, Ahmed K, Froghi S, Dasgupta P. Systematic review of the relationship between artificial sweetener consumption and cancer in humans: analysis of 599,741 participants. *Int J Clin Pract*, December 2015, 69, 12, 1418–1426.