

# AFRICAN & CARIBBEAN EATWELL GUIDE KEY



The Eatwell Guide is based around the five main food groups and illustrates the different varieties of what you should eat from each food group. You can use the Eatwell Guide to help you make healthier choices whenever you are; deciding what to eat, at home cooking, out shopping for groceries, eating out in a restaurant, cafe or canteen, or choosing food on the go. Aim to fill your trolley with a healthy balance of a variety of food.

Foods high in fat, salt and sugar are placed outside of the main image, or outside of the Eatwell Guide. These types of foods are not essential in the diet and most of us need to cut down on these to achieve our healthy balance.

You may notice that not only is food included, but also fluid intake. Aim to drink 6-8 glasses of fluid every day. Water, lower fat milk and sugar-free drinks including tea and coffee all count.

The Eatwell Guide is not suitable for children less than 2 years old as they have different nutritional needs. From the ages of 2 to 5 years old, it is expected that children should gradually move to eating the same foods as the rest of the family in the proportions shown in the Eatwell Guide.

Anyone with specific dietary requirements or medical needs should also check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs.

## Fruits & Vegetables

There are various types of fruit and vegetables that can be eaten as part of a varied diet. Eat at least five portions a day.

1. Papaya
2. Mango
3. Avocado
4. Ackee
5. Spinach
6. Corn
7. Jackfruit
8. Sourop
9. Cassava Leaves, Ugu Leaves, Vegetable Leaves
10. Tinned Tomatoes
11. Breadfruit
12. Pumpkin
13. Steamed Vegetables
14. Okra
15. Coconut
16. Egusi Vegetable Soup
17. Callaloo
18. Carrots
19. Cabbage
20. Cho Cho, Butternut Squash
21. Efo Riro Vegetable Soup

## Dairy & Alternatives

Dairy & dairy alternatives are good sources of protein, calcium and vitamins. Choose lower fat and lower sugar varieties.

1. Milk & Non-Dairy Milk
2. Cheese
3. Low Fat, or Natural Yoghurt
4. Powdered Milk, Nido

## Outside of the Eatwell Guide

These foods should be eaten less often and in small amounts as they contain high amounts of fat, salt and sugar.

1. Condensed Milk
2. Banana Bread
3. Puff Puff, Bofrot, Dumpling, Festivals, Fried Dough Snacks
4. Carrot Cake, Sweet Cakes
5. Cookies, Biscuits and Confectionary
6. Chin Chin, Deep Fried Snacks
7. Fried Plantain Chips

## Potatoes, Bread, Rice, Pasta and Other Starchy Carbohydrates

Choose a wholegrain or higher fibre variety with less added salt and eat in moderate proportions.

1. Yam, Cassava Root
2. Plantain
3. Brown Rice
4. Cornmeal
5. Noodles, Spaghetti
6. Porridge Oats
7. Pounded Yam, Eba, Fufu
8. Hardough Bread, Sweet Bread, Agege Bread
9. Wheat Biscuits, Wholegrain Cereals
10. Sweet Potato
11. Roti
12. Jamaican Sweet Potato
13. Semolina
14. Potatoes

## Beans, Pulses, Fish, Eggs, Meat and other Alternatives

These foods are good sources of protein. Eat more of beans, pulses, sustainably sourced fish and less red or processed meat.

1. Beef Stew
2. Stock Fish
3. Moin Moin
4. Suya Meat
5. Lentils
6. Boiled Eggs
7. Tilapia Fish, White Fish
8. Black Eyed Beans
9. Kidney Beans
10. Baked, Roasted Chicken
11. Tinned Mackerel, Tinned Fish
12. Nuts and seeds
13. Lamb Stew
14. Red Snapper Fish, Fried Fish
15. Egusi Soup

## Oils & Spreads

Choose unsaturated oils or lower fat spreads to reduce your saturated fat intake and use in small amounts.

1. Sunflower Oil, Vegetable Oil, Olive Oil
2. Palm Oil (Use in small amounts)



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