African & Caribbean Eatwell Guide

Use this Eatwell Guide to help you understand some cultural foods and help get a better balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1048kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Fruit and vegetables

Eat at least 5 portions of a variety of fruit and vegetables every day

Soursop, Sapote, Guava, Tamarind, Scotch bonnet, Chayote/ ChoCho, Pak Choi, Frozen peas, Okra, Ackee

Potatoes, bread, rice, pasta and other starchy carbohydrates

Choose a wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, Sweet potatoes, Rice, Cassava, Yam, Porridge, Fufu, Bammy, Garri, Kenkey, Taro root, Breadfruit, Barley, Fonio, Spelt, Kamut, Teff, Hard dough & Agege bread, Plantain, Green banana, Roti, injera, Whole Grain Flours

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Lentils, Beans, Soy chunks, Egusi

Dairy and alternatives

Choose lower fat and lower sugar options

Soya drink

Choose unsaturated oils and use in small amounts

Oil & spreads

Eat less often and in small amounts

Patties/Meat Pies, Malt beverages, Fried doughs (puff puff, dumpling, festival, pholourie)

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

THE DIVERSE NUTRITION ASSOCIATION

Melissa Saint Hill, Amaeze Madukah & Ashleigh Simpson

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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