

# Eatwell Guide: Caribbean

Includes Anguilla, Antigua & Barbuda, Bahamas, Barbados, Cuba, Jamaica, Trinidad & Tobago, St Lucia, St Vincent, Grenada and the Bahamas

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 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

## Common dietary trends

- High intake of fruits and vegetables
- Frying is common
- Snack foods high in fat, salt and/or sugar
- High intake of starchy/ carbohydrate food



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.

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

Callaloo and other dark green leafy vegetables

Ackee (used to make ackee and saltfish)

E.g. scotch bonnet

Meats, such as beef, lamb, oxtail, pork and goat

Chickpeas, nuts esp. peanuts

Beans and lentils

Salmon, snapper

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

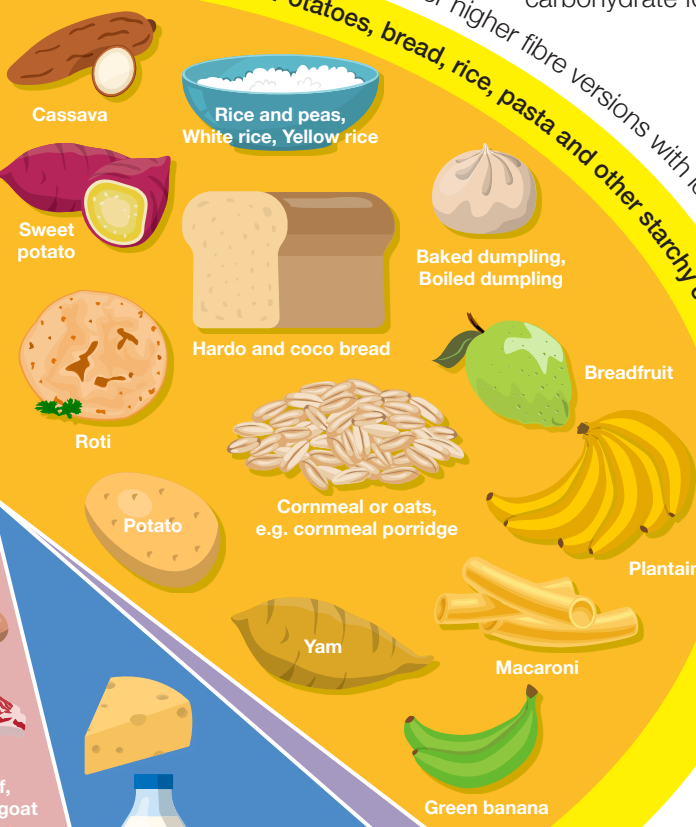
Dairy and alternatives

Choose lower fat and lower sugar options

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

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

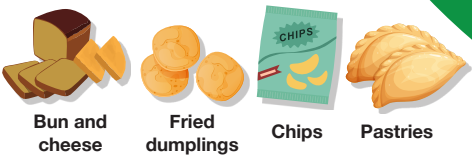
Potatoes, bread, rice, pasta and other starchy carbohydrates



Malt drinks and sodas



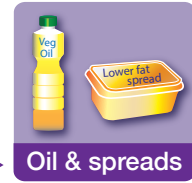
Punch esp. with condensed milk



Bun and cheese Fried dumplings Chips Pastries

Eat less often and in small amounts

GLORIOUS NUTRITION



Oil & spreads

Choose unsaturated oils, e.g. olive oil, and use in small amounts