

Eatwell Guide: East African

Includes Tanzania, Kenya, Uganda, Rwanda, Burundi and South Sudan, Ethiopia and Somalia

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

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

Fruit and vegetables

Kale and other dark green leafy vegetables



Paw paw

Orka



Sambusa



Chevdo



Halva

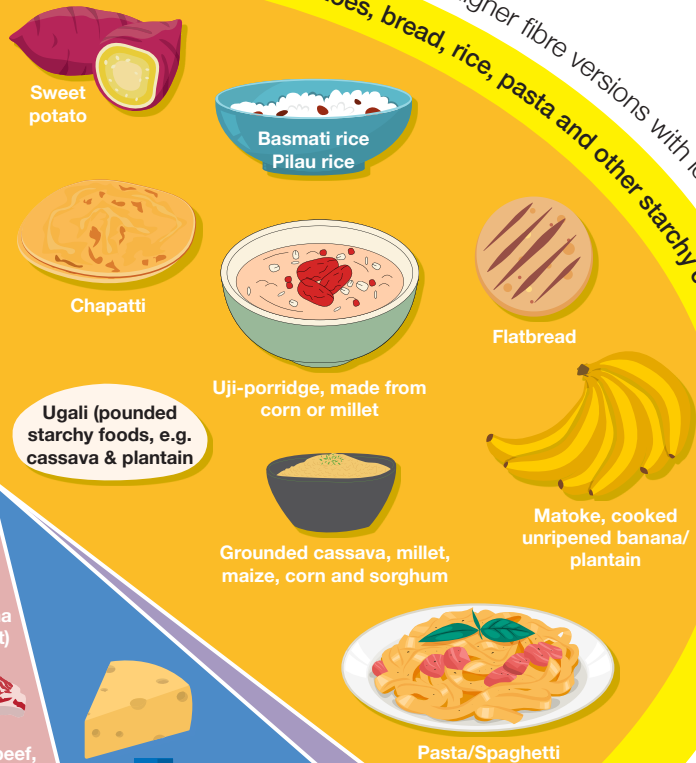
Eat less often and in small amounts



GLORIOUS NUTRITION

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

Potatoes, bread, rice, pasta and other starchy carbohydrates



Sweet potato

Basmati rice Pilau rice

Chapatti

Ugi-porridge, made from corn or millet

Flatbread

Ugali (pounded starchy foods, e.g. cassava & plantain)

Grounded cassava, millet, maize, corn and sorghum

Matoke, cooked unripened banana/plantain

Pasta/Spaghetti



Cow or goats milk, Fortified milk drinks



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

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

Common dietary trends

- High intake of fruits and vegetables
- Frying is common
- Sweet treats are common
- High intake of fibre



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.

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



Nyama Choma (grilled meat)

Meats such as beef, lamb and goat

Chickpeas, kidney beans nuts esp. peanuts

Beans and lentils

Salmon, hake

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