

Eatwell Guide: African Caribbean

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

This Eatwell Guide can help you 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.

Common dietary trends

- High intake of fruits and vegetables
- Frying is common
- Salt can be frequently used in cooking
- High intake of fibre



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



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

Potatoes, **Sweet potatoes**, **Potatoes, bread, rice, pasta and other starchy carbohydrates**, **Yam**, **Cassava**, **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**

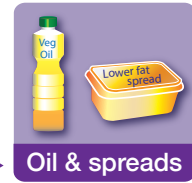


Foods high in fat, salt and sugars
Eat less often and in small amounts



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



Oil & spreads
Avoid cream and ghee. Instead choose unsaturated oils, e.g. olive oil, and use in small amounts

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