

Six Food Groups

for use

in the Caribbean

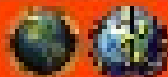
# Staples



## Cereals:

Bread (from whole grain or enriched flour), wheat flour, corn (maize), corn-meal, dried cereals, macaroni, spaghetti, rice, cereal porridges.

**Starchy fruits, roots, tubers/ground provisions:** Banana, plantain, breadfruit, yam, potato, dasheen, coco/ eddoe, cassava.



# Legumes & Nuts



Kidney beans, gungo/pigeon peas, black-eye peas, cow peas, other dried peas and beans, peanuts, cashew nuts, sesame seeds, pumpkin seeds.

# Vegetables



**Dark green leafy and yellow vegetables:** Callaloo/spinach, dasheen leaves, cabbage bush, pak choy, string beans, pumpkin, carrot.

**Other vegetables:**

Squash, cho-cho, (christophene, chayote), cucumber, tomato, garden egg/aubergine

# Fruits



Mango, guava, citrus (orange, grapefruit, limes, tangerine), pineapple, West Indian cherry, pawpaw/papaya, golden apple/Jew/June plum, sugar apple/sweet sop.



# Foods From Animals



- . Meat, poultry, fish (fresh, canned, pickled, dried), milk, cheese, yoghurt, egg, liver, heart, kidney, tripe (offal), trotters, feet, tail, head



# Fats & Oils



Cooking and salad oils, butter, margarine, shortening, ghee, coconut cream/milk, meat fat, nuts, avocado pear, Jamaican ackee.

# CARIBBEAN FOOD GROUPS

A GUIDE TO MEAL PLANNING FOR HEALTHY EATING



**STAPLES**

**LEGUMES**

**FOODS FROM ANIMALS**

**FRUITS**

**VEGETABLES**

**FATS & OILS**

**Flour**

**Oats**

**Pigeon Peas**

**Black Eye Peas**

**LENTILS**

**Split Peas**

**Peanuts**

**Cashew Nuts**

**Cornmeal**

**RICE**

**CORNE**

**MILK**

**YOGURT**

**MARGARINE**

**PURE**

**VEGETABLE OIL**

**MAYONNAISE**

**COCONUT OIL**