

## FATS

Polyunsaturated: vegetable oils (except coconut oil).  
Saturated: butter, margarine, bacon, salt pork, coconut oil, fat on meat, fat in whole milk.

Nutrient-rich in: fat, vitamin E, butter and fortified margarine provide vitamins A and E. Most oils do not contain vitamin A.

Recommended number of servings per day: 3 or more.

## FOODS FROM ANIMALS

Lean meat, fish, poultry, eggs, cheese, ham, sausages, sardines, liver, heart, kidney, tripe, etc.

Nutrient-rich in: protein, iron, B complex and fat-soluble vitamins and fat. Red meats and organ meats are excellent sources of heme iron.

Milk (fresh, evaporated, skimmed) yoghurt, cheese.

Nutrients contributed: calcium, protein, vitamins A and D, thiamine, riboflavin, carbohydrate and fat.

Recommended number of servings per day: 2 or more.

## FRUITS

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

Nutrient-rich in: carbohydrates, vitamin C, vitamin A (yellow fruits), B complex vitamins, minerals and fibre.

Recommended number of servings per day: 2 or more.

# CARIBBEAN FOOD GROUPS GUIDE

Remember this is a guide, not a prescription. If you don't like or tolerate certain foods listed here, include those that you do.

Aim to eat well 80-90% of the time, and enjoy good quality desserts, alcohol and treats 10-20% of the time.



## STAPLE FOODS

Cereals: Bread (from wholegrain or enriched flour), flour, cornmeal, cooked and ready-to-eat cereals, macaroni, spaghetti, rice, porridges.

Starchy fruits, roots, tubers and their products: banana, plantain, breadfruit, yam, Irish potato, sweet potato, dasheen, coco/cassava.

Nutrient-rich in: carbohydrates, vitamins, minerals and fibre.

Recommended number of servings per day: 4 or more.

## LEGUMES/NUTS

Red peas, gungo/pigeon peas, black-eye peas, cow peas, split peas, peanuts, other dried peas, beans, nuts (cashews, walnuts) and also sesame seeds and pumpkin seeds.

Nutrient-rich in: protein, carbohydrate, the minerals calcium and iron, fibre.

Try to combine foods rich in protein, like dried peas, dried beans and nuts with cereals like rice or protein from an animal source, to allow the body to use it more effectively.

Recommended number of servings per day: 1 or more.

## DARK GREEN LEAFY, YELLOW, AND OTHER NON-STARCHY VEGETABLES

Callaloo, spinach, watercress, dasheen leaves, pak choi, string beans, pumpkin, carrot, string beans and other vegetables such as squash, cho-cho, cucumber, tomato, aubergine.

Nutrient-rich in: vitamins A, and C, B complex vitamins, minerals and fibre.

Recommended number of servings per day: 2 or more.

### Double/two-mix: two food groups

These are the most affordable meal plans with a mix of groups that ensures meals contain all the essential amino acids in the right proportions.

1: CEREAL (STAPLE)	2: LEGUMES
Rice	Peas/Toast + Bakes Beans
1: CEREAL (STAPLE)	2: FOOD FROM ANIMALS
Macaroni + Cheese/Rice	Baked Fish
1: PROVISION (STAPLE)	2: FOOD FROM ANIMALS
Green Banana	Mackerel Rundown

### Triple/three-mix: three food groups

1: CEREAL (STAPLE)	2: LEGUMES	3: VEGETABLES
Rice	Peas	Glazed Carrots
1: PROVISION (STAPLE)	2: FOOD FROM ANIMALS	3: VEGETABLES
Ripe Plantain	Salt Fish	Callaloo
1: (STAPLE)	2: FOOD FROM ANIMALS	3: LEGUMES
Rice	Stewed Beef	Pigeon Peas



### Quadri/four-mix: all four foundation food groups

These meals are of the highest nutrient value as it includes all four foundation groups.

1: CEREAL (STAPLE)	2: LEGUMES	3: FOOD FROM ANIMALS	4: VEGETABLES
Boiled Dumplings	Broad Beans	Stewed Beef	Carrots
1: GROUND PROVISION (STAPLE)	2: LEGUMES	3: FOOD FROM ANIMALS	4: VEGETABLES
Pigeon Peas	Stewed	Oxtail	Pumpkin

### Getting the Most out of Your Food Groups by Combining Groups 1 - 4

Multi-mix principle: The idea is to use your four foundation groups together, and that by combining complementary food groups you are covering a wide range of essential nutrients.

Always include the Staples group (rice, corn, wheat, and oats and ground provisions - starchy fruits, roots, and tubers).