

# EAT A VARIETY OF FOODS FROM THE: **6 CARIBBEAN FOOD GROUPS**



## **STAPLES**

Include: rice, pasta, potatoes, provisions, bread, roti and all other flour products and cereals.



## **LEGUMES & NUTS**

Peas, beans and nuts.  
E.g. lentils, pigeon peas, red beans, peanuts, almonds, cashews.



## **FOODS FROM ANIMALS**

Include chicken, fish, milk, yogurt, cheese and eggs



## **FRUITS**

Examples include mangoes, pineapples, bananas, paw-paw, citrus fruits-oranges, portugal and limes.



## **VEGETABLES**

Include green, leafy vegetables e.g. lettuce, kale, watercress, bhagi plus cucumbers, tomatoes, christophene.



## **FATS & OILS**

Vegetable oil, butter, margarine, avocados, brown coconut and its products.