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, portugals 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.