

## Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

# Afro-Caribbean Eat Well Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar free drinks including coffee & tea all count. Limit fruit juice and/or smoothies to a total of 150ml day

Eat at least 5 portions of a variety of fruit & every day



**Foods high in fat, salt, sugar**

Eat less often and in small amounts

**Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat.**

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



**Dairy & non dairy alternatives**  
Choose lower fat & lower sugar options



Choose unsaturated oils & use in small amounts

**Oils and spreads**



Per day



2000kcal



2500kcal = ALL FOOD + ALL DRINK

# Tips for eating well for the Afro-Caribbean community

KEY MESSAGE	FURTHER INFORMATION
Eats lots of fruit and vegetables.	It's recommended that you eat at least 5 portions of a variety of fruit and vegetables every day. Go for a rainbow of colours, from foods such as cho cho, papaya, jackfruit, eggplant or green vegetables like callaloo, okra and spinach.
Base your meals on higher fibre starchy carbohydrates.	Starchy carbohydrates include potatoes, bread, rice, pasta and cereals. Choose wholegrain pasta and rice. Have boiled or baked yam instead of fried yam. Bake or grill plantain rather than frying. Consider portion sizes - a portion is what fits in the palm of your hand.
Eat more fish, including a portion of oily fish.	Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish. Swap salted codfish with other tasty fish like snapper or mackerel.
Cut down on saturated fat and sugar.	Try to cut down on your saturated fat intake and choose foods that contain unsaturated fats instead. Choose white meat such as chicken rather than red meat. Reduce consumption of malt drinks, full-sugar punch drinks and fizzy drinks. Have traditional snacks like plantain crisps, puff puff, chin chin and vetkoek less often.
Eat less salt: no more than 6g a day for adults.	Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke. Try to avoid adding salt to dishes that already contain salt or use herbs and spices instead. TOP TIP: Consider removing salt from the table.
Keep properly hydrated.	You need to drink plenty of fluids to stop you getting dehydrated. The recommendation is drinking 6 to 8 glasses every day. Choose water, low sugar drinks and low fat milk as part of this.
Have some dairy or dairy alternatives (such as soya drinks).	Milk and dairy foods, such as cheese and yoghurt, are good sources of protein. They also contain calcium, which helps keep your bones healthy. Choose semi-skimmed, 1% fat or skimmed milk, as well as lower fat hard cheeses or cottage cheese, and lower fat, lower sugar yoghurt. When buying dairy alternatives check for those fortified with calcium.
Eat breakfast.	A healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet. Choose wholegrain cereals with low fat milk or a non dairy alternative.
Get active and be a healthy weight.	As well as eating healthily, regular exercise may help reduce your risk of getting serious health conditions. Try to do low to moderate physical activity every day, e.g. gardening, walking, dancing etc.