

# The Caribbean Food Groups

Good nutrition is one of the ways to keep our bodies healthy & prevent disease.

A good place to start is choosing foods from the Caribbean Six Food Groups:

- ◆ Staples
- ◆ Fats & Oils
- ◆ Legumes
- ◆ Foods from Animals
- ◆ Fruits
- ◆ Vegetables



Doing this will help you get all the **NUTRIENTS** your body needs!

## What are NUTRIENTS?

Chemical substances found in food that keep us alive and well. e.g.: Carbohydrates, Protein, Fats, Vitamins and Minerals.

## How Can I Remember the Six Food Groups?

It's easy!

- ◆ **GO FOODS:** Staples & Fats & Oils
- ◆ **GROW FOOD:** Legumes & Food from Animals
- ◆ **GLOW FOODS:** Fruits & Vegetables

◆ **GO FOODS** give you **ENERGY**

◆ **GROW FOODS** **BUILD** strong muscles, bones and teeth.

◆ **GLOW FOODS** to **KEEP** your eyes, skin and hair **HEALTHY**

# GO FOODS

GO FOODS	STAPLES	FATS & OILS
<b>MAIN NUTRIENTS</b>	Carbohydrates & some vitamins e.g. Vitamin B	Fats & some vitamins e.g. Vit. A.
<b>EXAMPLES</b>	<ul style="list-style-type: none"> <li>◆ Ground provisions (e.g. yam, dasheen, cassava)</li> <li>◆ Cereals (e.g. rice &amp; flour products)</li> </ul>	<ul style="list-style-type: none"> <li>◆ Butter,</li> <li>◆ Cooking oil</li> <li>◆ Mayonnaise</li> <li>◆ Coconut flesh.</li> </ul>
<b>SERVING SIZES</b>	<ul style="list-style-type: none"> <li>◆ 1 slice bread</li> <li>◆ 3/4 cup cornflakes</li> <li>◆ 1/2 cup oats</li> <li>◆ 6 crackers (Crix)</li> <li>◆ 1 medium Potato or 4 oz of cassava</li> <li>◆ 1/2 cup of rice or pasta</li> </ul>	<ul style="list-style-type: none"> <li>◆ 1 tsp. butter</li> <li>◆ 1 tsp. margarine</li> <li>◆ 1 tsp. oil,</li> <li>◆ 2 tbsps. mayonnaise,</li> </ul>



Be **HEART SMART**... Eat in MODERATION!

# GROW FOODS

GROW FOODS	LEGUMES	FOODS FROM ANIMALS
<b>MAIN NUTRIENTS</b>	Protein, Iron and Calcium	Protein, Fats, Iron and Calcium
<b>EXAMPLES</b>	<ul style="list-style-type: none"> <li>◆ Dried peas &amp; beans (split peas, lentils, channa)</li> <li>◆ Nuts (peanuts, almond, cashew)</li> <li>◆ Seeds (Pumpkin)</li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken</li> <li>◆ Fish</li> <li>◆ Beef</li> <li>◆ Milk &amp; Cheese</li> <li>◆ Eggs</li> </ul>
<b>SERVING SIZES</b>	<ul style="list-style-type: none"> <li>◆ 1/2 cup cooked peas or beans</li> <li>◆ 1/3 cup channa</li> <li>◆ 16 shelled peanuts</li> </ul> <p>Good source of protein for Vegetarians!</p>	<ul style="list-style-type: none"> <li>◆ 2 oz cooked lean meat or poultry</li> <li>◆ 1 medium egg</li> <li>◆ 3 oz fresh fish</li> <li>◆ 8 oz milk</li> <li>◆ 1 oz cheese</li> </ul>



**HEART TIP**... Lean is Best!

# GLOW FOODS!

GLOW FOODS	FRUITS	VEGETABLES
<b>MAIN NUTRIENTS</b>	Vitamins & Minerals (e.g. Vit. C & Potassium) and Water	Vitamins & Minerals (e.g. Vit. A & Iron) and Water
<b>EXAMPLES</b>	<ul style="list-style-type: none"> <li>◆ Oranges</li> <li>◆ Mangoes</li> <li>◆ Guavas</li> <li>◆ Bananas</li> <li>◆ Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>◆ Pumpkin</li> <li>◆ Bhagi/Callaloo</li> <li>◆ Cucumbers</li> </ul>
<b>SERVING SIZES</b>	<ul style="list-style-type: none"> <li>◆ 1 small ripe mango</li> <li>◆ 1/2 large banana or 1 small banana</li> <li>◆ 1 cup watermelon</li> <li>◆ 1/2 cup paw paw</li> <li>◆ 1/2 cup orange juice</li> </ul>	<ul style="list-style-type: none"> <li>◆ 1/2 cup pumpkin</li> <li>◆ 1 cup Bhagi</li> <li>◆ Unlimited amounts of cucumbers, cabbage, lettuce and watercress</li> </ul>



Be **HEART SMART**... Fill your plate with them!

## What is the big deal about Water and Dietary Fibre?

- ◆ **WATER** helps us to digest our food and remove waste from our bodies.
- √ It also prevents us from becoming constipated and our bodies from becoming dehydrated
- ◆ **DIETARY FIBRE**, which is the part of plant foods that the body cannot digest helps to:
  - √ keep us from becoming constipated,
  - √ remove waste from our bodies, and
  - √ keep our hearts healthy!

*So eat up your fruits, veggies, peas and beans!*