

## Based on a predominantly Caribbean diet



### Fruit and Veg

Eat a variety of fresh or frozen fruit & veg  
More the merrier!



#### Per day average calories

Women: 2000 Kcal  
Men: 2500 Kcal

### Protein

Eat a variety of plant based or animal protein like seafood, meat, beans, lentils etc.



#### Always hydrate!

6-8 glasses of water

### Starch

Choose whole-grain and high fibre varieties of bread, chapati, nuts, couscous, seeds etc.



#### Cooking Oil & fats

Choose small amounts  
of unsaturated oils & spreads

### Dairy & Alternatives

Choose calcium-rich low-fat dairy options or lactose-free/dairy alternatives.



#### Dairy & alternatives

2-3 portions

### Fruit and Veg

Atleast 5 portions a day



Two hands is equal to one portion of vegetables



### Protein (animal/plant based)

2-3 portions a day



Fish



Eggs



Beans and Lentils

Your palm is equal to one portion of meat or fish (approx 100g)



Chicken, Lamb, Beef, Pork



Nuts & Seeds

### Starch

3-4 portions a day



Your fist is equal to one portion of starch



Wholewheat Bread



Rice



Spagetti



Maize Flour



Wholewheat Chapati



Wholewheat Flour



Breadfruit



Plantain



Green Banana



Potato



Cassava



Taro



Sweet Potato



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## Vegetables & Fruits



- Frozen & Fresh both contribute towards '5 a day'

## Starch



## Protein



- Choose Lean red meats
- Choose to grill, bake, stirfry & steam instead of frying with lots of oil
- Nut butters with no palm oil & no added sugar

## Dairy & Alternatives



- Low-fat dairy options
- Fortified plant-based milk with calcium and other vitamins and minerals

## Cooking Oils & spreads



- Use Unsaturated Fats:
- Olive Oil
  - Sunflower Oil
  - Rapeseed Oil
  - Vegetable Oil

## Hydration



- 6 - 8 glasses of water daily
- Beverages with No added sugar

\*Valid as of 2024, British Nutrition Foundation

