

Based on a predominantly East African 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, nut, 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



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



Fish



Eggs



Beans and Lentils



Chicken, Lamb, Beef, Pork



Nuts & Seeds

Starch

3-4 portions a day



Your fist is equal to one portion of starch



Wholewheat Bread



Rice



Couscous



Spagetti



Millet



Wholewheat Flour



Maize Flour



Cassava Flour



Wholewheat Chapati



Injera



Cassava



Taro



Green Banana



Plantain



Sweet Potato



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

