

African & Caribbean Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains

Energy 1048kJ 249kcal	Fat 3.0g	Saturated fat 1.3g	Sugars 34g	Salt 0.9g
13%	4%	7%	38%	15%
	LOW	LOW	HIGH	MED

of an adult's reference intake
Typical values (as sold) per 100g: 897kJ/ 167kcal

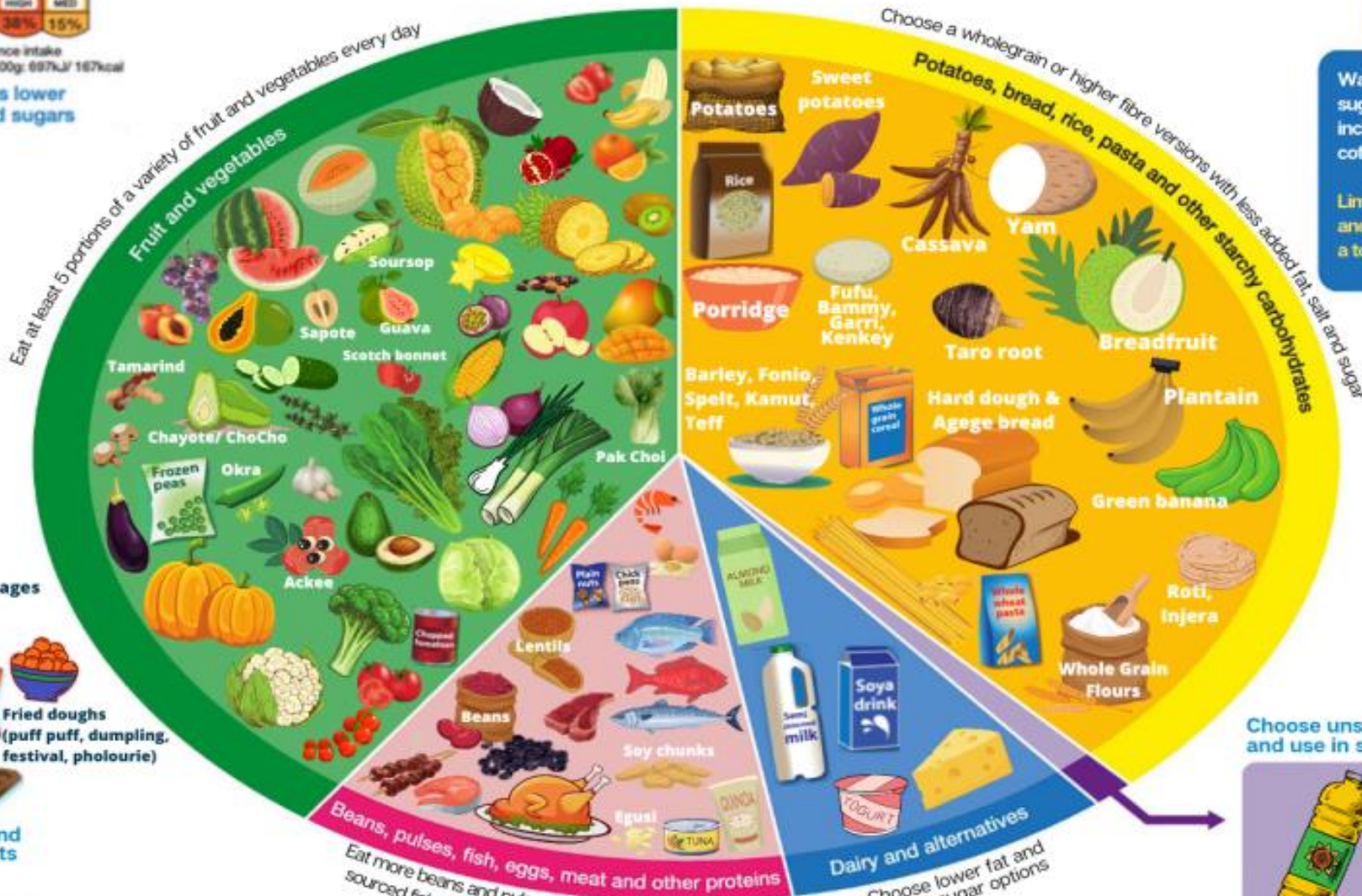
Choose foods lower in fat, salt and sugars

Use this Eatwell Guide to help you understand some cultural foods and help get a better 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 tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Patties/Meat Pies

Malt beverages

Fried doughs (puff puff, dumpling, festival, pholourie)

Eat less often and in small amounts

THE DIVERSE NUTRITION ASSOCIATION

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