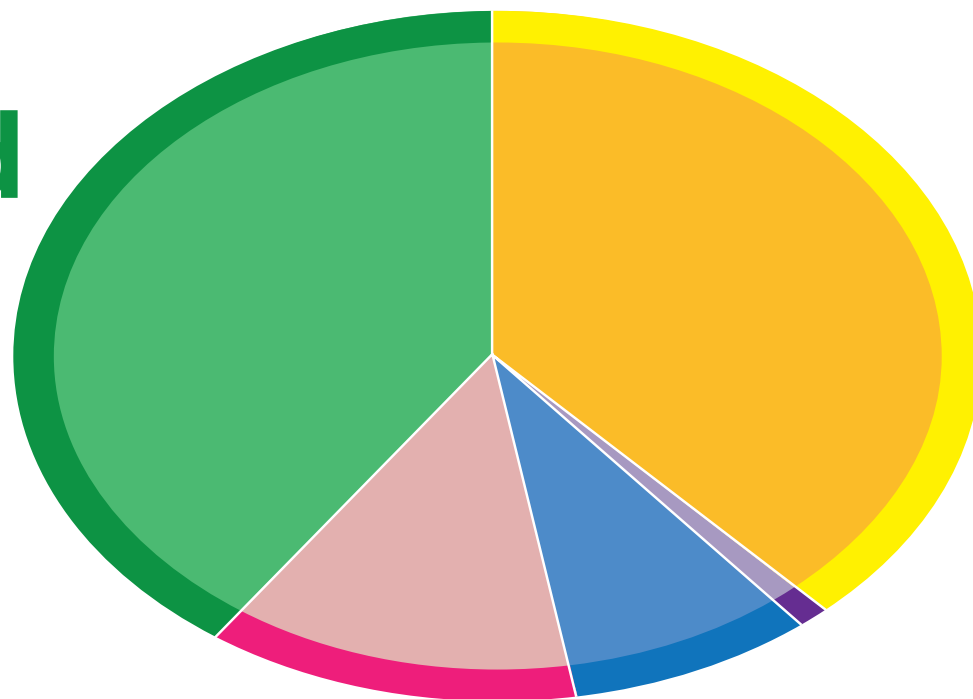


Culturally adapted Eatwell Guides

Includes:

*West African, East African,
Caribbean, Bengali, Polish*



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GLORIOUS NUTRITION

ENFIELD
Council 

Eatwell Guide: West African

Includes Ghana, Guinea, Liberia, Mali, Mauritania, Niger, Nigeria, Senegal, Sierra Leone, Togo

Check the label on packaged foods

Each serving (150g) contains

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

of an adult's reference intake

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

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Spinach and other dark green leafy vegetables

Egusi & Efo Riro soup (leafy vegetable soups)

Pondu/Cassava leaf stew

Beans, pulses, fish, eggs, meat and other proteins

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 and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Fufu (pounded starchy foods, e.g. cassava & plantain)

Pounded Yam

Dairy and alternatives

Choose lower fat and lower sugar options

Common dietary trends

- High intake of fruits and vegetables
- Frying is common
- Portion sizes large
- High intake of starchy/ carbohydrate food



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.

Water, lower fat milk, sugar-free drinks including tea and coffee all count.



Malt beer and soda/soft drinks



Chin chin

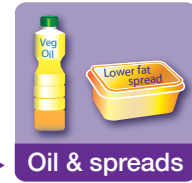


Puff puff



Fried plantain

Eat less often and in small amounts



Oil & spreads

Choose unsaturated oils, e.g. olive oil, and use in small amounts

Eatwell Guide: East African

Includes Tanzania, Kenya, Uganda, Rwanda, Burundi and South Sudan, Ethiopia & Somalia

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
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of an adult's reference intake

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

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Kale and other dark green leafy vegetables



Sambusa



Chevdo

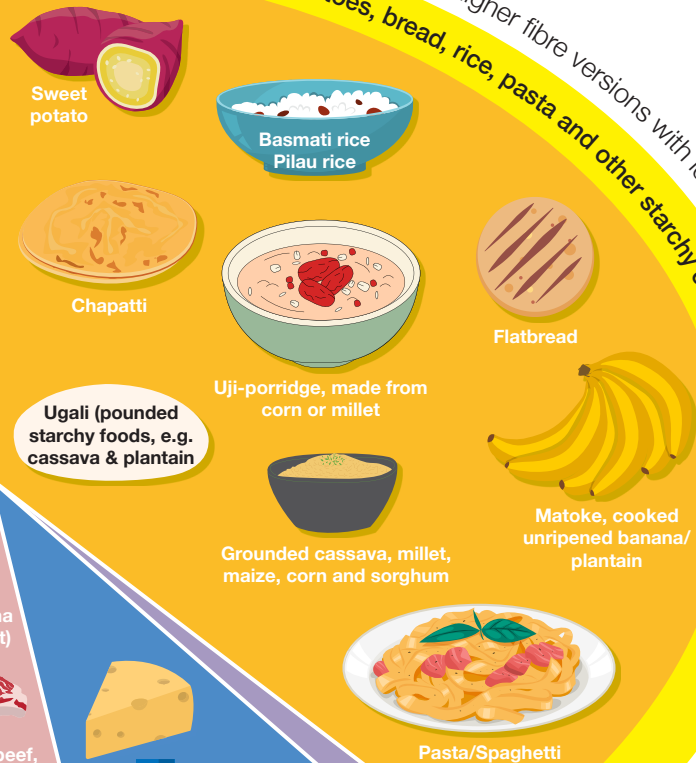


Halva

Eat less often and in small amounts

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

Potatoes, bread, rice, pasta and other starchy carbohydrates



Ugali (pounded starchy foods, e.g. cassava & plantain)

Ugi-porridge, made from corn or millet

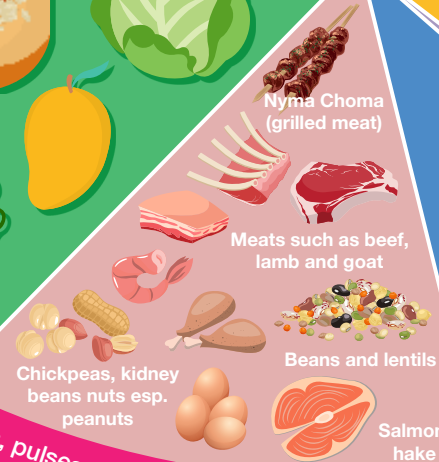
Grounded cassava, millet, maize, corn and sorghum

Matoke, cooked unripened banana/plantain

Pasta/Spaghetti

Beans, pulses, fish, eggs, meat and other proteins

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



Nyma Choma (grilled meat)

Meats such as beef, lamb and goat

Chickpeas, kidney beans, nuts esp. peanuts

Beans and lentils

Salmon, hake

Dairy and alternatives

Choose lower fat and lower sugar options



Cow or goats milk, Fortified milk drinks



Oil & spreads

Choose unsaturated oils, e.g. olive oil, and use in small amounts

Common dietary trends

- High intake of fruits and vegetables
- Frying is common
- Sweet treats are common
- High intake of fibre



6-8 a day

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.

Eatwell Guide: Caribbean

Includes Anguilla, Antigua & Barbuda, Bahamas, Barbados, Cuba, Jamaica, Trinidad & Tobago, St Lucia, St Vincent, Grenada & the Bahamas

Check the label on packaged foods

Each serving (150g) contains

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

of an adult's reference intake

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

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Callaloo and other dark green leafy vegetables

Ackee (used to make ackee and saltfish)

E.g. scotch bonnet

Meats, such as beef, lamb, oxtail, pork and goat

Chickpeas, nuts esp. peanuts

Beans and lentils

Salmon, snapper

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

Dairy and alternatives
Choose lower fat and lower sugar options

Potatoes, bread, rice, pasta and other starchy carbohydrates
Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Common dietary trends

- High intake of fruits and vegetables
- Frying is common
- Snack foods high in fat, salt and/or sugar
- High intake of starchy/ carbohydrate food

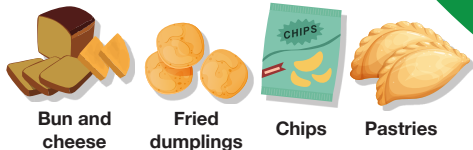
6-8 a day

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.



Malt drinks and sodas
Punch esp. with condensed milk



Eat less often and in small amounts



Oil & spreads

Choose unsaturated oils, e.g. olive oil, and use in small amounts

Eatwell Guide: Bengali

Bangladesh is located in South Asia and is bordered by India from three sides, Burma from the southeast corner and the Bay of Bengal from the south.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
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13%	4%	7%	38%	15%

of an adult's reference intake

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

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Spinach

Orka

Litchie

Chilli



Luchi



Bangladeshi sweets



Samosa



Fried fritters



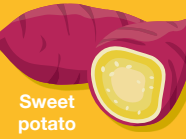
Kheer

Other fried snacks such as Handesh, Nimki and My Fuska

Eat less often and in small amounts

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

Potatoes, bread, rice, pasta and other starchy carbohydrates



Sweet potato



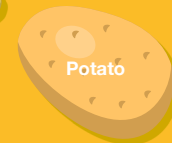
Tumeric rice
Brown basmati rice



Unfried paratha
(wheat and vegetables)



Chapri
(savory pancakes)



Potato



Rice flour



Yam



Lassi



Poneer



Milk and fortified milk

Borhani

Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Avoid cream and ghee. Instead choose unsaturated oils, e.g. olive oil, and use in small amounts

Beans, pulses, fish, eggs, meat and other proteins

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



Meats such as beef, lamb, pork and goat



Dhal



Beans, e.g. uri

Chickpeas seeds, nuts esp. cashews



Rohu, cod and haddock



6-8 a day

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.

Eatwell Guide: Poland

Poland, officially the Republic of Poland, is a country located in Central Europe.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
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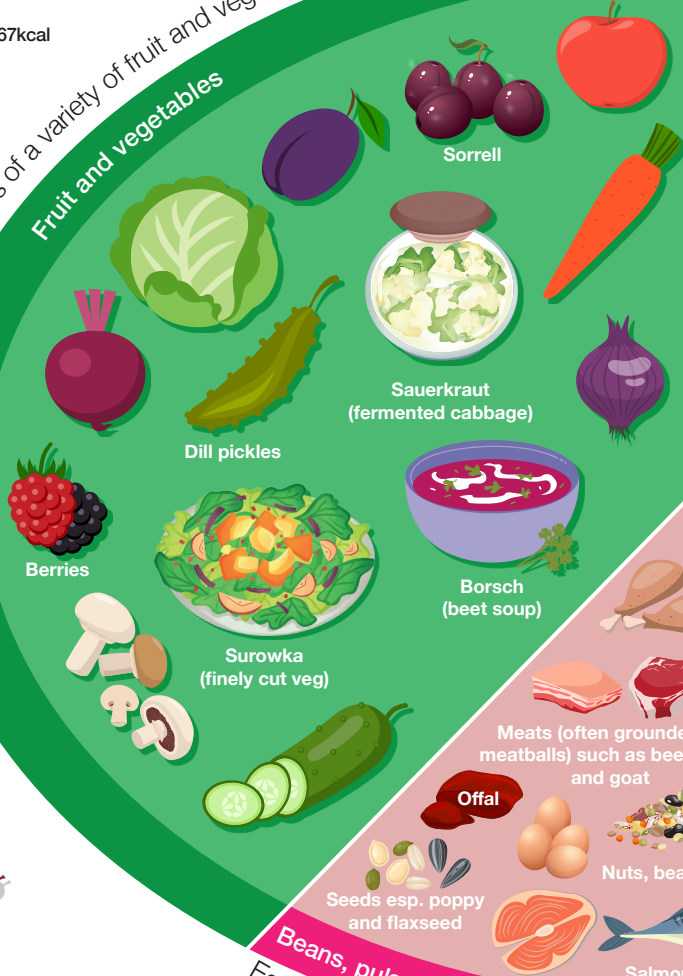
of an adult's reference intake

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

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Paczki (and other fried dough food)



Placki Ziemniaczane (fried potato pancakes)



Bacon

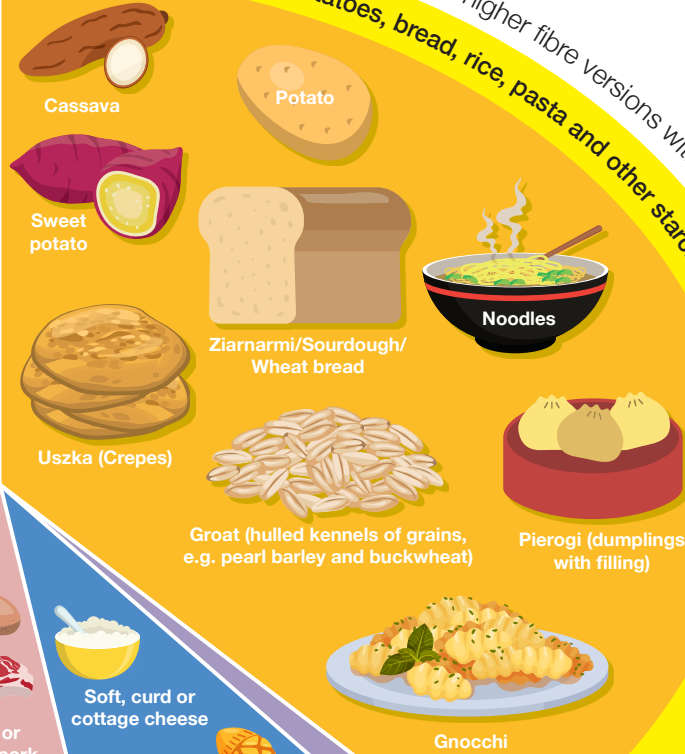


Kielbasa (Sausage)

Eat less often and in small amounts

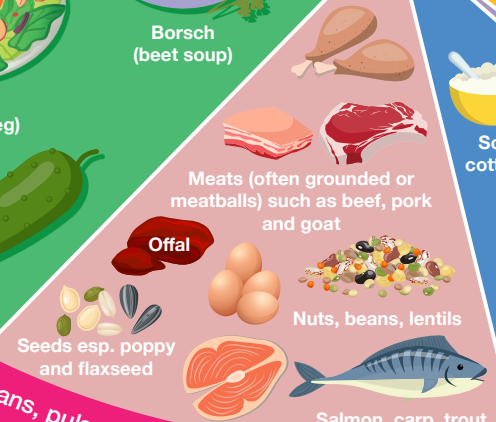
Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



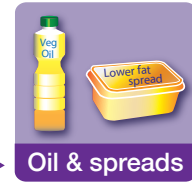
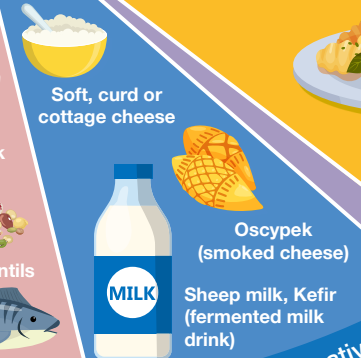
Beans, pulses, fish, eggs, meat and other proteins

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



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils, e.g. olive oil, and use in small amounts

Common dietary trends

- High in protein
- Frying is common
- Sugar and salt often used in cooking
- Frequent use of processed food



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.