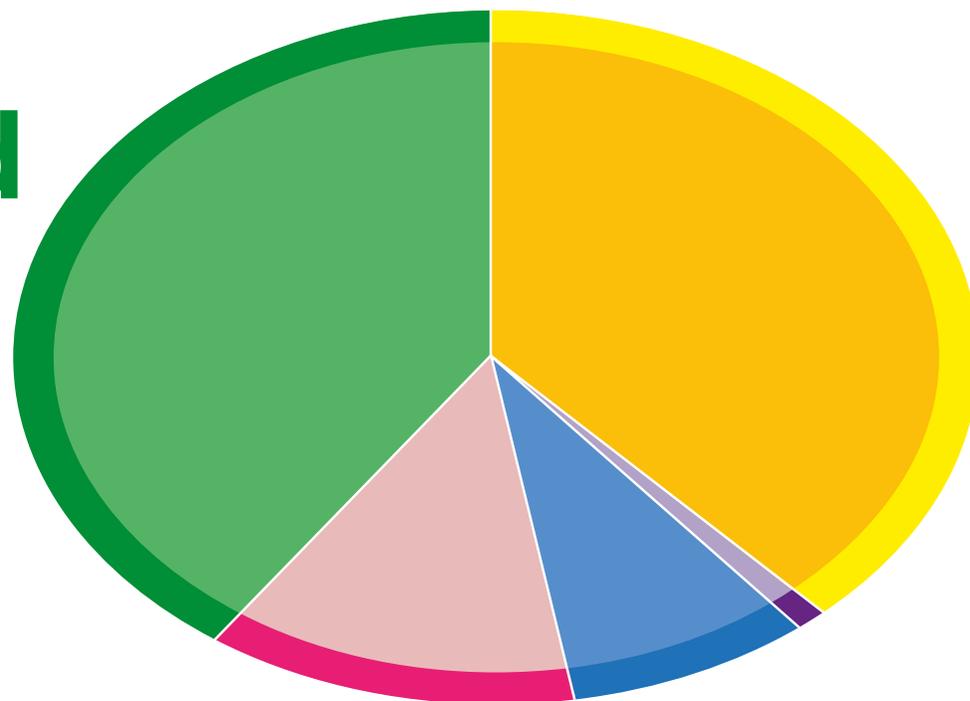


Culturally adapted Eatwell Guides

Includes:

*West African, East African,
Caribbean, Bangladeshi, Polish*



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GLORIOUS NUTRITION

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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

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.

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



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



Malt beer and soda/soft drinks



Chin chin



Puff puff



Fried plantain

Eat less often and 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



Dairy and alternatives
Choose lower fat and lower sugar options



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
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

Common dietary trends

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



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.

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

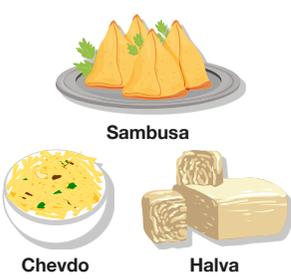


Fruit and vegetables

Kale and other dark green leafy vegetables

Paw paw

Orka



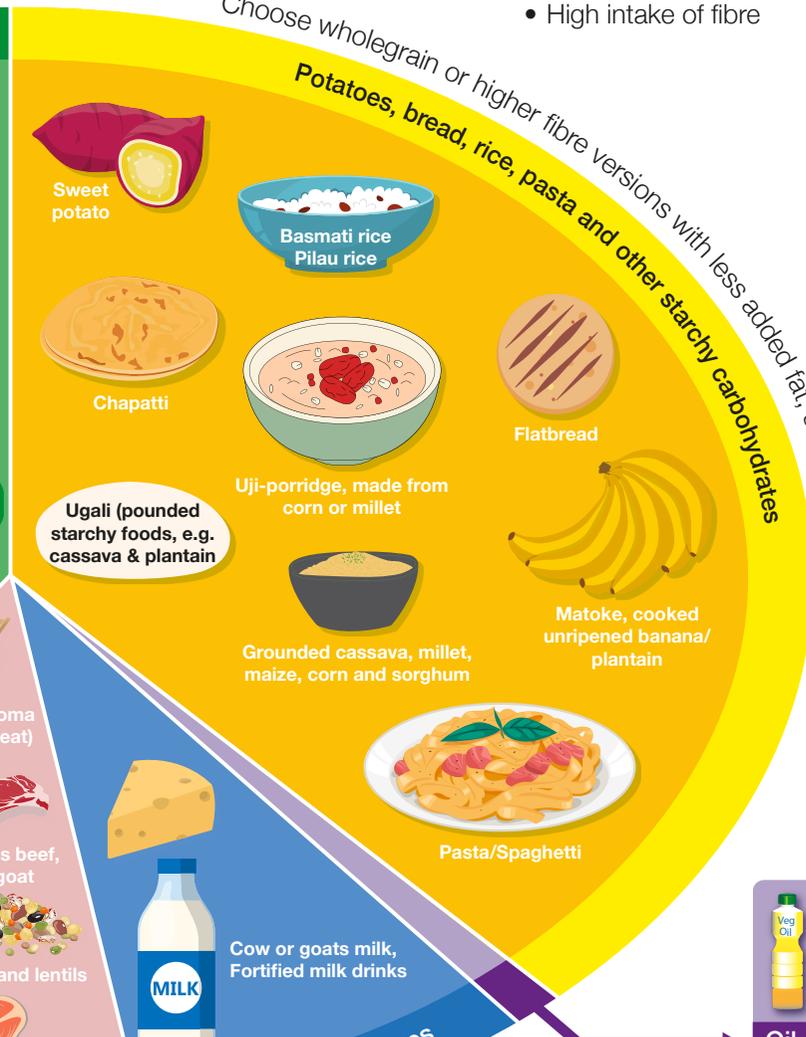
Sambusa

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

Sweet potato

Basmati rice
Pilau rice

Chapatti

Flatbread

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

Uji-porridge, made from corn or millet

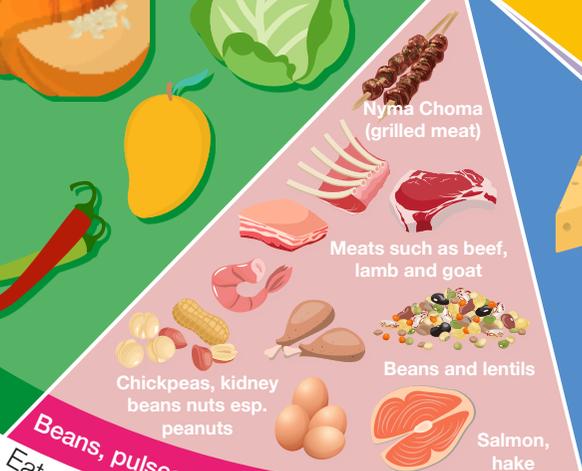
Grounded cassava, millet, maize, corn and sorghum

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

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

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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

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



Bun and cheese Fried dumplings Chips Pastries

Eat less often and in small amounts



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

Per day 2,000kcal 2,500kcal = ALL FOOD + ALL DRINKS

Eatwell Guide: Bangladeshi

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

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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



Plain Basmati rice
Plain long grain rice



Rice flour



Unfried paratha
(wheat and vegetables)



Potato



Chapri
(savory pancakes)



Lassi



Poneer



Milk and fortified milk

Borhani

Chickpeas seeds, nuts esp. cashews

Dhal

Beans, e.g. uri

Rohu, cod and haddock

Meats such as beef, lamb and goat

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

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



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

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of an adult's reference intake

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Choose foods lower in fat, salt and sugars

Common dietary trends

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

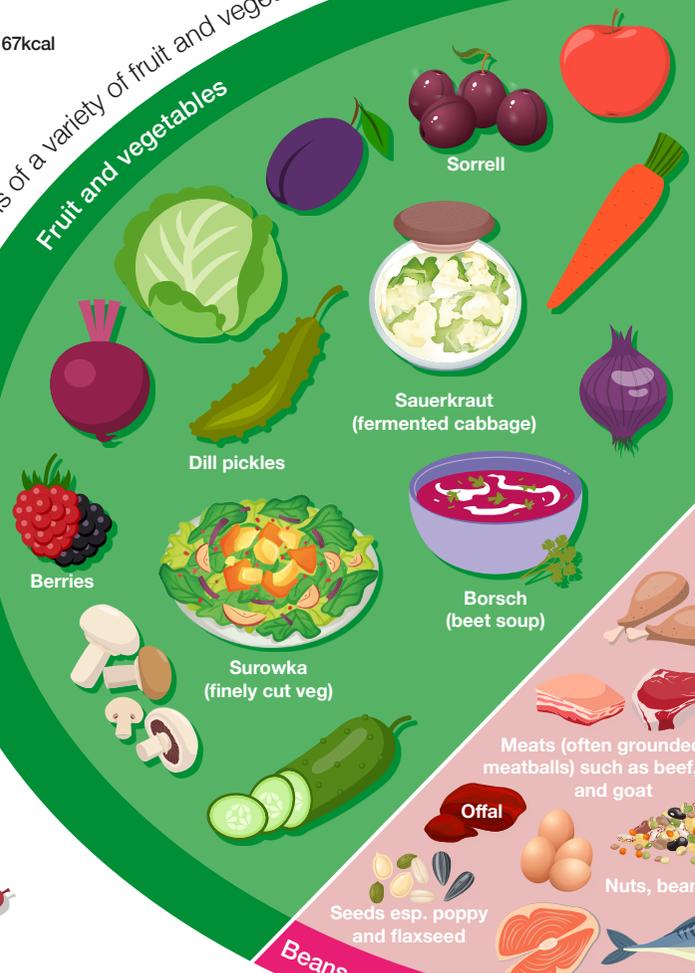


Water, lower fat milk, sugar-free drinks including tea and coffee all count.

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

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

Fruit and vegetables



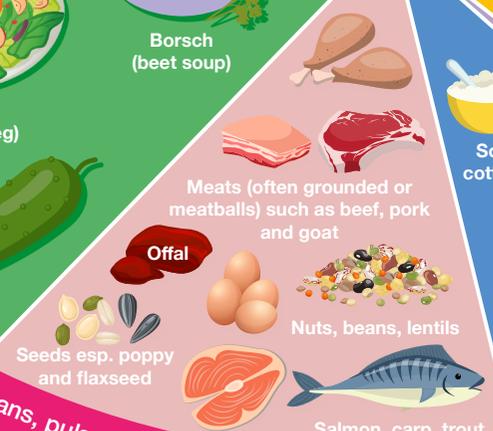
Choose wholegrain or higher fibre versions with less added fat, salt and sugar

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



Eat less often and in small amounts

GLORIOUS NUTRITION

ENFIELD Council

Per day 2,000kcal 2,500kcal = ALL FOOD + ALL DRINKS