Six Food Groups for use in the Caribbean
Cereals: Bread (from whole grain or enriched flour), wheat flour, corn (maize), corn-meal, dried cereals, macaroni, spaghetti, rice, cereal porridges.

Starchy fruits, roots, tubers/ground provisions: Banana, plantain, breadfruit, yam, potato, dasheen, coco/ eddoe, cassava.
Kidney beans, gungo/pigeon peas, black-eye peas, cow peas, other dried peas and beans, peanuts, cashew nuts, sesame seeds, pumpkin seeds.
Dark green leafy and yellow vegetables:
Callaloo/spinach, dasheen leaves, cabbage bush, pak choy, string beans, pumpkin, carrot.

Other vegetables:
Squash, cho-cho, (christophene, chayote), cucumber, tomato, garden egg/aubergine
Mango, guava, citrus (orange, grapefruit, limes, tangerine), pineapple, West Indian cherry, pawpaw/papaya, golden apple/Jew/June plum, sugar apple/sweet sop.
Meat, poultry, fish (fresh, canned, pickled, dried), milk, cheese, yoghurt, egg, liver, heart, kidney, tripe (offal), trotters, feet, tail, head
Cooking and salad oils, butter, margarine, shortening, ghee, coconut cream/milk, meat fat, nuts, avocado pear, Jamaican ackee.
CARIBBEAN FOOD GROUPS
A GUIDE TO MEAL PLANNING FOR HEALTHY EATING

- STAPLES
- LEGUMES
- FOODES FROM ANIMALS
- FATS & OILS
- VEGETABLES
- FRUITS