

Healthy eating with afro-caribbean foods / Parkside Health Promotion Centre.

Contributors

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Healthy Eating with **AFRO-CARIBBEAN FOODS**

Eating traditional Afro-Caribbean foods and meals is an excellent way of having a healthy diet.

Parkside has adopted a set of Healthy Eating Guidelines based on the advice of doctors and nutritionists. These can be followed whatever your cultural background.

inside this leaflet, the guidelines are applied to:

- Fruit and Vegetables
- Cereals, Peas and Beans
- Fish, Meat, Dairy Foods and Oils

Terms used in text.

Fibre

- fibrous material found in all plants - sometimes known as roughage.

Fruit and whole meal flour contain fibre.

- Fibre keeps the bowels healthy and satisfies hunger. It may help to control diabetes and prevent heart problems.

Polyunsaturated fat - type of fat needed by the body - found in nuts, seeds and oils and margarines made from them, like corn oil and sunflower margarine.

Saturated fat

- are generally hard fats - found in animal and dairy foods, and also in coconut and palm oils.

- eating a lot of saturated fat may be one of the things leading to blocked arteries and heart disease.

Vitamins and minerals

- these do many jobs throughout the body. Here are the most important areas of function.

Vitamin A

- eyes, skin - growth, nervous system

Vitamin B

blood formation, skin - skin, bone, may help to prevent infection

Vitamin C

- bones, teeth, muscle

Vitamin D

- bone, teeth

Calcium

- blood

Iron

Vegetables

- other names used

escallion

- spring onion

cho-cho

- christophene

egg plant

- eddo/dasheen leaves

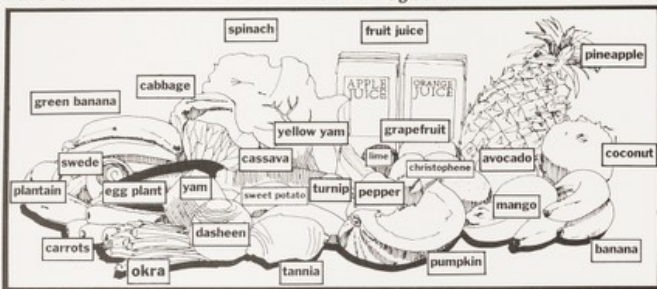
paw paw

- aubergine/melonene

paw paw

- papaya

Afro-Caribbean Foods. Fresh fruit and vegetables contain vitamins, minerals and some fibre.



Citrus fruits like oranges and their juices are rich in vitamin C.

Yellow fruits and vegetables like mango, paw-paw and pumpkin contain vitamin A.

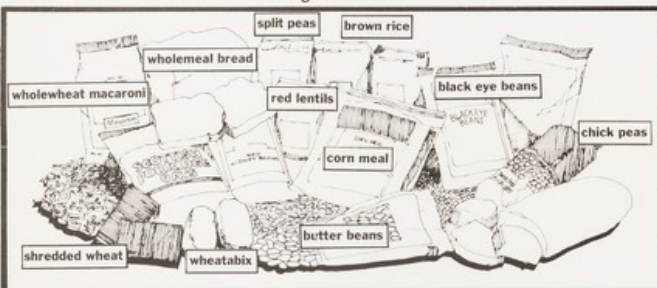
Dark green vegetables like callaloo, spinach and okra contain vitamin A, vitamin C, calcium and iron.

Avocado, ackee and coconut contain a lot of saturated fat: only eat these occasionally.

Health Hints.

- Eat plenty of fruit and vegetables.
- Have some yellow and dark green fruit and vegetables at least once a day.
- Many vegetables such as pumpkin and cho-cho only need a short cooking time. Some can be eaten raw such as carrots. This preserves more of their vitamins.
- Try baking more root vegetables in their skin like sweet potato and yam.
- Try having more boiled rather than fried plantain to cut down on fat.

Peas, beans and cereals are high in fibre.



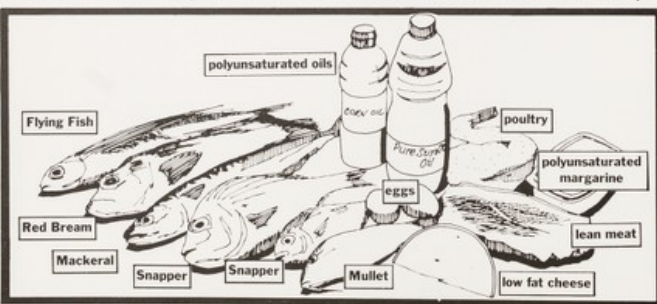
These foods also provide energy, protein and B vitamins, calcium, iron and other minerals.

Wholemeal bread, brown rice and wholegrain cereals, like cornmeal, have more fibre than white rice, white bread and other refined cereals and their products.

Health Hints.

- Eat plenty of wholegrain cereals, bread, rice and pasta, and dried peas and beans.
- Use some wholemeal flour when baking bread, cakes and buns or when cooking dumplings.
- Use more dried peas, beans and lentils such as gungo peas, black eyed beans and split peas. They are high in protein, lower in fat and they are filling.
- Use more herbs and spices like thyme, black pepper and escallion instead of salt when cooking stewed beef or beans.

Fish, meat and dairy foods and oils contain fats: choose carefully.



Oils, margarine and butter are concentrated fats. For good health we only need small amounts.

The other foods shown contain protein and B vitamins. In addition, red meat and egg yolk provide iron - milk and cheese provide calcium.

Margarine provides vitamins A and D.

Oily fish like mackerel and sardines contain polyunsaturated fats, iron and vitamin A and D.

Fresh fish is better for your health than fatty meats and high salt meat products. (Tinned meats, pies, sausages.)

Health Hints.

- Try using pure corn oil or sunflower oil: the are polyunsaturated fats.
- Eat less saturated fats like lard, butter and blended vegetable oils.
- Trim fats off meat and poultry.
- Try the new lower fat cheeses, milks and yogurts.
- Cut down on the amount of fat you use. Try boiling, grilling or steaming, and baking instead of frying.
- Steamed red bream is a good lower fat alternative to fried chicken
- Try using lemon juice sometimes instead of salt, eg on fish meals.

Guidelines and ideas for Healthy Eating.

- increase the dietary fibre you eat
- eat less fat particularly saturated fat
- control calories so you do not become overweight
- eat less sugar
- keep alcohol to about 1 pint of beer a day or 2 glasses of wine or 2 measures of spirits and half of this for a woman.
- Limit the amount of salt you use when cooking. Instead use more herbs and spices, such as thyme, garlic, cloves and paprika.
- If you drink alcohol everyday, try to cut down and have one day a week without it. Have fruit juice instead.
- Creamed coconut is high in saturated fat so try using less in rice and peas.
- Cornmeal and oats porridges can be made using low fat milks
- If you need to lose weight, cut down on sugar and fat, fresh fruits and vegetables are healthy foods to eat.
- Try making carrot and lemon/lime drinks with less sugar
- A nourishing soup or stew can be made with red peas, butter beans, yams, dasheen and other vegetables. It goes further and can be cheaper than using red meat.
- Creamed coconut is high in saturated fat so try using less in rice and peas.
- Cornmeal and oats porridges can be made using low fat milks
- If you need to lose weight, cut down on sugar and fat, fresh fruits and vegetables are healthy foods to eat.
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- Limit the amount of salt you use when cooking. Instead use more herbs and spices, such as thyme, garlic, cloves and paprika.
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This leaflet aims to:

- encourage healthy eating with Afro-Caribbean foods.
- give nutritional information on some traditional Afro-Caribbean foods.
- increase the knowledge and appreciation of Afro-Caribbean food and meals amongst those who are not familiar with them.

A full colour poster (A2 size) with photographs of the foods described inside this leaflet is also available.

For people living and working in Parkside the leaflets and posters are free from Parkside Health Promotion Centre and further advice can be obtained from Parkside Health Authority's Community Dietitians (903 1323)

More detailed information can be found in Caribbean Food and Diet a pack produced by Training in Health and Race, available in the reference library at Parkside Health Promotion Centre

Cost of poster plus leaflet £2.50 (plus 50p p+p).

Available from:-

Parkside Health Promotion Centre
Green Lodge,
Barretts Green Road,
LONDON NW10 7AP
Phone: 01-965 6566

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