

## Based on a predominantly West African diet



|                      |                |               |                                 |
|----------------------|----------------|---------------|---------------------------------|
| <b>Fruit and Veg</b> | <b>Protein</b> | <b>Starch</b> | <b>Dairy &amp; Alternatives</b> |
|----------------------|----------------|---------------|---------------------------------|

Eat a variety of fresh or frozen fruit & veg. More the merrier!

Eat a variety of plant based or animal protein like seafood, meat, beans, lentils etc.

Choose whole-grain and high fibre varieties of bread, chapati, nut, couscous, seeds etc.

Choose calcium-rich low-fat dairy options or lactose-free/dairy alternatives.



**Per day average calories**  
Women: 2000 Kcal  
Men: 2500 Kcal



**Always hydrate!**  
6-8 glasses of water



**Cooking Oil & fats**  
Choose small amounts of unsaturated oils & spreads



**Dairy & alternatives**  
2-3 portions

### Fruit and Veg

Atleast 5 portions a day



Two hands is equal to one portion of vegetables



### Protein (animal/plant based)

2-3 portions a day



Fish



Eggs



Beans and Lentils

Your palm is equal to one portion of meat or fish (approx 100g)



Chicken, Lamb, Beef, Pork



Nuts & Seeds

### Starch

3-4 portions a day



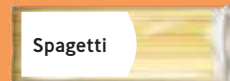
Your fist is equal to one portion of starch



Wholewheat Bread



Rice



Spagetti



PLANTAIN FUFU



Maize Flour



Millet



Wholewheat Flour



Cassava Flour



Potato



Green Banana



Cassava



Taro



Plantain









Sweet Potato



## Healthy Swaps & Tips for your next food shop

[www.wandsworth.gov.uk/healthy-eating](http://www.wandsworth.gov.uk/healthy-eating)



|   |  |
|---|--|
| <h3>Vegetables &amp; Fruits</h3>  <ul style="list-style-type: none"> <li>• Frozen &amp; Fresh both contribute towards '5 a day'</li> </ul>   | <h3>Starch</h3>    |
| <h3>Protein</h3>  <ul style="list-style-type: none"> <li>• Choose Lean red meats</li> <li>• Choose to grill, bake, stirfry &amp; steam instead of frying with lots of oil</li> <li>• Nut butters with no palm oil &amp; no added sugar</li> </ul> | <h3>Dairy &amp; Alternatives</h3>  <ul style="list-style-type: none"> <li>• Low-fat dairy options</li> <li>• Fortified plant-based milk with calcium and other vitamins and minerals</li> </ul> |
| <h3>Cooking Oils &amp; spreads</h3>  <p>Use Unsaturated Fats:</p> <ul style="list-style-type: none"> <li>• Olive Oil</li> <li>• Sunflower Oil</li> <li>• Rapeseed Oil</li> <li>• Vegetable Oil</li> </ul>  | <h3>Hydration</h3>  <ul style="list-style-type: none"> <li>• 6 - 8 glasses of water daily</li> <li>• Beverages with No added sugar</li> </ul>  |

\*Valid as of 2024, British Nutrition Foundation

