

Common Foods & Flavors of the AFRICAN HERITAGE DIET

••• eat most often

•• eat moderately

• eat less often

Vegetables •••

asparagus, beets, brussels sprouts, broccoli, cabbage, carrots, cauliflower, eggplant, garlic, green beans, lettuce, long bean, okra, onions, peppers, radish, scallions, squashes, yam bean (jicama), zucchini

Beans •••

black-eyed peas, broad beans, butter beans, chickpeas, cowpeas, kidney beans, lentils, lima beans, pigeon peas

Herbs, Spices, & Sauce Ingredients •••

apple cider vinegar, annatto, arrowroot, bay leaf, cinnamon, cilantro, cloves, coconut milk, coriander, dill, ginger, mustard, nutmeg, oregano, other vinegars, paprika, parsley, peppers, sage, sesame

Poultry, Eggs, & Meat ••

chicken, chicken eggs, beef, lamb, turkey

Fruits •••

avocados, baobab, bananas, blackberries, blueberries, cherries, dates, dewberry, figs, grapefruit, guava, horned melon, lemons, limes, mangoes, oranges, papaya, peaches, pineapples, plums, pomegranates, pumpkin, tamarind, tomatoes, watermelon

Starches & Whole Grains •••

amaranth, barley, couscous, fonio, injera, Kamut®, maize/corn, millet (pearl, finger), rice, sorghum, teff, wild rice

Fish & Seafood ••

bream (porgy), catfish, cod, crappie, crayfish, dried fish, mackerel, mussels, oysters, perch, prawns, rainbow trout, sardines, shrimp, tuna

Oils ••

coconut oil, olive oil, palm oil, peanut oil, sesame oil, shea butter

Leafy Greens •••

beet greens, callaloo, chard, collard greens, dandelion greens, kale, mustard greens, spinach, turnip greens, watercress

Tubers •••

breadfruit, cassava, plantains, potatoes, sweet potatoes, yams, yucca

Nuts & Seeds •••

benne seeds, Brazil nuts, cashews, coconuts, dika nuts, groundnuts, peanuts, pecans, pumpkin seeds, sunflower seeds

Dairy ••

butter, milk, yogurt
non-lactose: almond milk, rice milk, soy milk

Sweets •

cakes, custards, cobblers, and pies made with fruits, nuts, whole grains, and minimal sugars