

# 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, breadfruit, cherries, dates, dewberry, figs, grapefruit, guava, horned melon, lemons, limes, mangoes, oranges, papaya, peaches, pineapples, plantains, 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 •••

cassava, 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