# Common Foods of African Heritage

The Traditional Foods of Africa, the Caribbean, South America, and the American South

## Leafy Greens
- beet greens, callaloo, chard, collard greens, dandelion greens, kale, mustard greens, spinach, turnip greens, watercress

## Vegetables
- asparagus, beets, brussels sprouts, broccoli, cabbage, carrots, cauliflower, eggplant, garlic, green beans, lettuce, long bean, okra, onions, peppers, pumpkin, radish, scallions, squashes, yambean (or jicama), zucchini

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

## Starches & Whole Grains
- amaranth, barley, couscous, fonio, Kamut®, maize/corn, millet (pearl and finger), rice, sorghum, teff, wild rice

## Tubers
- breadfruit, cassava, plantains, potatoes, sweet potatoes, yams, yucca

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

## Nuts, Seeds
- benne seeds, Brazil nuts, cashews, coconuts, dika nuts, groundnuts/peanuts, pecans, pumpkin seeds, sunflower seeds

## Herbs, Spices & Homemade Sauce Ingredients
- apple cider vinegar, annatto, arrowroot, bay leaf, cinnamon, cilantro, cloves, coconut milk, coriander, dill, ginger, mustard, nutmeg, oregano, paprika, parsley, peppers, sage, sesame, (other) vinegar

## Fish & Seafood
- bream (or porgy), catfish, cod, crappie, crayfish, dried fish, mackerel, mussels, oysters, perch, prawns, rainbow trout, sardines, shrimp, tuna

## Poultry, Eggs, & Other Meats
- chicken, turkey, eggs, lamb, beef

## Oils
- coconut oil, olive oil, palm oil, peanut oil, sesame oil, shea butter

## Dairy (if tolerated)
- buttermilk, yogurt
  (non-lactose sources: almond milk, rice milk, soy milk)

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