### Common Foods & Flavors of the AFRICAN HERITAGE DIET

**Eat Most Often**

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

- **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

- **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

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

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

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

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

- **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

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

- **Dairy**
  - buttermilk, yogurt
  - non-lactose: almond milk, rice milk, soy milk

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

**Eat Moderately**

- **Poultry, Eggs, & Meat**
  - chicken, chicken eggs, beef, lamb, turkey

**Eat Less Often**

- **Leafy Greens**
  - beet greens, collard greens, dandelion greens, kale, mustard greens, spinach, turnip greens, watercress

- **Tubers**
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