

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, tef, 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, mackerel, 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, pies made with fruits, nuts, and whole grains, and light on added sugars