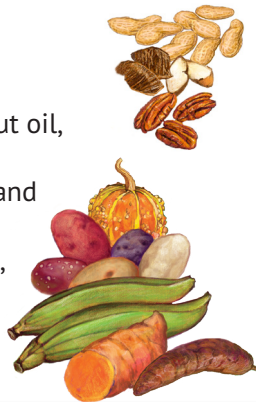


Setting up Your AFRICAN HERITAGE DIET KITCHEN

Give your kitchen a healthy uplift by adding delicious staples of the African Heritage Diet. It's not necessary to have everything on this list. Use it to help you keep a variety of items on hand so you can always make a healthy meal.

In the Pantry

- ✓ **Beans (low-sodium canned or dried):** Black-eyed peas, kidney beans, pigeon peas, fava or broad beans, butter beans, black beans, chickpeas, and lentils
- ✓ **Whole Grains & Flour:** Barley, millet, oats, sorghum, brown rice, wild rice, cornmeal, teff, and whole-grain flours
- ✓ **Breads:** Flatbreads–Injera (Ethiopia/Eritrea), and other breads (mostly whole grain)
- ✓ **Light Coconut Milk** (canned)
- ✓ **Canned Seafood:** Dried shrimp, saltfish, anchovies, clams, salmon, sardines, and tuna
- ✓ **Cereals:** Oatmeal, plus other hot or cold cereals using rice, Kamut®, corn, and other whole grains. The best choices list the first ingredient as “whole grain.”
- ✓ **Preserves & Pickles:** Jams and pickled fruits, like mango, and vegetables, like okra and chow chow.
- ✓ **Garlic & Onions:** Keep a garlic bulb or two within easy reach. Red, yellow, and Vidalia onions keep best in a cool, dark pantry.
- ✓ **Coffee and Teas** (for iced or hot): Sorrel (Hibiscus), Moringa Tea, Bay Leaf Tea, Rooibos
- ✓ **Herbs & Spices:** Berbere, cinnamon, cloves, coriander, crushed red pepper, cumin, curry powder, dill, garlic powder, ginger, harissa, oregano, paprika, rosemary, saffron, sage, thyme, turmeric, dried peppers, or blends like Caribbean seasonings.
- ✓ **Low-Sodium Soups & Stocks:** Lentil, Vegetable, Red Bean and Rice, Gumbo, Mafé (Groundnut) Soup
- ✓ **Nuts:** Peanuts, cashews, pecans, brazil nuts, almonds
- ✓ **Honey, Molasses, and/or Brown Sugar**
- ✓ **Oil:** Red palm oil, extra-virgin olive oil, sesame oil, peanut oil, and coconut oil
- ✓ **Pastas:** Whole wheat couscous and pastas; rice, quinoa, and corn pastas and macaroni.
- ✓ **Tubers & Plantains:** Sweet potatoes, yams, yuca, cassava, breadfruit, potatoes
- ✓ **Seeds:** Sesame, pumpkin, sunflower seeds
- ✓ **Tomatoes:** Canned, paste, sauce



In The Refrigerator

- Certain Fruits**
(berries, watermelon)
- Condiments: Hot sauce and Salsas** (e.g., peri peri)
- Hummus • Pickles**
- Eggs • Cheese**
- Vegetables**
(cooking greens & salad greens)
- Fresh Herbs**
- Natural Peanut or Almond Butter**
- Fresh Seafood**
- Yogurt • Milk**
(nut, soy, rice or lactose-free milk are available alternatives)
- Water, Sparkling Water and Iced Tea** (unsweetend)
- Leftovers!**

In The Freezer

- Frozen Fruit**
- Frozen Poultry**
- Frozen Seafood**
- Frozen Beans & Peas**
- Frozen Vegetables**

On the Counter or Kitchen Table

- ✓ **Fresh Fruit:** Select favorites from the African Heritage fruit list, including: avocados, apricots, cherries, grapefruit, lemons, limes, oranges, melons, bananas, mangos, apples, peaches, or papayas. These fruits keep best at room temperature.



- ✓ **Squashes & Tomatoes:** Squashes (such as butternut squash and pumpkin) are healthy and filling, and best stored at room temperature, as are tomatoes.

Setting up Your AFRICAN HERITAGE DIET KITCHEN

African Heritage Diet Grocery List

Grains

Choose mostly whole grains. These contain the word "whole" as the first ingredient. Ex: "whole wheat." Some products also have the Whole Grain Stamp on their packages.

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Couscous | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Rice and Wild Rice | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Millet | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole Grain Grits | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Oats or Oatmeal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Barley | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole Wheat Flour | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole Wheat Bread | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Teff (grain or flour) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sorghum | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole Cornmeal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | |

Seafood

Salmon and other oily fish contain healthy Omega-3s. White fish is a great lean protein.

- | | |
|--------------------------------------|--------------------------------|
| <input type="checkbox"/> Red Snapper | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Catfish | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cod | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Scallops | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clams | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tilapia | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Salmon | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sardines | |

Healthy Oils, Vinegars and Sauce Bases

Store oils in a cool, dark place to make them last longer.

- | | |
|---|--|
| <input type="checkbox"/> Olive Oil (Extra-Virgin) | <input type="checkbox"/> Apple Cider Vinegar |
| <input type="checkbox"/> Canola Oil | <input type="checkbox"/> Other Favorite Vinegars |
| <input type="checkbox"/> Unrefined Red Palm Oil | <input type="checkbox"/> Light Coconut Milk |
| <input type="checkbox"/> Coconut Oil (Extra Virgin) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> _____ |

Herbs and Spices

Fresh and dried herbs and spices are a great way to add flavor without adding fat or salt.

- | | |
|---|--|
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Coriander |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Dried Peppers |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dill | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> _____ |

Beans

Beans are a great way to add fiber and protein to meal.

- | | |
|---|--------------------------------|
| <input type="checkbox"/> Black-eyed Peas | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Butter Beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Kidney Beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fava Beans (Broad Beans) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Lima Beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chickpeas (Garbanzos) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pigeon Peas | <input type="checkbox"/> _____ |

Eggs, Dairy & Meats

- | | |
|--|--|
| <input type="checkbox"/> Low-fat Milk (or Milk Alternatives) | <input type="checkbox"/> Chicken & Poultry |
| <input type="checkbox"/> Yogurt | <input type="checkbox"/> Fresh Lean Meats |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tofu | <input type="checkbox"/> _____ |

African Heritage Diet Grocery List

Nuts and Seeds

Both are a great source of protein, fiber, and healthy fats.

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Almonds | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Brazil Nuts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Natural Peanut Butter | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | |

Fruits

Fresh fruits are important for weight control and good health. Frozen fruit and canned varieties without added sugars are also good choices.

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Peaches | <input type="checkbox"/> Dates |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Mangoes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Papaya | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pineapples | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Lemons & Limes | |

Vegetables & Tubers

Fresh veggies are important for weight control and good health.

Frozen and low-sodium canned veggies are also good choices.

- | | |
|---|---|
| <input type="checkbox"/> Tomatoes (fresh, canned, pastes) | |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Cassava |
| <input type="checkbox"/> Cabbage (Green or Purple) | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Red / Green Bell Peppers | <input type="checkbox"/> Sweet Potatoes |
| <input type="checkbox"/> Green Beans | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Plantains |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Beets | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Radishes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Squash | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Onions (yellow, red or Vidalia) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Garlic | |

Leafy Greens

Greens are a staple food of African Heritage. Choose from a wide variety and experiment with ways of preparing them. Cook them lightly to retain all of their valuable nutrition.

- | | |
|---|---|
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Kale | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> _____ |

Miscellaneous

Including other pantry essentials and home goods like cleaning supplies so you don't forget!

- | | |
|---|--------------------------------|
| <input type="checkbox"/> Low-Sodium Soups | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sea Salt | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tea | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Low-Sodium Pickles | <input type="checkbox"/> _____ |