

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



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.

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** (unsweetened)
- Leftovers!**

In The Freezer

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

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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"/> _____	<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	<input type="checkbox"/> _____

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"/> _____	<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	<input type="checkbox"/> _____

Vegetables & Tubers

Fresh veggies are important for weight control and good health.

<input type="checkbox"/> Frozen and low-sodium canned veggies are also good choices.	<input type="checkbox"/> Tomatoes (fresh, canned, pastes)
	<input type="checkbox"/> Okra
	<input type="checkbox"/> Cabbage (Green or Purple)
	<input type="checkbox"/> Red / Green Bell Peppers
	<input type="checkbox"/> Green Beans
	<input type="checkbox"/> Eggplant
	<input type="checkbox"/> Broccoli
	<input type="checkbox"/> Beets
	<input type="checkbox"/> Radishes
	<input type="checkbox"/> Brussels Sprouts
	<input type="checkbox"/> Zucchini
	<input type="checkbox"/> Squash
	<input type="checkbox"/> Carrots
	<input type="checkbox"/> Onions (yellow, red or Vadalia)
	<input type="checkbox"/> Garlic
	<input type="checkbox"/> Cassava
	<input type="checkbox"/> Potatoes
	<input type="checkbox"/> Sweet Potatoes
	<input type="checkbox"/> Pumpkin
	<input type="checkbox"/> Plantains

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"/> _____