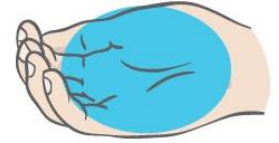


# African Balanced Plate



**vegetables, fruit**  
1 or 2 fists



**starch**  
1 handful

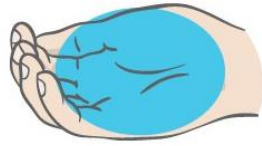


**protein**  
1 palm

Africa is made up of many different countries with diverse food cultures. Across Africa, whole grains like millet, sorghum, and teff are rooted in tradition. Coastal regions and islands favor fish and seafood. The influence of African cuisines also extends well beyond the continent itself.



# Balanced Plate Example



**pita or bread slice**  
1 handful



Shakshuka



**onion, pepper, tomatoes**  
1 or 2 fists



**eggs**  
1 palm

# Balanced Plate Example



Efo Riro  
(spinach and fish or meat stew)



Fufu  
(dough made from plantain or cassava)



# Balanced Plate Example



+



Cape Verdean Feijoada  
(bean, meat and vegetable stew)

Rice

