

Black Caribbean Basket

Vibrant dishes made with plantains, callaloo, pigeon peas, cassava, yams, and saltfish can be part of a healthy diabetes plan when paired with lean proteins and non-starchy vegetables. Traditional Caribbean flavors offer both nourishment and heritage on the plate.

Proteins

Chicken, goat, fish and seafoods
any serving 0g

Starchy Staples

Boiled green plantains ½c 20g
Breadfruit (boiled or roasted) ½c 30g
Cassava (boiled) ½c 30g
Legume/Pulses ½c 20g
Sweet potatoes ½c 15g
White rice 1c 45g

Non-starchy vegetables

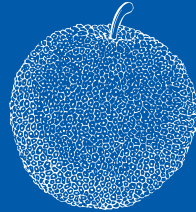
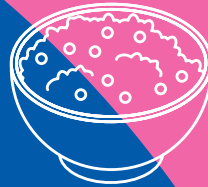
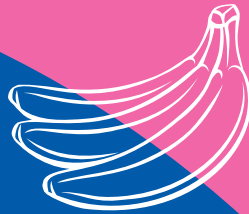
Cabbage, cooked ½c 4g
Callaloo, cooked (leafy green) ½c 5g
Okra, cooked ½c 5g
Slaw ½c 5g

Dishes

Brown stew chicken 3oz 2g
Curry goat 3oz 2g
Escovitch fish 3oz 5g
Jerk chicken 3oz 2g
Oxtail with gravy 3oz 4g
Red snapper (stewed) 3oz 2g
Saltfish and ackee 1c 6g

Sides

Coco bread 1 piece 40g
Cow peas and red beans, cooked ½c 20g
Fried plantains 1c 58g
Rice and peas 1c 45g
Roti 1 medium 32g
Stewed lentils ½c 20g
Stewed pigeon peas ½c 20g



Beverages

Coconut water, fresh 8oz/1c 8g
Mango juice 4oz/½c 15g
Sorrel, sweetened, Hibiscus drink 1c 25g
Soursop juice 4oz/½c 15g
Tamarind juice 4oz/½c 15g

