

## HANDOUT 3.2. FOOD GROUPS

Energy foods: Staples		Body-building foods
<p>Cereals</p> <ul style="list-style-type: none"> <li>• Millet</li> <li>• Rice</li> <li>• Wheat</li> <li>• Sorghum</li> <li>• Maize</li> </ul> <p>Tubers and roots</p> <ul style="list-style-type: none"> <li>• Yams</li> <li>• Arrowroot</li> <li>• Cassava</li> <li>• Sweet potatoes</li> <li>• Irish potatoes</li> </ul> <p>Bananas and plantains</p>	<p>Cooked cereals</p> <ul style="list-style-type: none"> <li>• <i>Ugali/sima</i></li> <li>• Bread</li> <li>• Porridge</li> </ul>	<p>Plant foods</p> <p>Legumes</p> <ul style="list-style-type: none"> <li>• Beans—all types</li> <li>• Peas</li> <li>• Groundnuts</li> </ul> <p>Nuts</p> <p>Animal foods</p> <ul style="list-style-type: none"> <li>• Meat (beef, pork, mutton, goat)</li> <li>• Chicken/birds</li> <li>• Fish</li> <li>• Cheese</li> <li>• Eggs</li> <li>• Milk and milk products</li> <li>• Edible insects</li> </ul>
Protective foods: Foods with vitamins and minerals		Extra energy foods
<p>Vegetables</p> <ul style="list-style-type: none"> <li>• Green leaves:</li> <li>• Sweet potato leaves</li> <li>• Cassava leaves</li> <li>• Spinach</li> <li>• Pumpkin leaves</li> <li>• Carrots</li> <li>• Pumpkin and pumpkin flowers</li> <li>• Amaranth</li> <li>• Okra</li> <li>• Wild vegetables</li> </ul>	<p>Fruits</p> <ul style="list-style-type: none"> <li>• Guava</li> <li>• Oranges</li> <li>• Baobab</li> <li>• Mango</li> <li>• Passion fruit</li> <li>• Papaya</li> <li>• Pineapple</li> <li>• Jackfruit</li> <li>• Wild fruits</li> </ul>	<p>Animal fats</p> <ul style="list-style-type: none"> <li>• Ghee</li> <li>• Butter</li> </ul> <p>Vegetable oils</p> <ul style="list-style-type: none"> <li>• Sunflower oil</li> <li>• Palm oil</li> <li>• Corn oil</li> <li>• Margarine</li> </ul> <p>Cane sugar Honey</p>