

ENJOY THE FLAVORS OF AFRICA



Common foods eaten in West Africa include black-eyed peas, eggplant, pumpkin, okra, and corn. Chili peppers are a favorite for seasoning dishes.



Follow the MyPlate guidelines to help your family eat well!

- ▶ Make half your plate fruits and vegetables.
- ▶ Switch to skim or 1% milk.
- ▶ Make at least half your grains whole.
- ▶ Vary your protein food choices.
- ▶ Keep your food safe to eat—learn more at www.FoodSafety.gov.
- ▶ Choose foods and drinks with little or no added sugars.
- ▶ Look out for salt (sodium) in foods you buy—it all adds up.
- ▶ Eat fewer foods that are high in solid fats.

Many tropical foods grown in West Africa include mango, melons, pineapple, and plantains. In some African countries south of the Sahara Desert, a fruit salad is often served as dessert (also known as “after chop”). Often avocado is mixed in the salad.

Try a combination of tropical fruits for a great dessert that is good for you, too!

AFTER-CHOP TROPICAL SALAD

Ingredients:

- 1 orange, peeled and divided into sections*
- 1 mango, peeled and diced*
- 1 banana, cut in ½-inch slices*
- 2 cups canned pineapple chunks, packed in own juice, drained*
- 1 tablespoon lemon juice
- 1 tablespoon brown sugar
- ¼ cup unsweetened shredded coconut

Directions:

1. Mix orange, mango, banana, and pineapple together in a bowl.
2. Mix together lemon juice and brown sugar. Pour over fruit to coat.
3. Sprinkle with coconut and serve.

Yield: 4 servings

Nutrition Information (per serving):

Calories 196; Fat 4 grams; Sodium 4 grams;
Fiber 4 grams

*WIC supplemental food

