CARIBBEAN VEGETABLES

RECOMMENDED SERVING SIZES

WORLD HEALTH ORGANISATION
RECOMMENDATION

Eat at least **5 SERVINGS** of fruits and vegetables daily

That is a total of at least **400g** of fruits and vegetables EVERY DAY

We strongly recommend that you consume Caribbean fruits and vegetables to meet these daily serving requirements

A serving is a helping of food or drink

Rates of fruit and vegetable consumption in the Caribbean are LOW

The WHO daily fruit and vegetable intake recommendation is not being met regionally

More than 85% of the population in most Caribbean countries does not eat 5 servings of fruits and vegetables daily

Serving Size Example

Eggplant

- 1 SERVING of eggplant = 1/3 CUP of eggplant
- 3 SERVINGS eggplant = 1 CUP (3 x 1/3 cup) of eggplant

Serving Size Example

Pumpkin

- 1 SERVING of pumpkin = 1 CUP of pumpkin
- 2 SERVINGS of pumpkin = 2 CUPS (2 x 1 CUP) of pumpkin

A 2017 study developed serving sizes for fruits and vegetables common to the English speaking Caribbean

Use our guide below to determine serving sizes for common Caribbean vegetables

CARIBBEAN VEGETABLES

A GUIDE TO SERVING SIZES

Scientific Name	Common Name	Size of one serving
Persea Americana	Avocado Pear/ Zaboca*	1/3 Cup
Beta vulgaris	Beet*	1/4 Cup
Artocarpus altilis	Breadfruit*	1/4 Cup
Artocarpus camansi	Breadnut/ Katahar/ Chataigne	1/4 Cup
Vigna unguiculata ssp. sesquipedalis	Bodi	1/3 Cup
Brassica oleracea var. italica	Broccoli	1/2 Cup
Brassica oleracea var. capitata	Cabbage	1/2 Cup
Momordica charantia	Caralli/ Karila/ Bitter Melon/ Bitter Gourd	1/2 Cup
Daucus carota subsp. sativus	Carrots *	1/2 Cup
Manihot esculenta	Cassava*	1/4 Cup
Brassica oleracea var. botrytis	Cauliflower	1/2 Cup
Apium graveolens	Celery	1/2 Cup
Allium schoenoprasum	Chives	1/2 Cup
Sechium edule	Christophene/ Cho Cho	1/2 Cup
Zea mays	Corn	1/4 Cup
Cucumis sativus	Cucumber	3/4 Cup
Colocasia esculenta	Dasheen/ Eddo/ Baby Taro*	1/4 Cup
Xanthosoma	Dasheen Bush/ Callaloo/ Bhagi	1/3 Cup
Solanum tuberosum	English potatoes*	1/3 Cup
Armoracia rustucana	Horseradish	1/2 Cup
Capiscum frutescens Var. longum	Hot pepper	1/4 Cup
Lactuca sativa	Lettuce	3/4 Cup
Luffa acutangula	Loofah/ Ghingi/ Jhingey	1/2 Cup
Solanum melongena	Melongene Baigan/ Eggplant/ Aubergine	1/3 Cup
	Mixed Vegetables	1/4 Cup
Hibiscus esculentus	Ochro/ Okro/ Okra	1/3 Cup
Brassica chinensis	Patchoi/ Pak Choi/ Chinese Cabbage/ Bok Choi	1 Cup
	Peas and Carrots	1/4 Cup
Cajanus cajan	Pigeon Peas/ Gungo Pea	1/3 Cup
Capiscum annuum	Pimento pepper	1/4 Cup
Musa sapientum & Musa paradisiaca	Plantain & Green Banana*	1/4 Cup
Cucurbita moschata	Pumpkin	1 Cup
Raphanus sativus	Radish	2 Cups
Vigna unguiculata	Rouncifers/ Field Peas	1/2 Cup
Dolichos lablab var	Saim/ Seim/ Green bean/ Butter bean	1/3 Cup
Ipomoea aquatica	Chorai Bhagi/ Chinese Spinach	3/4 Cup
Lagenaria vulgaris	Squash	1/2 Cup
Phaseolus vulgaris	String Beans	1/3 Cup
Capiscum frutescens Var.grossum	Sweet Pepper	1/4 Cup
Ipomoea batatas	Sweet Potato*	1/4 Cup
Xanthosoma sagittifolium	Tannia/ Cocoyam*	1/4 Cup
Lycopersicon esculentum	Tomato	1/2 Cup
Nasturtium officinale	Watercress*	1 and a 1/2 Cups +
Dioscorea cayenensis	Yam*	1/4 Cup
Cucurbita pepo var. cylindrica	Zucchini	3/4 Cup

* Watercress has a low carbohydrate content so a single serving of watercress is equal to 1.5 or more cups of watercress. Watercress can be combined with other vegetables such as corn, carrots or beets in salads. Add a 1/2 cup to 1 cup of watercress to salads to help meet daily vegetable serving recommendations.

* Avocado contains heart healthy monounsaturated fats. A serving of avocado counts as a serving of fat.

* The 6 Caribbean food groups classify roots and tubers as staples containing complex carbohydrates. Roots and tubers are better known as '**ground provisions**' in the Caribbean. A serving of a ground provision counts as a serving of a staple.

IMPORTANT: Potatoes, sweet potatoes, cassava and other starchy roots do not count towards the five daily servings of fruits and vegetables recommended by the WHO.

Sources

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HEALTHY CARIBBEAN COALITION

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Be sure to also check out our guide to serving sizes for common Caribbean fruits