

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

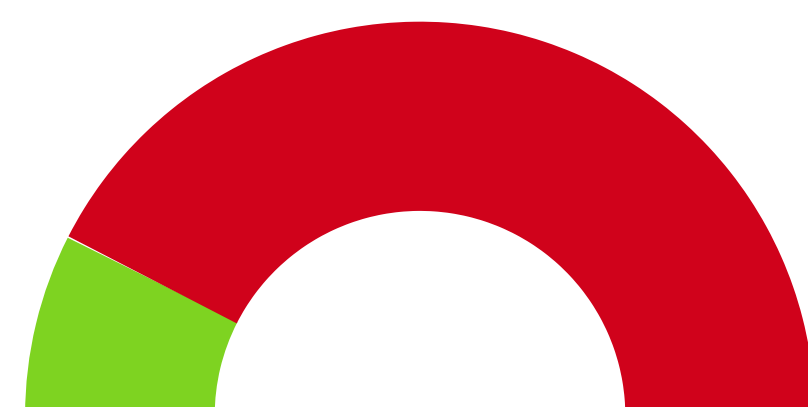


Rates of fruit
and vegetable
consumption
in the
Caribbean are
LOW



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

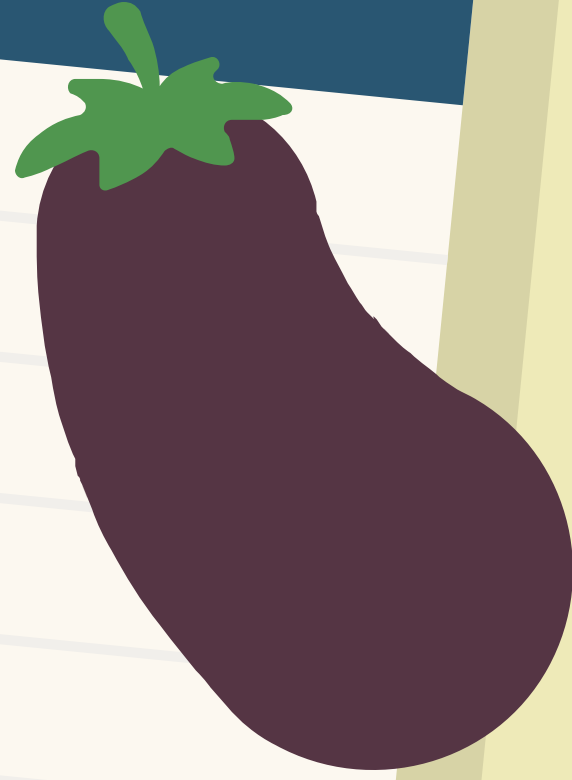
More than 85% of the
population in most
Caribbean countries
does not eat 5 servings
of fruits and vegetables
daily



TIPS FOR CALCULATING SERVING SIZES

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 to determine serving sizes
for common Caribbean vegetables

CARIBBEAN VEGETABLES



A GUIDE TO SERVING SIZES

Notes

- * 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.



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





CARIBBEAN VEGETABLES

A GUIDE TO SERVING SIZES

Scientific Name	Common Name	Size of one serving
<i>Persea Americana</i>	Avocado Pear/ Zaboca*	1/3 Cup
<i>Beta vulgaris</i>	Beet	1/4 Cup
<i>Artocarpus altilis</i>	Breadfruit*	1/4 Cup
<i>Artocarpus camansi</i>	Breadnut/ Katahar/ Chataigne	1/4 Cup
<i>Vigna unguiculata ssp. sesquipedalis</i>	Bodi	1/3 Cup
<i>Brassica oleracea var. italica</i>	Broccoli	1/2 Cup
<i>Brassica oleracea var. capitata</i>	Cabbage	1/2 Cup
<i>Momordica charantia</i>	Caralli/ Karila/ Bitter Melon/ Bitter Gourd	1/2 Cup
<i>Daucus carota subsp. sativus</i>	Carrots	1/2 Cup
<i>Manihot esculenta</i>	Cassava*	1/4 Cup
<i>Brassica oleracea var. botrytis</i>	Cauliflower	1/2 Cup
<i>Apium graveolens</i>	Celery	1/2 Cup
<i>Allium schoenoprasum</i>	Chives	1/2 Cup
<i>Sechium edule</i>	Christophene/ Cho Cho	1/2 Cup
<i>Zea mays</i>	Corn	1/4 Cup
<i>Cucumis sativus</i>	Cucumber	3/4 Cup
<i>Colocasia esculenta</i>	Dasheen/ Eddo/ Baby Taro*	1/4 Cup
<i>Xanthosoma</i>	Dasheen Bush/ Callaloo/ Bhagi	1/3 Cup

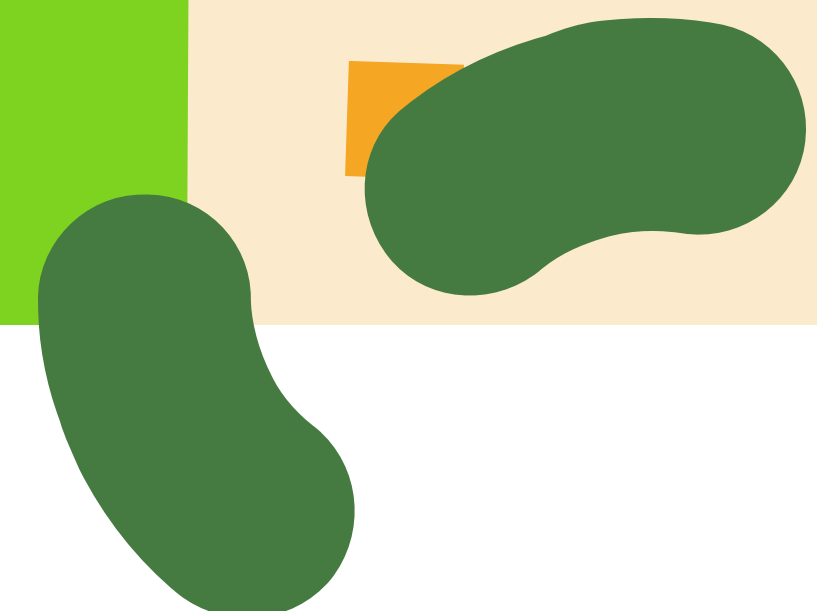


CARIBBEAN VEGETABLES

Scientific Name	Common Name	Size of one serving
<i>Solanum tuberosum</i>	English potatoes*	1/3 Cup
<i>Armoracia rusticana</i>	Horseradish	1/2 Cup
<i>Capiscum frutescens</i> Var. <i>longum</i>	Hot pepper	1/4 Cup
<i>Lactuca sativa</i>	Lettuce	3/4 Cup
<i>Luffa acutangula</i>	Loofah/ Ghingi/ Jhingey	1/2 Cup
<i>Solanum melongena</i>	Melongene Baigan/ Eggplant/ Aubergine	1/3 Cup
	Mixed Vegetables	1/4 Cup
<i>Hibiscus esculentus</i>	Ochro/ Okro/ Okra	1/3 Cup
<i>Brassica chinensis</i>	Patchoi/ Pak Choi/ Chinese Cabbage/ Bok Choi	1 Cup
	Peas and Carrots	1/4 Cup
<i>Cajanus cajan</i>	Pigeon Peas/ Gungo Pea	1/3 Cup
<i>Capsicum annum</i>	Pimento pepper	1/4 Cup
<i>Musa sapientum</i> & <i>Musa paradisiaca</i>	Plantain & Green Banana*	1/4 Cup
<i>Cucurbita moschata</i>	Pumpkin	1 Cup
<i>Raphanus sativus</i>	Radish	2 Cups
<i>Vigna unguiculata</i>	Rouncifers/ Field Peas	1/2 Cup
<i>Dolichos lablab</i> var	Saim/ Seim/ Green bean/ Butter bean	1/3 Cup
<i>Ipomoea aquatica</i>	Chorai Bhagi/ Chinese Spinach	3/4 Cup



CARIBBEAN VEGETABLES



Scientific Name	Common Name	Size of one serving
<i>Lagenaria vulgaris</i>	Squash	1/2 Cup
<i>Phaseolus vulgaris</i>	String Beans	1/3 Cup
<i>Capiscum frutescens</i> <i>Var.grossum</i>	Sweet Pepper	1/4 Cup
<i>Ipomoea batatas</i>	Sweet Potato*	1/4 Cup
<i>Xanthosoma sagittifolium</i>	Tannia/ Cocoyam*	1/4 Cup
<i>Lycopersicon esculentum</i>	Tomato	1/2 Cup
<i>Nasturtium officinale</i>	Watercress*	1 and a 1/2 Cups +
<i>Dioscorea cayenensis</i>	Yam*	1/4 Cup
<i>Cucurbita pepo var. cylindrica</i>	Zucchini	3/4 Cup

Sources

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