

building a better plate from around the world

HIV

Everyone has to eat! However, our food preferences may vary based on where we're from, what foods are available and how they are prepared. No matter where you're from or what foods you like, you can always prepare a healthy plate. See the list below for foods from around the world that can fit into a healthy diet. Unsure of portion sizes or how much you should be eating? [Click here](#) for more information.

Diet	Fruits	Vegetables	Protein	Grains/Starches
Standard American Diet	<ul style="list-style-type: none"> • Apples • Bananas • Berries • Grapes • Oranges • Peaches 	<ul style="list-style-type: none"> • Asparagus • Beets • Broccoli • Carrots • Cucumber • Eggplant • Green beans • Kale • Lettuce • Onions • Red pepper • Spinach • Tomato 	<ul style="list-style-type: none"> • Beans • Cheese • Eggs • Fish • Grilled chicken • Lean beef • Lean pork • Nuts • Peanut butter 	<ul style="list-style-type: none"> • Brown rice • Cereal • Corn • Crackers • Mashed potatoes • Oatmeal • Pancakes • Peas • Whole grain pasta • Whole wheat bread
Creole	<ul style="list-style-type: none"> • Avocado • Bananas • Mango • Papaya • Pineapple • Plantain 	<ul style="list-style-type: none"> • Beets • Broccoli • Cabbage • Carrots • Cassava • Cauliflower • Chayote • Cucumber • Green beans • Lettuce • Okra • Pumpkin • Red pepper • Tomato 	<ul style="list-style-type: none"> • Beans • Cheese • Chicken • Eggs • Fish • Lean beef • Lean pork • Nuts • Peanut butter 	<ul style="list-style-type: none"> • Bread • Casabe • Cereal • Crackers • Mangu • Oatmeal • Rice • Yams

building a better plate from around the world

HIV

Diet	Fruits	Vegetables	Protein	Grains/Starches
Mexican	<ul style="list-style-type: none"> • Apples • Bananas • Dragon fruit • Guava • Mango • Passion fruit 	<ul style="list-style-type: none"> • Chayote • Hot peppers • Jicama • Mexican squash • Nopal cactus • Onion • Red pepper • Salsa fresca • Salsa verde • Tomatillos • Tomatoes • Yucca 	<ul style="list-style-type: none"> • Beans • Ceviche • Cheese (queso blanco, cotija, Oaxaca, queso fresco) • Chicken • Eggs • Lean Beef • Lean Pork • Shrimp 	<ul style="list-style-type: none"> • Cereal • Corn • Corn tortillas • Crackers • Hard tortillas • Oatmeal • Posole • Rice • Tamales • Yams
Soul Food	<ul style="list-style-type: none"> • Bananas • Cantaloupe • Grapes • Peaches • Watermelon 	<ul style="list-style-type: none"> • Beets • Broccoli • Cabbage • Carrot • Collard greens • Eggplant • Green beans • Kale • Lettuce • Okra • Onion • Spinach • Tomatoes • Turnip greens 	<ul style="list-style-type: none"> • Black-eyed peas • Eggs • Fish • Grilled chicken • Low-fat cheese • Pigs feet • Pork chop • Ribs • Turkey bacon • Turkey leg 	<ul style="list-style-type: none"> • Biscuits • Corn • Corn bread • Grits • Mashed potatoes • Oatmeal • Pancakes • Peas • Potato salad • Rice • Waffles • Yams
West African	<ul style="list-style-type: none"> • Apples • Bananas • Mango • Oranges • Papaya • Pineapple 	<ul style="list-style-type: none"> • Broccoli • Cabbage • Collard greens • Cucumber • Eggplant • Lettuce • Okra • Onion • Pumpkin • Red pepper • Spinach • Tomatoes 	<ul style="list-style-type: none"> • Black-eyed peas • Chicken • Eggs • Fish • Khibbab • Kitoza • Lean beef • Palm nut soup • Peanut soup • Peanuts 	<ul style="list-style-type: none"> • Bofrot • Bread • Cassava • Cereal • Cocoyam • Cornmeal • Couscous • Kenkey • Millet • Oatmeal • Plantain • Rice • White yam

building a better plate from around the world

HIV

Diet	Fruits	Vegetables	Protein	Grains/Starches
<p>Asian (East, Southeast, Central, South, West)</p>	<ul style="list-style-type: none"> • Apricots • Coconut • Dates • Dried fruit • Kiwi • Kumquats • Lychee • Mango • Pineapple • Pomegranates • Tamarind 	<ul style="list-style-type: none"> • Bamboo shoots • Bean sprouts • Bitter melon • Bok choy • Carrots • Cauliflower • Chiles • Chinese cabbage • Chinese eggplant • Cucumbers • Daikon radishes • Edamame • Garlic • Green onion • Lettuce • Mung beans • Mushrooms • Onion • Radishes • Snap peas • Snow peas • Spinach • Tomatoes • Water chestnuts 	<ul style="list-style-type: none"> • Beans • Chicken • Duck • Eggs • Horse meat • Lean beef • Lean pork • Lentils • Mutton • Nuts • Seafood • Seitan • Sev • Sprouted beans • Tempeh • Tofu 	<ul style="list-style-type: none"> • Biryani • Breads (milk bread, naan, chapati poori, dosa, roti, flatbreads, pita, lavash) • Bulgur • Couscous • Dal • Freekah • Noodles • Pilaf • Rice <p>Other:</p> <ul style="list-style-type: none"> • Buffalo milk • Ghee • Kefir • Paneer • Yogurt
<p>Caribbean</p>	<ul style="list-style-type: none"> • Ackee • Bananas • Breadfruit • Coconut • Guava • Mango • Papaya • Soursop • Starfruit 	<ul style="list-style-type: none"> • Aubergine • Callaloo • Chayote • Jicama • Leafy greens • Okra • Onions • Scotch bonnet peppers • Squash • Taro root 	<ul style="list-style-type: none"> • Beans • Chicken • Conch • Fish • Goat • Lean beef • Lean pork • Oxtail • Seafood 	<ul style="list-style-type: none"> • Peas • Plantains • Potatoes • Rice • Yams • Yucca