Afro-Caribbean SmartPoints® list

Non-branded food

Ackees in brine, drained 80g	**5**
Aduki beans	**0**
Banana chips, 25g, drained	**4**
Banana	**0**
BBQ jerk sauce, 15g	**1**
Black eyed beans	**0**
Breadfruit	**0**
Butter beans	**0**
Cassava, 100g	**4**
Cho Cho/Christophene, boiled without salt	**0**
Cod, salted, dried, saltfish, 125g	**3**
Cornmeal, 100g	**10**
Dasheen, boiled, without salt, 100g	**4**
Evaporated milk, 1 can, 170ml	**13**
Flour, cassava, 100g	**11**
Flour, gram, 100g	**9**
Fruit punch, sparkling, ½ can, 165ml	**5**
Grape soda, ½ can, 160ml	**5**
Green lentils	**0**
Gungo peas	**0**
Jerk seasoning, 5g	**1**
Mango	**0**
Milk, condensed, sweetened, 15ml (1 tbsp)	**3**
Mustard seeds, 6g (1 tbsp)	**1**
Nutmeg, ground, 2g (1 tsp)	**1**
Okra	**0**
Papaya/Paw Paw	**0**
Peanuts, roasted or salted, 50g	**9**
Peas, yellow split	**0**
Pepper, red/green/yellow	**0**
Pine nuts, 15g	**3**
Plantain, cooked, 180g	**7**
Polenta, dry, 60g	**6**
Popping corn, uncooked, 50g	**5**
Pumpkin	**0**
Rice, white basmati, dry, 60g	**6**
Rice, white easy cook, dry, 60g	**6**
Rum, 25ml	**2**
Sardines, in oil, 1 can, drained, 90g	**5**
Sardines, whole, raw	**0**
Sausages, Vienna, 16g	**1**

Semolina, dry, 50g	**5**
Shrimp, raw	**0**
Soft roe, herring, fried, 85g	**5**
Stock cubes, any type, 1, 10g	**1**
Yam, 150g	**5**

Branded food

Aasani

Red Skin Peanut Kernels, 25g	**5**

Adom

Banku Mix, 1 serving, 70g	**7**

Cawoods

Whitefish Skinless & Boneless Fillets, 1 whole, 120g	**1**

Cypressa

White Kidney Beans	**0**

Doves Farm

Brown Rice Flour, 1 tbsp, 20g	**2**

Dunns River Nurishment

Banana, ¼ can, 100g	**5**
Strawberry, ¼ can, 100g	**5**
Vanilla, ¼ can, 100g	**5**

Earth Balance

Coconut & Peanut Spread, 15g	**3**

Excelsior

Water Crackers, ¼ pack, 55g	**6**

Gama

Crabeye Beans	**0**

Grace

Chicken Vienna Sausages, ¼ can, drained, 30g	**2**
Cock Flavour Soup Mix, ¼ packet, 12.5g	**1**

Hot Dog Sausages (Frankfurters) Hot & Spicy, ¼ can, drained, 45g	**3**
Hot Dog Sausages (Frankfurters), ¼ can, drained, 45g	**3**
Instant Cornmeal Porridge, 1 pot, 60g	**11**
Pumpkin Soup Mix, ¼ packet, 12.5g	**1**
Sweet Plantain Chips, ½ packet, 42g	**8**
Honey Bun	
Jamaican Spiced Bun, 35g	**4**
Indomie	
Chicken Flavour Noodles, 70g	**11**
Mi Goreng Fried Noodles, 80g	**14**
Onion Chicken Flavour, 75g	**11**
Vegetable Noodles, 80g	**11**
IWISA	
Maize Meal, 1 tbsp, 20g	**2**
KA	
Sparkling Black Grape Drink, 1 can, 330ml	**4**
Sparkling Fruit Punch Drink, 1 can, 330ml	**4**
Sparkling Pineapple Drink, 1 can, 330ml	**4**
Koh Kae	
Peanuts BBQ Flavour Coated, 18g	**3**
Peanuts Chicken Flavour Coated, 18g	**4**
Maggi	
3 Minute Noodles Curry Flavour, 1 pack, 59g	**9**
Liquid Seasoning, 50ml	**1**
Seasoning cubes, 2, 10g	**1**
Nestle	
Milo Drink Mix, 15g	**3**
Nido Instant Full Cream Milk Powder, 15g	**3**
Old Jamaica	
Fruit Punch, 1 carton, 250ml	**6**
Grape, 1 carton, 250ml	**6**
Mango, 1 carton, 250ml	**6**
Ovaltine	
Original, 25g	**5**
Princes	
Mackerel Fillets in a Moroccan style sauce, ½ tin, 63g	**4**
Mackerel Fillets in piri-piri style sauce, ½ tin, 95g	**6**
Pronto	
Instant Banana Pot Porridge Mix, 60g	**9**
Instant Cinnamon Pot Porridge Mix, 60g	**9**
Supermalt	
Original, 1 can, 330ml	**11**
Tropical Sun	
100% Natural Coconut Water, 1 can, 330ml	**5**
Caribbean Curry Paste, 1 tbsp, 15g	**1**
Coconut Water with Lime, 1 can, 330ml	**5**

Hot Pepper Sauce, 1 tsp, 5ml	**0**
Peri Peri Sauce, 1 tsp, 5ml	**0**
Varo	
Moin Moin, 1 serving, 210g	**10**
Whitworths	
Ground Rice, 1 tablespoon, 20g	**2**