The Multi-Mix Principle

The multi mix principle is a guideline that is used to combine foods from the Six Caribbean Food Groups to ensure that a person’s meal is balanced . The Six Caribbean Food groups consist of

* Staples
* Legumes
* Dark Green Leafy and Yellow Vegetables
* Food from Animals
* Fruits
* Fats and Oils

The first four groups form the basis of the Multi mix principle method of Meal Planning and are called the Foundation Food Groups.

The base of each meal in the Multi Mix principle is the Staples food Group.

Remember the Staples food group contains foods such as cereals e.g. rice, pasta and bread as well as potatoes and ground provisions such as

dasheen and cassava.

 

Combining the Staples food group with foods from three of the other

‘Foundational Food Groups’ gives you three types of mixes:

* The Two-Mix or Double-Mix
* The Three-Mix
* The Four-Mix

Let’s begin, there are three basic Multi-Mix meal options and each of them must have a Staple food.

The simplest combination is called a Two-Mix because it uses foods from two of the four foundational food groups to make a meal. Using the staple foods as a base, we then choose either a food from an animal or legume source.



If the two foods used in the Two-Mix belong to the same food group, e.g.

 fried potato and bread , then this can’t be considered a balanced meal or appropriate mix.

The Three-Mix uses foods from three of the four ‘Foundational Food Groups.’

 How does this work?

Several combinations can exist when using the Three- Mix Principle. Remember you are using three of the four ‘Foundational Food Groups’ (Staple food, Legumes, Food from Animals and Vegetables) to help you choose and plan. The possible combinations are:

 

Now that we’ve looked at the Three-Mix meal combinations, let’s briefly look at the Four- Mix. For the Four-Mix we use all of the four ‘Foundational Food Groups’ to make up our meal. Your meal should comprise the following combination:



Activity: Bring four sanitary plates and markers for your next class so we can do some meal planning.