



# Foods from Belize



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- This information is compiled from a University of Kentucky Study Tour of Belize, January 2024.



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Belize is in Central America. Neighbors are Mexico, Guatemala and Honduras.



# FOOD-BASED DIETARY GUIDELINES FOR BELIZE



Recommendations regarding food in Belize is centered around a food basket. Healthy eating guidelines give advise to families regarding food choices.

Belize is welcoming and accepting of others. Therefore, the country has a wide variety of populations. There is a large population of native Belizeans of Mayan descent. There are initiatives within the government to keep the Mayan culture alive.



These sisters are of Mayan descent and teach tourists about the Mayan culture.

These are Garifuna dancers. The Garifuna people are of African descent. They immigrated to Belize from Honduras in the 1800's.



## Common foods eaten in Belize:

Fruit: bananas, mangos, coconuts, jackfruit, breadfruit, oranges, plantains, pineapples, watermelon

Vegetables: potatoes, coleslaw, peppers, corn, avocado



Many Belizean dishes have Hispanic or Mexican flavors:

Tortillas, tacos, enchiladas are staple foods.

## Belizean specialties:

Rice and Beans: spicy, often cooked with coconut milk

Stewed Chicken: cooked in a red sauce; each family has its own recipe

Seafood of all types:  
Conch ceviche- fresh caught conch with habanero peppers and spices



Some interesting cooking processes:



Corn tortillas cooking on outdoor stoves.



It is not uncommon for families in Belize to maintain both indoor and outdoor kitchens. Central to the outdoor kitchen is the stove. Clay stoves that burn wood are a traditional structure allowing the women to cook even without electricity or while working outdoors.



## Grinding ingredients by hand:



A stone grinding tool called a metate is commonly used for grinding small amounts corn, herbs, or coffee.



- A metate might be used to grind several different ingredients at any given meal.

Tamarind has inflammation fighting properties and is rich in Vitamin A and C.

# Try some Tamarind Juice:

- Tamarind is a fruit that grows as a brown pod. The plant originates from Asia. The fruit is easily grown in Belize. The pods are squeezed and pureed for the Juice.
- Tamarind juice is a popular drink in Mexico.
- It has an earthy flavor and is both tart and sweet.