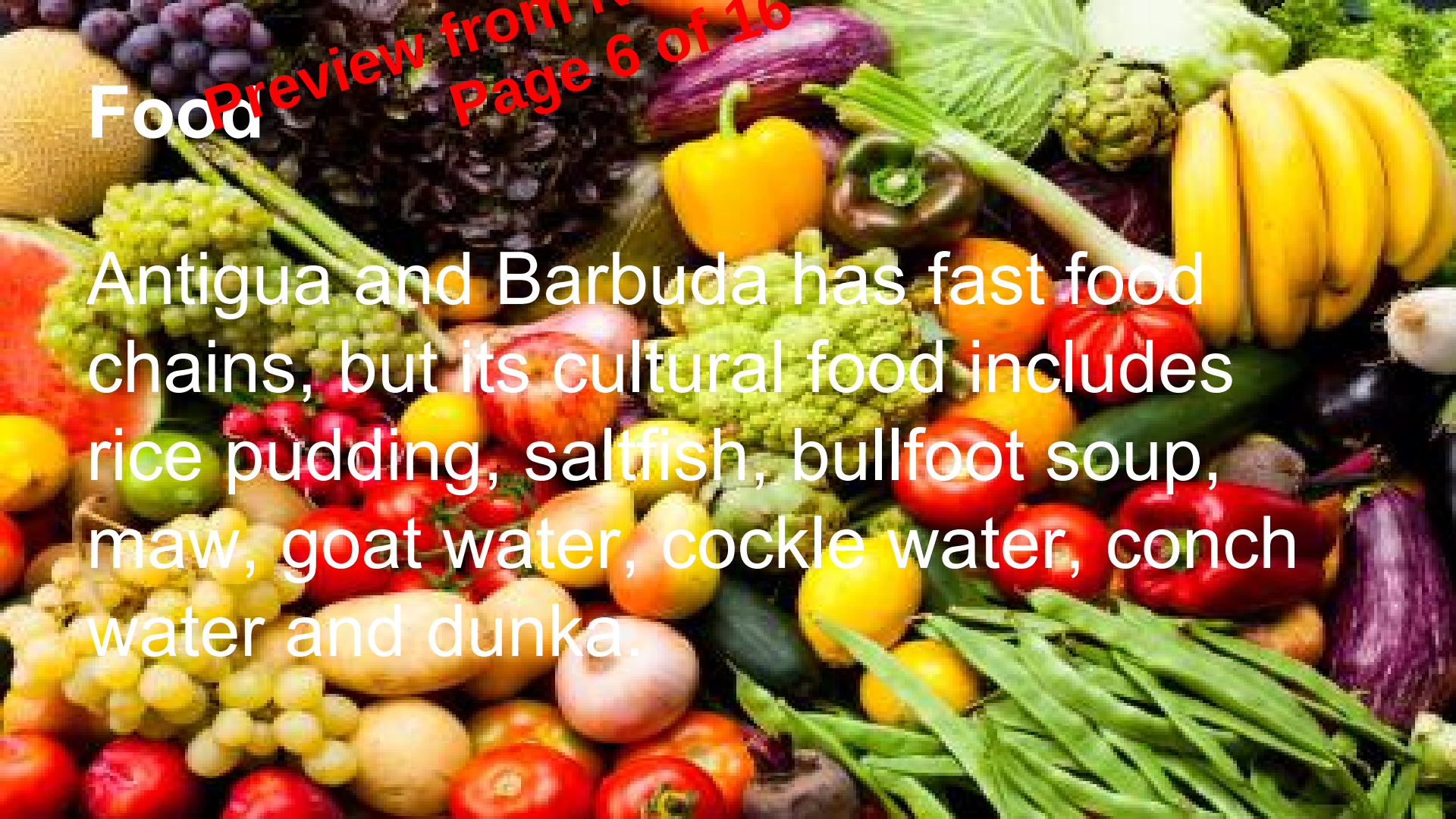




Food

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Antigua and Barbuda has fast food chains, but its cultural food includes rice pudding, saltfish, bullfoot soup, maw, goat water, cockle water, conch water and dunka.

Flag

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It has 5 colors. The black is for the African ancestry of the people, the blue is for hope, the red for energy of the people. The color of yellow, blue, and white also stands for the sun, sea, and sand. The blue also represents the Caribbean sea. The V-shape of the flag stands for victory.