

# South Asian Food Pictures

## **Possible Uses**

Two versions of the South Asian food pictures are available for use: this Adobe pdf version with translations OR food pictures alone in a zipped format. These pictures are available from the Canadian Diabetes Association (CDA) website. [www.diabetes.ca](http://www.diabetes.ca)

## **This pdf with translations can be used in a number of ways:**

- The food picture page can be printed on Avery label #05165 (8 ½” x 11” white full size sheets). This sticker page can then be used to cut out food groups and insert on the Beyond the Basics Meal Planning Poster.
- The page can be printed and used as a handout on its own for portion size control or along with the Beyond the Basics Meal Planning poster for carbohydrate counting.
- The page may be useful when obtaining diet histories to identify commonly consumed foods.

**The zipped file contains the pictures only as JPEG files.** These can be copied to a variety of media. Examples of possible uses include:

- In PowerPoint presentations for dietary education
- Added to existing institutional handouts to supply images of foods familiar to the South Asian culture
- Copied to cards for group activities such as food sorting games, etc.

## **Note on Portions**

Portion sizes have been estimated, where possible, from references 1-10 on page 2. No food analyses were undertaken. Portion sizes for some foods were not available. Further information on portions is available in another resource in this series called “Nutritional Content of South Asian Foods” available on the CDA website. Portions sizes may vary within South Asian cultural groups and based on individual cooking methods.

## **Development**

This and the other resources in this series were developed as part of a research study on South Asian dietary practices at the University of Guelph, 2006. South Asian regions which were represented include India, Pakistan, Sri Lanka and Bangladesh. Participants completed food lists to indicate foods they commonly consumed.

Mian S, Brauer P. Development of Culturally Relevant Dietary Education Tools for Canadian South Asians Living with Diabetes: A Qualitative Study. J Diet Prac Res. 2008 (In press).





































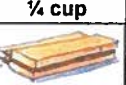



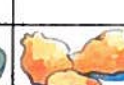











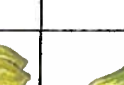



## **Acknowledgement**

Reproduction is permitted, provided source is acknowledged. Based on original work with Research Grant funding from the Canadian Diabetes Association. Revised as necessary by the South Asian Dietary Resource Working Group. All content approved by the Canadian Diabetes Association, 2008.

## References

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9. The Canadian Diabetes Association. *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management July 25, 2005 – Longer lists References: USDA, 2004 (Release 17); Canadian Nutrient File, 2005.*
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## South Asian Foods - Urdu

<b>Grains &amp; Starches</b>	 Dhokla ڈھوکلا 1" square	 Dosa دوسا 1 each	 Idli اڈلی 3" round	 Kachori کچجوری 1 each (50 g)	 Makki Ki Roti مکی کی روٹی Half of 6"	 Naan نان ¼ of 8" x 2"	 Paratha پرائٹھا 6 inch	 Pilau پلاؤ 1/3 cup	 Puri پوری 5 inch
	 Puttu پٹو	 Roti Chappati روٹی/چپاتی 6 inch	 String Hoppers ایٹاپام	 Vegetable Curry ½ cup	 Veggie Patty سبزی یا آلو کے کٹاٹ		<b>Milk &amp; Alternatives</b>	 Raita رایتا ¼ cup	
<b>Fruits</b>	 Guava امرود 2 each	 Lychee لیچی 10 each	 Mango ام ½ medium	 Papaya پپینا 1 cup	 Pomegranate انار ¼ each				
<b>Legumes</b>	 Black Eyed Peas ½ cup	 Black Peas کالے چنے ½ cup	 Chick Peas چنے ½ cup	 Legumes دال ½ cup	 Kidney Beans لوبیا/راجما ½ cup				
<b>Desserts</b>	 Barfi برفی	 Gajar Ka Halwa گاجر کا حلوه	 Gulabjaman گلاب جامن	 Jilebi جلیبی 33 g	 Kulfi کلفی ½ cup	 Ladoo لڈو ½ small	 Rasgullah رس گلا 1 medium	 Rasmalai رس ملای 1 small	 Sevia سویاں ½ cup
	 Suji Ka Halwa دال یا سوچی کا حلوه ¼ cup	 Zarda زردہ							
<b>Snacks</b>	 Cake Rusk کیک رسک 34 g	 Chiura چیورٹا 1 oz	 Ganthia گانٹھیا 1 oz	 Mathri ماتھری 2 thin	 Pakora پکورا 3 pces	 Papaddum پاپڑ 2 pces	 Samosa سموسا ½ each	 Sev سیو 1 oz	
<b>Vegetables</b>	 Ghia گھیا	 Kadhu کدو	 Karela کرپلا	 Fenugreek میتھی	 Okra بھنڈی	 Saag ساگ	 Tinda ٹندا	 Tindora ٹندورا	 Turia توریا
<b>Protein &amp; Fat</b>	 Meat Curry گوشت کا سالن 1 oz meat	 Paneer پنیر 1 oz		 Coconut Milk ناریل کا دودھ					

