

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

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).
























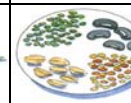



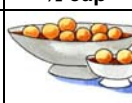
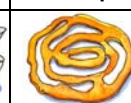


















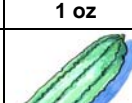

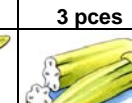







Acknowledgement

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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 - Tamil

Grains & Starches	 Dhokla டோக்ளா 1" square	 Dosa தோசை 1 each	 Idli இட்லி 3" round	 Kachori கசோரி 1 each (50 g)	 Makki Ki Roti மக்கி கி ரொட்டி Half of 6"	 Naan நாண் ¼ of 8" x 2"	 Paratha பரோட்டா 6 inch	 Pilau பிரியாணி 1/3 cup	 Puri பூரி 5 inch
	 Puttu புட்டு	 Roti Chappati ரொட்டி 6 inch	 String Hoppers இடியாப்பம்	 Vegetable Curry காய்கறிக் குழம்பு ½ cup	 Veggie Patty காய்கறி பட்டில் 1 medium			Milk & Alternatives	 Raita ரைடா ¾ cup
Fruits	 Guava கொய்யா 2 each	 Lychee லீச்சி 10 each	 Mango மாம்பழம் ½ medium	 Papaya பப்பாளி 1 cup	 Pomegranate மாதுளை ½ each				
Legumes	 Black Eyed Peas கம்பி கடலை ½ cup	 Black Peas பிளாக்பீ கடலை ½ cup	 Chick Peas கொண்டைக் கடலை ½ cup	 Legumes பருப்பு வகை ½ cup	 Kidney Beans கிட்னி பீன்ஸ் ½ cup				
Desserts	 Barfi பர் பி	 Gajar Ka Halwa கஜர் கா அல்வா 1 pce	 Gulabjaman குளப்ஜாமன் 1 medium	 Jilebi ஜிலேபி 33 g	 Kulfi குல் பி ½ cup	 Ladoo லட்டு ½ small	 Rasgulla ரசகுல்லா 1 medium	 Rasmalai ரச மலாய் 1 small	 Sevia சேமியா(அரி சி ½ cup
	 Suji Ka Halwa சேசுரி ¼ cup	 Zarda ஸர்தா புலாவ்							
Snacks	 Cake Rusk கேக் ரஸ்க் 34 g	 Chiura சேவ்ரா 1 oz	 Ganthia காந்தியா 1 oz	 Mathri மத்ரி 2 thin	 Pakora பகோரா 3 pces	 Papaddum அப்பளம் 2 pces	 Samosa சமோசா ½ each	 Sev செவ் 1 oz	 Cake Rusk கேக் ரஸ்க் 34 g
Vegetables	 Ghia சுரைக்காய்	 Kadhu பூசுனிக்காய்	 Karela பாகற்காய்	 Fenugreek வெந்தியக்கீ	 Turia பீர்க்கங்காய்	 Saag கட்டுக்கீரை ஸாக்	 Tinda டிண்டா	 Tindora கோவக்காய்	 Turia பீர்க்கங்காய்
Protein & Fat	 Meat Curry இறைச்சி கறி 1 oz meat	 Paneer பனீர் 1 oz		 Coconut Milk தேங்காய்ப் பால் 2 tbsps					