

# **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**

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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 – Hindi Translation

Grains & Starches	 Dhokla ढोकला 1" square	 Dosa डोसा 1 each	 Idli इडली 3" round 3 गोल	 Kachori कचौरी 1 each (50 g) 1 (50 g).गम	 Makki Ki Roti मक्की की रोटी Half of 6" 6" की आधी	 Naan नान ¼ of 8" x 2" 8" x 2" का ¼ हिस्सा	 Paratha सादा परांठा 6 inch 6 इंच	 Pilau पुलाओ 1/3 cup 1/3 कप	 Puri पूरी 5 inch 5 इंच	
	 Puttu पुट्टु	 Roti Chappati रोटी/चपाती 6 inch 6 इंच	 String Hoppers इडियप्पम	 Vegetable Curry तरौ वाली सब्जी ½ cup	 Veggie Patty सब्जी/आलू पैटी/कटलट 1 medium			Milk & Alternatives	 Raita रायता ¾ cup ¾ कप	
Fruits	 Guava अमरूद 2 each	 Lychee लीची 10 each	 Mango आम ½ medium	 Papaya पपीता 1 cup 1 कप	 Pomegranate अनार ½ each					
	Legumes	 Black Eyed Peas लोबिया ½ cup ½ कप	 Black Peas काली दाल ½ cup ½ कप	 Chick Peas चने/छोले ½ cup ½ कप	 Legumes साबुत दाल ½ cup ½ कप	 Kidney Beans राजमांह ½ cup ½ कप				
Sweets		 Barfi बरफी	 Gajar Ka Halwa गाजर का हलवा 1 pce	 Gulabjaman गुलाब जामुन 1 medium	 Jilebi जलेबी 33 g 33 g.गम	 Kulfi कुल्फी ½ cup ½ कप	 Ladoo लड्डू ½ small ½ छोटा	 Rasgullah रसगुल्ला 1 medium	 Rasmalai रस मलाई 1 small 1 छोटी	 Sevia सेवीयाँ ½ cup ½ कप
		 Suji Ka Halwa सूजी का हलवा ¼ cup ¼ कप	 Zarda जर्दा/ मीठे चावल							
Snacks	 Cake Rusk केक रस्क 34 g 34 g.गम	 Chiura चिड़वा 1 oz	 Ganthia गाठीया 1 oz	 Mathri मठरी 2 पतली	 Pakora पकौड़ा 3 pces	 Papaddum पापड़ 2 pces	 Samosa समोसा ½ each	 Sev सेव 1 oz		
	Vegetables	 Ghia घीया	 Kadhu कद्दू	 Karela करेला	 Methi मेंथी	 Okra Bhindi भिन्डी	 Saag साग	 Tinda टीन्डा	 Tindora टिन्डोरा	 Turia ट्योरी
Protein & Fat		 Meat Curry मीट करी 1 oz meat 1 oz मीट	 Paneer पनीर 1 oz		 Coconut Milk नारीयल का दूध 2 tbsp 2 चम्मच					