

# **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).
























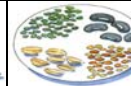












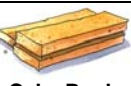









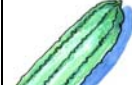









## **Acknowledgement**

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## References

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Anand SS, Yusuf S, Vuksan V, Devanesen S, Teo KK, Montaque PA, et al. Differences in risk factors, atherosclerosis, and cardiovascular disease between ethnic groups in Canada: the Study of Health Assessment and Risk in Ethnic groups (SHARE). *Lancet.* 2000;356:279-84.
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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 – Punjabi Translation

Grains & Starches	 Dhokla ਢੋਕਲਾ 1" square 1" ਚੋਰਸ	 Dosa ਡੋਸਾ 1 each	 Idli ਇਡਲੀ 3" round 3" ਗੋਲ	 Kachori ਕਚੋਰੀ 1 each (50 g)	 Makki Ki Roti ਮੱਕੀ ਦੀ ਰੋਟੀ Half of 6" 6" ਦੀ ਅੱਧੀ ਰੋਟੀ	 Naan ਨਾਨ ¼ of 8" x 2" 8" x 2" ਦਾ ¼ ਹਿੱਸਾ	 Paratha ਪਰੌਠਾ 6 inch 6 ਇੰਚ	 Pilau ਪੁਲਾਓ 1/3 cup 1/3 ਕੱਪ	 Puri ਪੂਰੀ 5 ਇੰਚ
	 Puttu ਪੁੱਟੂ	 Roti Chappati ਰੋਟੀ ਜਾਂ ਢੁਕਕਾ 6 inch 6 ਇੰਚ	 String Hoppers ਸਟ੍ਰਿੰਗ ਹੌਪਰ	 Vegetable Curry ਤਰੀ ਵਾਲੀ ਸਬਜ਼ੀ ½ cup ½ ਕੱਪ	 Veggie Patty ਸਬਜ਼ੀਆਂ ਜਾਂ ਆਲੂ ਦੀ ਟਿੱਕੀ 1 medium 1 ਦਰਮਿਆਨੀ		Milk & Alternatives	 Raita ਰਾਇਤਾ ¾ cup ¾ ਕੱਪ	
Fruits	 Guava ਅਮਰੂਦ 2 each	 Lychee ਲੀਚੀ 10 each	 Mango ਅੰਬ ½ medium	 Papaya ਪਪੀਤਾ 1 k p	 Pomegranate ਅਨਾਰ ½ each				
Legumes	 Black Eyed Peas ਕਾਲੇ ਛੋਲੇ ½ cup 1/2 ਕੱਪ	 Black Peas ਕਾਲੇ ਮਾਂਹ ਸਬਤ ½ cup 1/2 ਕੱਪ	 Chick Peas ਚਿੱਟੇ ਛੋਲੇ ½ cup 1/2 ਕੱਪ	 Lentils ਦਾਲਾਂ ½ cup 1/2 ਕੱਪ	 Kidney Beans ਰਾਜਮਾਂਹ ½ cup 1/2 ਕੱਪ				
Desserts	 Barfi ਬਰਫੀ	 Gajar Ka Halwa ਗਾਜਰ ਦਾ ਹਲਵਾ 1 pce 1 ਪੀਸ	 Gulabjaman ਗੁਲਾਬ ਜਾਮਣ 1 medium 1 ਦਰਮਿਆਨੀ	 Jilebi ਜਲੇਬੀ 33 g 33 ਗ੍ਰਾਮ	 Kulfi ਕੁਲਫੀ ½ cup 1/2 ਕੱਪ	 Ladoo ਲਡੂ ½ small ½ ਛੋਟਾ	 Rasgullah ਰਸਗੁਲਾ 1 medium 1 ਦਰਮਿਆਨੀ	 Rasmalai ਰਸ ਮਲਾਈ 1 small 1 ਛੋਟੀ	 Sevia ਚੌਲਾ ਦੀਆਂ ਸੇਵੀਆਂ ½ cup 1/2 ਕੱਪ
	 Suji Ka Halwa ਸੂੱਗ ਜਾਂ ਸੂਬੀ ਦਾ ਹਲਵਾ ¼ cup 1/4 ਕੱਪ	 Zarda ਜਰਦਾ/ਮਿੱਠੇ ਚੌਲ							
Snacks	 Cake Rusk ਕੇਕ ਰਸ 34 g 34 ਗ੍ਰਾਮ	 Chiura ਚਿੜਵਾ 1 oz	 Ganthia ਗਠੀਆਂ 1 oz	 Mathri ਮੱਠੀ 2 thin 2 ਪਤਲੀਆਂ	 Pakora ਪਕੌੜੇ 3 pces 3 ਪੀਸ	 Papaddum ਪਾਪੜ 2 pces 2 ਪੀਸ	 Samosa ਸਮੋਸਾ ½ each	 Sev ਸੇਵ 1 oz	
Vegetables	 Ghia ਘੀਆ	 Kadhu ਕੱਦੂ	 Karela ਖਰੇਲਾ	 Fenugreek ਮੋਥੀ	 Okra ਓਂਛੀ	 Saag ਸਾਗ	 Tinda ਟਿੰਡਾ	 Tindora ਟਿੰਡੋਰਾ	 Turia ਤੋਰੀਆਂ
Protein & Fat	 Meat Curry ਤਰੀ ਵਾਲਾ ਮੀਟ 1 oz meat 1 oz ਮੀਟ	 Paneer ਪਨੀਰ 1 oz		 Coconut Milk ਨਾਰੀਅਲ ਦੀ ਗਿਰੀ ਦਾ ਦੁੱਧ 2 tbsp 2 ਚਮਚੇ					