

# 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).
























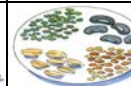






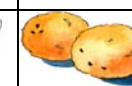
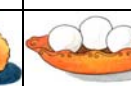




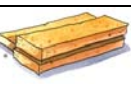



















## **Acknowledgement**

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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 – Punjabi Translation

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