

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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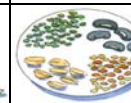
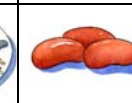


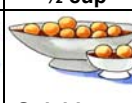
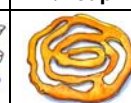







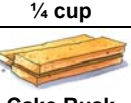











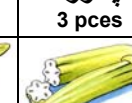
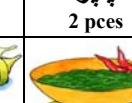
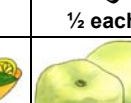





References

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South Asian Foods - Urdu

| | | | | | | | | | |
|-------------------|--|--|---|---|---|--|---|--|--|
| Grains & Starches |  Dhokla ڈھوکلا 1" square |  Dosa دوسا 1 each |  Idli اڈلی 3" round |  Kachori کچھوری 1 each (50 g) |  Makki Ki Roti مکی کی روٹی Half of 6" |  Naan نان ¼ of 8" x 2" |  Paratha پراٹھا 6 inch |  Pilau پلاؤ 1/3 cup |  Puri پوری 5 inch |
| |  Puttu پٹو |  Roti Chappati روٹی/چپاتی 6 inch |  String Hoppers ایشاپام |  Vegetable Curry ½ cup |  Veggie Patty سیزی یا آلو کے کٹلیٹ | | | Milk & Alternatives |  Raita رایتا ¾ cup |
| Fruits |  Guava امرود 2 each |  Lychee لیچی 10 each |  Mango ام ½ medium |  Papaya پپینا 1 cup |  Pomegranate انار ½ each | | | | |
| Legumes |  Black Eyed Peas ½ cup |  Black Peas کالے چنے |  Chick Peas چنے ½ cup |  Legumes دال ½ cup |  Kidney Beans لوبیا/راجما ½ cup | | | | |
| Desserts |  Barfi برفی |  Gajar Ka Halwa گاجر کا حلوه |  Gulabjaman گلاب جامن |  Jilebi جلیبی 33 g |  Kulfi قلفی ½ cup |  Ladoo لڈو ½ small |  Rasgullah رس گلا 1 medium |  Rasmalai رس ملای 1 small |  Sevia سویا ½ cup |
| |  Suji Ka Halwa دال یا سوچی کا حلوه ¼ cup |  Zarda ذردہ | | | | | | | |
| Snacks |  Cake Rusk کیک رسک 34 g |  Chiura چیوڑا 1 oz |  Ganthia گانتھیا 1 oz |  Mathri ماتھری 2 thin |  Pakora پکورا 3 pces |  Papaddum پاپڑ 2 pces |  Samosa سموسا ½ each |  Sev سیو 1 oz | |
| Vegetables |  Ghia گھیا |  Kadhu کدو |  Karela کریلا |  Fenugreek میتھی |  Okra بھنڈی |  Saag ساگ |  Tinda ٹندا |  Tindora ٹندورا |  Turia توریا |
| Protein & Fat |  Meat Curry گوشت کا سالن 1 oz meat |  Paneer پنیر 1 oz | |  Coconut Milk ناریل کا دودھ | | | | | |