









# South Asian Food Pictures





The information in this resource was developed as part of a Masters of Science thesis (2006) in Applied Human Nutrition at the University of Guelph. Focus groups were held with members of the South Asian community in Southern Ontario (n=53) to seek their perspectives on diabetes diet counselling resources and strategies. The represented South Asian regions included India, Pakistan, Sri Lanka and Bangladesh. Participants completed food lists to indicate foods they commonly consumed. Since information on South Asian diets in Canada is limited, this resource may be helpful for nutrition counsellors advising clients with diabetes. The results cannot be considered representative of foods commonly consumed by all South Asians, as there are wide variations in diet among South Asians. Portions sizes have been reviewed by a working group of Dietitians, however may vary between cultures and based on food preparation methods. Portion sizes for some foods were not available due to lack of information at the time the resource was developed.

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## South Asian Foods

<b>Grains &amp; Starches</b>	 <b>Dhokla</b> 1" square	 <b>Dosa</b> 1 each	 <b>Idli</b> 3" round	 <b>Kachori</b> 1 each (50 g)	 <b>Makki Ki Roti</b> Half of 6"	 <b>Naan</b> ¼ of 8" x 2"	 <b>Paratha</b> 6 inch	 <b>Pilau (Rice)</b> 1/3 cup
	 <b>Puri</b> 5 inch	 <b>Puttu</b>	 <b>Roti Chappati</b> 6 inch	 <b>String Hoppers</b>	 <b>Vegetable Curry</b> ½ cup	 <b>Veggie Patty</b> 1 medium		 <b>Raita</b> ¾ cup
<b>Fruits</b>	 <b>Guava</b> 2 each	 <b>Lychee</b> 10 each	 <b>Mango</b> ½ medium	 <b>Papaya</b> 1 cup	 <b>Pomegranate</b> ½ each			
<b>Legumes</b>	 <b>Black Eyed Peas</b> ½ cup	 <b>Black Peas</b> ½ cup	 <b>Chick Peas</b> ½ cup	 <b>Dahl (Legumes)</b> ½ cup	 <b>Kidney Beans</b> ½ cup			
<b>Desserts</b>	 <b>Barfi</b>	 <b>Gajar Ka Halwa</b> 1 pce	 <b>Gulabjaman</b> 1 medium	 <b>Jilebi</b> 33 g	 <b>Kulfi</b> ½ cup	 <b>Ladoo</b> ½ small	 <b>Rasgullah</b> 1 medium	 <b>Rasmalai</b> 1 small
<b>Snacks</b>	 <b>Sevia (Sweet Vermicelli)</b> ½ cup	 <b>Suji Ka Halwa</b> ¼ cup	 <b>Zarda (Sweet rice)</b>					
<b>Snacks</b>	 <b>Cake Rusk</b> 34 g	 <b>Chiura</b> 1 oz	 <b>Ganthia</b> 1 oz	 <b>Mathri</b> 2 thin	 <b>Pakora</b> 3 pces	 <b>Papaddum</b> 2 pces	 <b>Samosa</b> ½ each	 <b>Sev</b> 1 oz
<b>Vegetables</b>	 <b>Ghia (Bottle Gourd)</b>	 <b>Kadhu (Pumpkin)</b>	 <b>Karela (Bitter melon)</b>	 <b>Methi (Fenugreek)</b>	 <b>Okra</b>	 <b>Saag (Mustard Greens)</b>	 <b>Tinda</b>	 <b>Tindora</b>

 <p><b>Turia</b></p>							
 <p><b>Meat Curry</b> 1 oz meat</p>	 <p><b>Paneer</b> 1 oz</p>		 <p><b>Coconut Milk</b> 2 tbsp</p>				

**Protein & Fat**