

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).
























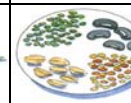



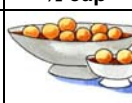
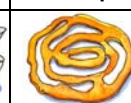


















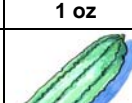

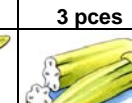







Acknowledgement

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References

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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 - Tamil

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|-------------------|--|---|--|---|--|---|--|---|--|
| Grains & Starches |  Dhokla டோக்ளா 1" square |  Dosa தோசை 1 each |  Idli இட்லி 3" round |  Kachori கசோரி 1 each (50 g) |  Makki Ki Roti மக்கி கி ரொட்டி Half of 6" |  Naan நாண் ¼ of 8" x 2" |  Paratha பரோட்டா 6 inch |  Pilau பிரியாணி 1/3 cup |  Puri பூரி 5 inch |
| |  Puttu புட்டு |  Roti Chappati ரொட்டி 6 inch |  String Hoppers இடியாப்பம் |  Vegetable Curry காய்கறிக் குழம்பு ½ cup |  Veggie Patty காய்கறி பட்டை 1 medium | | | Milk & Alternatives |  Raita ரைடா ¾ cup |
| Fruits |  Guava கொய்யா 2 each |  Lychee லீச்சி 10 each |  Mango மாம்பழம் ½ medium |  Papaya பப்பாளி 1 cup |  Pomegranate மாதுளை ½ each | | | | |
| Legumes |  Black Eyed Peas கம்பி கடலை ½ cup |  Black Peas பிளாக்பீ கடலை ½ cup |  Chick Peas கொண்டைக் கடலை ½ cup |  Legumes பருப்பு வகை ½ cup |  Kidney Beans கிட்னி பீன்ஸ் ½ cup | | | | |
| Desserts |  Barfi பர் பி |  Gajar Ka Halwa கஜர் கா அல்வா 1 pce |  Gulabjaman குளாஜாமன் 1 medium |  Jilebi ஜிலேபி 33 g |  Kulfi குல் பி ½ cup |  Ladoo லட்டு ½ small |  Rasgulla ரசகுல்லா 1 medium |  Rasmalai ரச மலாய் 1 small |  Sevia சேமியா(அரி சி ½ cup |
| |  Suji Ka Halwa சேசுரி ¼ cup |  Zarda ஸர்தா புலாவ் | | | | | | | |
| Snacks |  Cake Rusk கேக் ரஸ்க் 34 g |  Chiura சேவ்ரா 1 oz |  Ganthia காந்தியா 1 oz |  Mathri மத்ரி 2 thin |  Pakora பகோரா 3 pces |  Papaddum அப்பளம் 2 pces |  Samosa சமோசா ½ each |  Sev செவ் 1 oz |  Cake Rusk கேக் ரஸ்க் 34 g |
| Vegetables |  Ghia சுரைக்காய் |  Kadhu பூசுனிக்காய் |  Karela பாகற்காய் |  Fenugreek வெந்தியக்கீ |  Turia பீர்க்கங்காய் |  Saag கட்டுக்கீரை ஸாக் |  Tinda டிண்டா |  Tindora கோவக்காய் |  Turia பீர்க்கங்காய் |
| Protein & Fat |  Meat Curry இறைச்சி கறி 1 oz meat |  Paneer பனீர் 1 oz | |  Coconut Milk தேங்காய்ப் பால் 2 tbsp | | | | | |