ASIANS IN BRITAIN

ASIAN FOODS AND DIETS

KING'S FUND/DHSS TRAINING PACK

ASIAN FOODS & DIETS

CONTENTS OF PACK

1. One Trainer's Manual

   Contains information on Asian foods and diets for trainers or general readers. The final section gives guidance on what to cover in training sessions, getting more local information, and preparing for training sessions.

2.* 11 copies of Asians in Britain: Introduction

   Gives basic details about Indian, Pakistani, Bangladeshi and East African communities in Britain, where they came from, their languages etc. All trainees should be familiar with this information before a training session.

3.* 11 copies of Foods and Diets.

   For trainees to take away after the training session. Summarises the main religious and cultural factors that may affect the diets of Asian people in Britain.

4. Master copies for photocopying of 4 worksheets for trainees:

   i. Hindus, Sikhs, Muslims: Summary of permitted & prohibited foods (F/E1)

   ii. Giving useful dietary advice (F/E2)

   iii. Specific nutritional advice (F/E3)

   iv. Hospital menu (F/E4)

5. 8 Overhead Projector Transparencies (OHPs)

   with guidance on usage.

6. 36 slides with a set of slide notes

7. Master copies for photocopying of Language Sheets giving names of common foods in Hindi/Urdu, Punjabi, Gujarati, Bengali and Pashto with a rough guide to pronunciation and usage.

* More copies can be obtained from the National Extension College, 18 Brooklands Avenue, Cambridge CB2 2HN. Tel: (0223) 63465

ISBN 0 86082 289 3

ASIAN FOODS & DIETS

LANGUAGE SHEETS: LIST OF CONTENTS

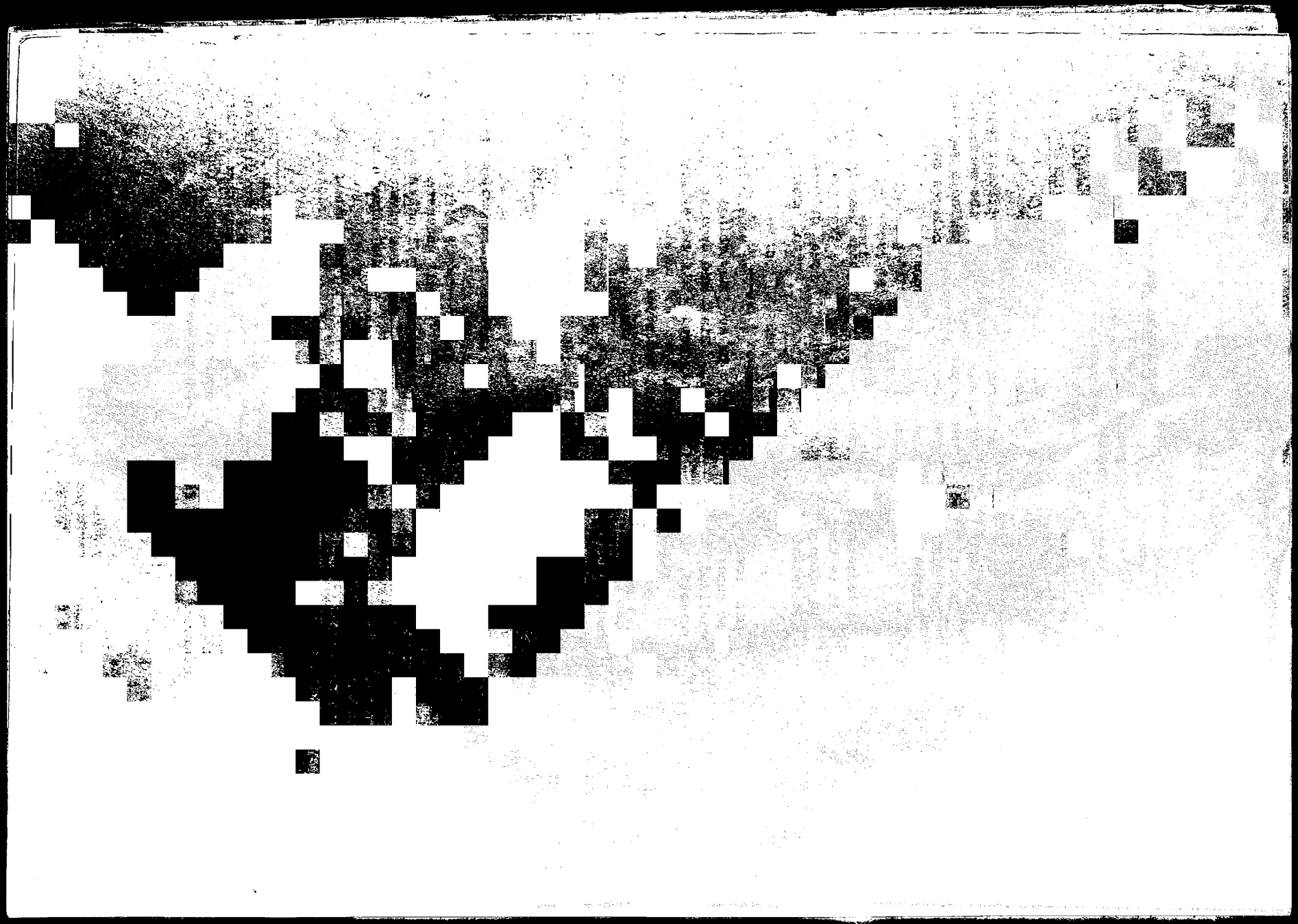
This wallet contains translations for photocopying of lists of words that may be useful when discussing food and diet with people from India, Pakistan and Bangladesh who speak little or no English. The translations are in BENGALI, GUJARATI, HINDI/URDU, PASHTO and PUNJABI. They are copyright free and can be reproduced freely providing they are used for educational purposes and not re-sold for profit.

The wallet also contains a Guide To Using The Language Sheets. This includes a key to pronunciation and shows who speaks which language.

Each health worker should, as far as possible, have her own copy of the language sheets she needs so that she can add to and amend it as she works. (Most health workers will only need language sheets in one or two languages, depending on the local communities.)

Each health worker should also, as far as possible, have her own copy of the Guide.

To enable easier photocopying none of the sets of Language Sheets in this wallet are stapled together. Each sheet is identified in the top right hand corner.



3. USING THE LANGUAGE SHEETS

i. Familiarise yourself with the key to pronunciation. Some of the conventions will take time to get used to, for example, the difference between the sounds indicated in the lists by 'å', 'a', and 'u', or the unfamiliar sounds indicated by 'kh', 'gh' and 'q'. Practise reading through one of the language sheets, checking your pronunciation against the key above.

ii. If you can, get someone who speaks the language you want to use to go through the language sheet with you, helping you with pronunciation. Your helper may use some different words, or may pronounce them differently. This may be due to regional variations or to rural and urban differences in vocabulary or pronunciation, or it may be because, despite a lot of effort, our lists still contain some mistakes. Stress to your helper that you want the everyday words that most people will use. Trust your helper rather than the language sheet, and amend the list accordingly.

iii. Pitfalls and short-comings

These language sheets can only be of limited value,enabling you to speak, for example, 'pidgin' Punjabi as an alternative to not communicating at all. They may however help you to build up some kind of relationship and to be of some help to people who speak little or no English, and may be a first step to you learning more of the other person's language.

You may find that people don't understand you, even when you are saying words in their language. This may be for several reasons:

- They are most unlikely to expect you to speak anything but English. People tend to listen for what they expect, and nobody expects English people to speak Asian languages. This happens even to those English people who speak an Asian language fluently and can be very disconcerting. Do not give up! It often helps to start with something familiar like a greeting,to tune people into the language you are speaking.

- Your pronunciation may be wrong. There are many Asian sounds that English speakers find very difficult. Get your pronunciation as correct as possible with someone who speaks the language before you go out and try to use it on your own. Your pronunciation will also improve with time as you hear and speak more of the language,and your ears become attuned to its sounds.

- People are unused to hearing their language spoken with an English accent. We are used to adjusting to the sounds of English spoken by foreigners because so many people from other countries learn English. In contrast relatively few Asian people have heard English people speaking their language. It may take time for their ears to become adjusted to your accent.

NOTE: The Language Sheets contain Asian words roughly spelt in English to help English people. Showing the transliterations to your patients or clients is unlikely to be helpful.

DISCUSSING DIET: SOME USEFUL PUNJABI WORDS

Language Sheet: PUNJABI 1

N.B. See Guide To Using The Language Sheets for a key to pronunciation.

Sikhs:	hello & goodbye	sat sree akaal	yes	haa
			no	nahi/nehi
Muslims:	hello	asalaam alaykum	not	nahi/nehi
	goodbye	khodaa hafiss/ rap daraka		
Hindus:	hello & goodbye	namastay		

MEAT*	maas/meat		
beef	gaa da maas	minced meat	keema
chicken	kooker/moorga	goat meat	bakri da maas
kidney	goorda	mutton	bed da maas
liver	kalayji	fish	machli

FRUIT	fal/phal		
apple	say/apple	water melon	tarbooz
banana	kayla	orange	santra
grape	angoor	orange juice	santra da ras
lemon/lime	nimboo/limoo	pineapple	ananas
mango	aam	raisins	kishmish
sweet melon	karbooja	dried fruit	sooka fal/sooka phal

VEGETABLES	sabzi/sabji		
cabbage	band gobi/gand gobi	lettuce	salad
carrot	gajar	onions	ganda/piaaz
cauliflower	fool gobi/pool gobi	peas	matar
coriander leaves	hara dania	potato	aloo
cucumber	keera	pumpkin	payta
eggplant	batãum/vatãun	sweet potato	shakarkandi
fenugreek leaves	meti	spinach	paalak
green leafy veg.	harĩa sabjĩa/saag	salad	salad
green pepper	shimla meerch	tomato	tamaatar
ladyfingers/okra	bindi	white radish	mooli

* Many Punjabi Hindus and some Punjabi Sikhs are strict vegetarians and do not eat meat or eggs. Beef is particularly strictly prohibited and pork hardly ever eaten even by non-vegetarians. Punjabi Muslims do not eat pork. All other meat is permissible to Muslims provided it is 'halal'.

ASIAN FOODS & DIETS

GUIDE TO USING THE LANGUAGE SHEETS

Please read this guide before you use the Language Sheets.

1. KEY TO PRONUNCIATION

In each word the stressed syllable is underlined, eg. England, expect.

Vowels

'aa' - long 'a' as in master: aam
'a' - short 'a' as in southern English must & funny: sabji
'å' - very short neutral 'a' as in material & hooter: mårach
'ee' - long 'e' as in meet & bean: keema
'e' - short 'e' as in pet: yena
'i' - short 'i' as in skip: kishmish
'oo' - long as in pool and flu: angoor
'o' - sound between pot and port: gobi
'u' - short 'u' as in southern English put & foot : ful
'ai' - as in like & fight: makai
'ay' - as in pain, day & gate: batayta
'au' - as in found & round: nau
~ - above a vowel makes it nasal: bataum

Consonants

kh - as in 'ch' in Scottish loch: khatakay
gh - as kh above but further back in the throat: ghwakha
q - like 'k' but sounded further back in the throat: quraan
s or ss - as in miss and kiss: santra
z - as in has and zoo: sabzi

2. WHO SPEAKS WHICH LANGUAGE?

Many Asian people speak more than one Asian language. The list below gives the groups for whom Bengali, Gujarati, Hindi, Urdu, Pashto and Punjabi are first languages, ie. the language spoken at home, while cooking etc.

BENGALI Spoken by everyone from Bangladesh though there are dialect variations (and by people from West Bengal in India).
Most Bangladeshis in Britain come from Sylhet District in the North East. At home they may speak a Sylheti dialect very different from standard Bengali, though they may speak standard Bengali as well. Note any variations you find in dialect or pronunciation beside the standard Bengali word given in the list.

GUJARATI Spoken by everyone from Gujarat State in India and by Gujaratis from East Africa. Some people from Kutch in Northern Gujarat may speak a dialect of Gujarati called Kutchi. Note any variations you find beside the Gujarati word given in the list.

HINDI and URDU

Hindi or Urdu may be the first language of some people from Northern India or Pakistan. More importantly in Britain, Hindi is spoken as a second language by many people who come from Northern India, and Urdu is spoken as a second language by many people who come from Pakistan. If you have not got a list of words in somebody's first language, you could try using the Hindi/Urdu list of words.

HINDI is the national language of India and is one of fifteen official regional languages. It is the first language of many people from Delhi and the surrounding areas, and is the language often used between people from Northern India who speak different first languages. Hindi is also the language used in colleges and universities in Northern India.

URDU is the national language of Pakistan and is the language used in all schools, colleges etc. It is the first language of some people from towns and cities in Pakistan and is often used between Pakistanis who speak different first languages. Almost all Pakistani men speak Urdu and most Pakistani women understand it.

In their spoken colloquial forms, Hindi and Urdu are almost the same. They have the same grammar and use generally the same words for everyday things such as food. More technical or specialised words usually differ. Hindi and Urdu are also written in different scripts. Most people can only read their own script.

PASHTO Spoken by most Pathans, ie. people from the North-West Frontier Province in Pakistan and neighbouring districts such as Attock. There are dialect variations and variations in pronunciation depending on region of origin. Note any variations you find in dialect or pronunciation beside the standard Pashto word given in the list.

PUNJABI Spoken by everyone from Punjab State in India and from Punjab Province in Pakistan. Also by Punjabis from East Africa.
Punjabi is spoken over a wide area and contains a large number of different dialects. Most Punjabis (Indian or Pakistani) in Britain will understand the words given here, but some people from Mirpur District in Pakistan will only speak a Mirpuri dialect of Punjabi and may use words different from those given here. Note any variations you find in dialect or pronunciation beside the standard Punjabi word given in the list.
Punjabi spoken in Pakistan may also contain some Urdu words, and Punjabi spoken in India may contain some Hindi words.

The language situation in the Indian subcontinent is far more fluid than in Britain. People may speak several languages, and may use different languages for different occasions. Pakistanis may, for example, say they speak Urdu because that is their national language, though in fact they usually speak Punjabi at home. You may therefore need occasionally to move from one Language Sheet to another.

PULSES

black gram	maahaa/urad	kidney beans	rajma
chickpeas	chana	lentils	massoor
cow peas	lobia/rajma	pigeon peas	arhar
green gram	moongi	chickpea flour	bayssan

CEREALS

barley	jãũ	semolina	rawa/sooji
bread	bread/dabàl roti	wheat	kànàk
maize	maki	wheat flour	meda
millet	bajra	wholewheat flour	atta
rice	chaawal		

DAIRY PRODUCTS

butter (UK type)	butter	egg white	ande di sàfedi
milk	dud	egg yolk	ande di jàrdi/zàrdi
dried milk	sooka dud	boiled egg	ooble anda
egg	anda	omelette	ande da poora/amlet
eggs	ande	yoghurt	dàhee

NUTS

almond	badaam	peanut	moong fali
cashew	kajoo	pistachio	pista

SPICES & HERBS

cardamom	elachi	cumin	jeera/zeera
cinnamon	dalchini	garlic	tõm/lassan
green chilli	hari meeràch	fresh ginger	taaza
red chilli	laal meeràch	dried ginger	soond
cloves	long	mustard seeds	rai
coriander	dania	turmeric	haldi

OTHER FOODS

biscuit	biskoot	sugar	kaand
chutney	chatnee	sweets	mätai
drops	boond	tablet	goli
oil	tayl/dayl	tea	chaa/chai
pickle	achaar	water	pani
salt	loon		

PREPARING FOOD

fresh	taaja/taaza	finely chopped	kootria
raw	kacha	grated	kadoo kash/molikatra
cooked	pakia hoya	strained	chane hoya
boiled	ooblia hoya		
fried	talia hoya	hard	sakat/sakhat
		soft	naram
hot (spicy)	garam/bot kori	thick (consistency)	gaara
hot (temp.)	garam	thin (consistency)	patla
cold	tanda		

UTENSILS

small bowl	koli	spoon	chamcha
plate	plate	tin	tin
knife	chakoo	packet	paket

NUMBERS

1	ik	8	at
2	do	9	nõ/nãũ
3	ten	10	das
4	chaar	once	ik vaare
5	paanj	twice	do vaare
6	chay	three times	ten vaare
7	sat		

QUANTITIES

a little	tora	some	tori
a lot	jiada/ziada	less	tora
a piece of	tookra	more	hor
		most	bara ziada/bõdiõ
big	wàda		
small	chota	half	ada
very small	bara chota	all	sara
very	bara	none	nehi
		enough	teeke/kafi
with...	... de naal		
without ...	... bàgayr		

QUESTIONS

how?	kistara?	where?	kidàr/kithe?
how much?	kina?	who?	kon?
what?	kia?	why?	kiyun?
when?	kadõ?		

do you eat ...?	ki tusi ... kanday ho?
does the little girl eat...?	ki choti kuri ... kandi hẽ?
does the little boy eat ...?	ki chota munda... kandi hẽ?
do you like to eat... ?	ki toossi ... karday ho kana pàssand

TIME

before	pela	this year	e saal
after	baadvich	next year	agla saal
		last year	pichla saal
today	aaj		
tomorrow	kal	everyday	haros
yesterday	bitia hoia din	always	hamay sha
		never	kaday nehi
this week	ess haftay		
next week	aglay haftay	in the morning	suvayr noo
last week	pichlay haftay/ goozàre hoia haftay	in the afternoon	dopeher noo
		in the evening	shaam noo
		at night	raat noo

MISC.

is good	acha he/jauga e	vomiting	ooltee
is bad	khraab he/ pera e	diarrhoea	dåst
		bad diarrhoea	maror/petiss
hungry	buka	rash	kujli/kurråk
thirsty	piassa		
not hungry	buka nehi		

DISCUSSING DIET: SOME USEFUL GUJARATI WORDS

Language Sheet: GUJARATI 1

N.B. See Guide To Using The Language Sheets for a key to pronunciation.

hello	kem cho/nåmastay	yes	ha
goodbye	au jo	no	na
		not	na

MEAT*	maas/meat		
beef	gainoo maas	lamb	getanoo gosh
chicken	moorgi	mutton	bakranoo gosh
kidney	goorda	pork	soovarnoo maas
liver	kalayji	fish	maachli
minced meat	keema		

FRUIT	fal		
apple	safarjan	water melon	tarbooj
banana	kayla	orange	santra
grape	draaksh	orange juice	santra ras
lemon/lime	limboo	pineapple	ananas
mango	keri	raisins	kishmish
sweet melon	toriyoo	dried fruit	sookoo fal

VEGETABLES	shaak baji		
cabbage	kobi	lettuce	salad
carrot	gajar	onions	doongri
cauliflower	ful kobi	peas	mattar
coriander leaves	daana	potato	batayta
cucumber	kakådi	pumpkin	patkoroo
eggplant	ringan	sweet potato	sakaria
fenugreek leaves	meti	spinach	palak baji
green leafy veg.	baji	salad	salad
green pepper	boongår macha	tomato	tamayta
ladyfingers/okra	bindå	white radish	moora

* Many Gujarati Hindus are strict vegetarians and do not eat meat or eggs. Beef is particularly strictly prohibited and pork very rarely eaten even by non-vegetarians. Gujarati Muslims do not eat pork. All other meat is permissible to Muslims provided it is 'halal'.

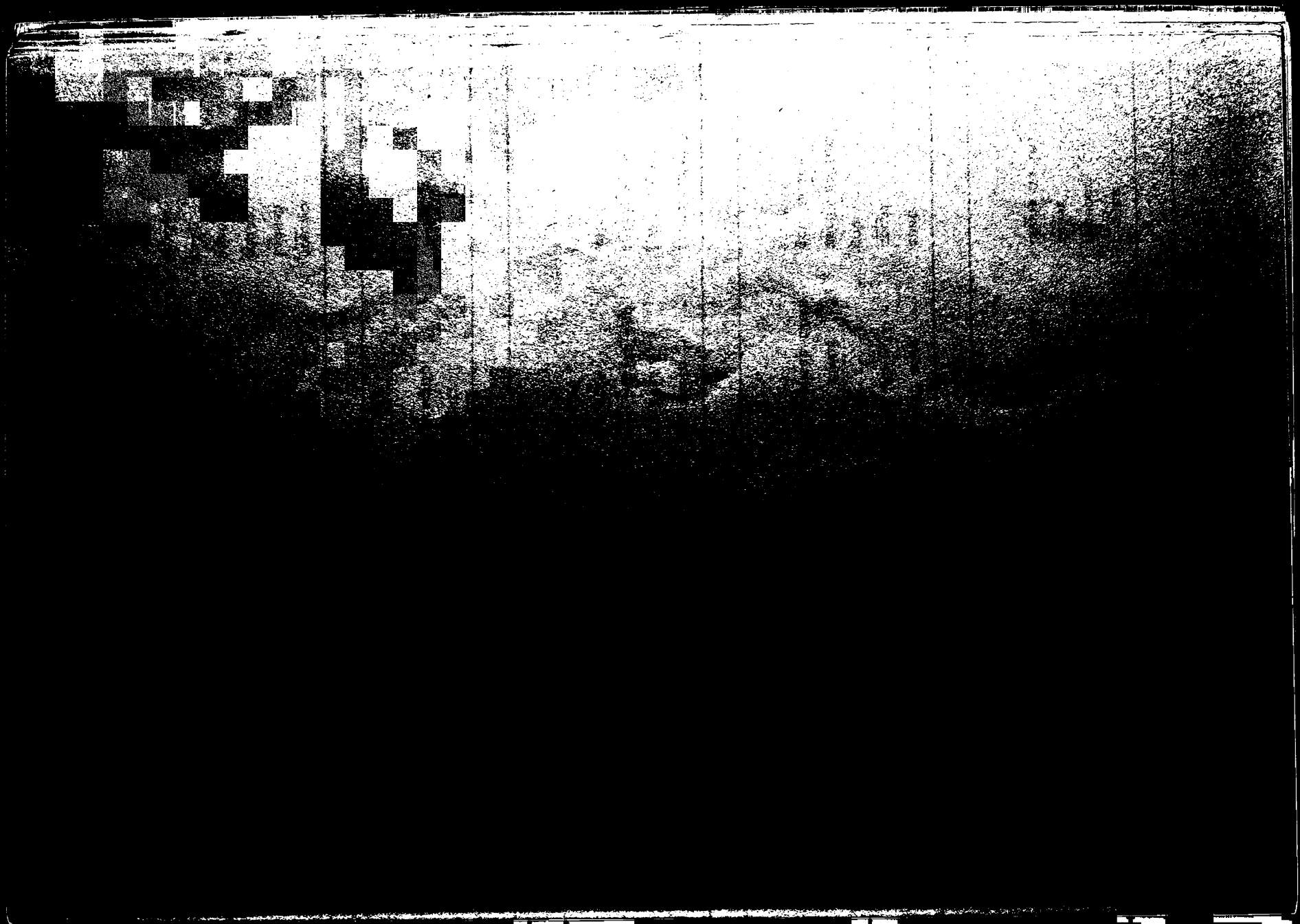
PULSES	daal		
black gram	orâd	kidney beans	raajmâ
chickpeas	chana	lentils	massoor
cow peas	chora	pigeon peas	tooer
green gram	maag	chickpea flour	chana no lot

CEREALS			
barley	joowar	cooked rice	baat
bread	bread/pau	semolina	sooji
maize	makai	wheat	gou
millet	bajro	wheat flour	menda no lot
raw rice	choka	wholewheat flour	gou no lot

DAIRY PRODUCTS			
butter (UK type)	butter	egg white	indoo safed
milk	dood	egg yolk	indoo piloo
dried milk	dood no paudâ	soft boiled egg	bafeloo indoo
egg	indoo	omelette	omlet
eggs	inda	yoghurt	dahi

NUTS			
almond	badaam	peanut	maandwee
cashew	kajoo	pistachio	pista

SPICES & HERBS			
cardamom	elchi	cumin	jeeroo
cinnamon	taj	garlic	lassan
green chilli	leela marcha	ginger	addoo
red chilli	lal marcha	dried ginger	soont
cloves	laving	mustard seeds	rai
coriander	daana	turmeric	hardar



OTHER FOODS

biscuit	biskoot	sugar	kaand
chutney	chatnee	sweets	mitai
drops	teepa	tablet	goree
oil	tayl	tea	chai
pickle	ataanoo	water	pani
salt	mitoo/neemàk		

PREPARING FOOD

fresh	tajoo	finely chopped	nana katka
raw	kachoo	grated	kamrayloo
cooked	randayloo	strained	garayloo
boiled	bafayloo		
fried	tarayloo	hard	katan
		soft	diloo
hot (spicy)	garam		
hot (temp.)	tikoo	thick (consistency)	jadoo
cold	tandoo	thin (consistency)	pataloo

UTENSILS

bowl	wartki	spoon	chamcho
plate	tali	tin	dabo
knife	chakoo	packet	parikoo

NUMBERS

1	ek	8	aat
2	bay	9	nau
3	tran	10	das
4	chaar	once	ek war
5	paanch	twice	bay war
6	chur	three times	tran war
7	saat		

QUANTITIES

a little	todoo	some	toroo
a lot	bajooj	less	auchoo
a piece of	ek katko	more	wadharay
		most	lagbag
big	motoo		
small	nanoo	half	ardoo
very small	bohoo nanoo	all	badoo
very	bohoo	none	nehi
		enough	pooroo
with	satay		
without	wagar		

QUESTIONS

how?	kem?	where?	kiaa?
how much?	ketloo?	who?	kõ?
what?	soo?	why?	shamaka?
when?	kiaray?		

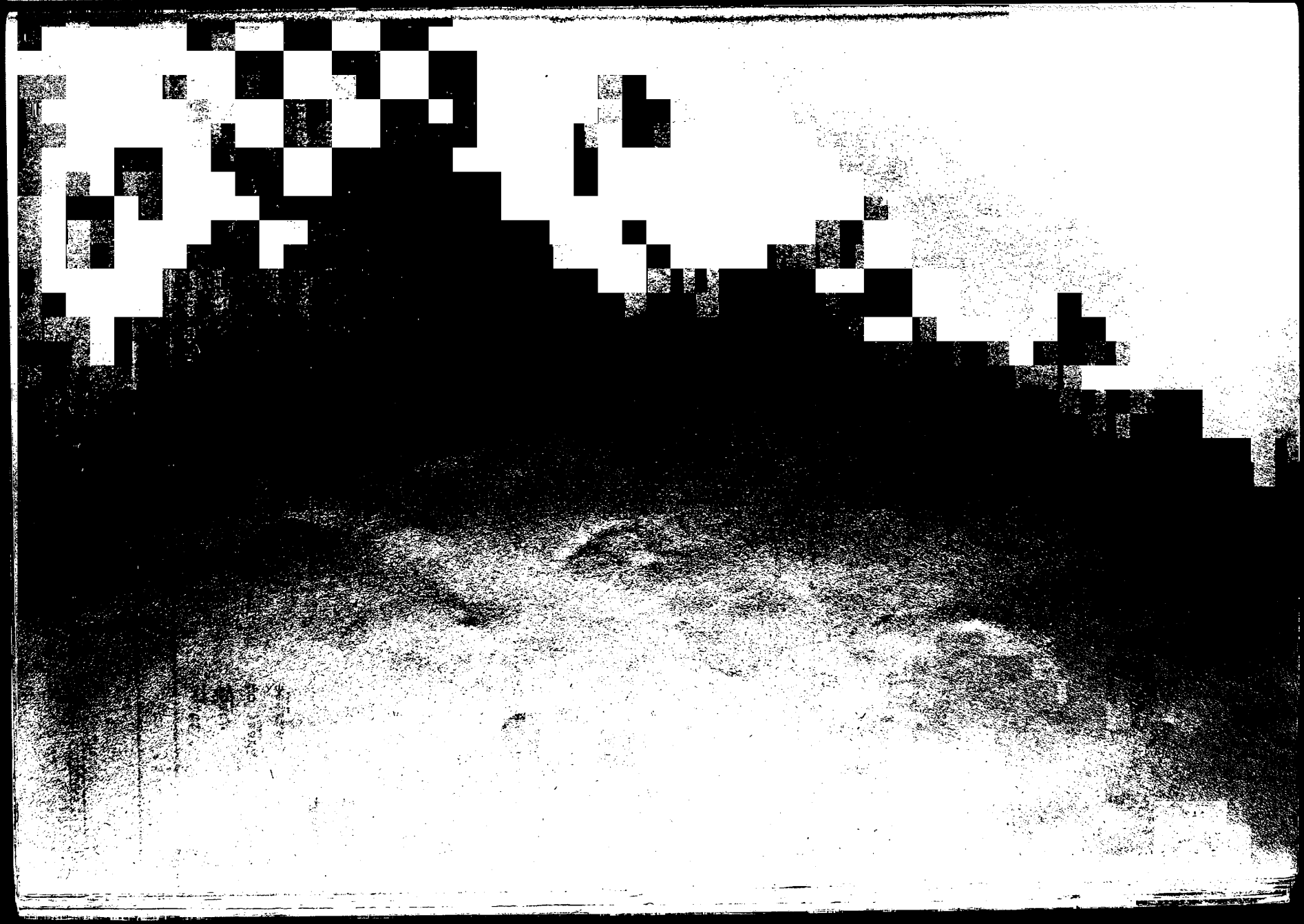
do you eat ...?	tamay ... kau cho?
does the little girl eat ...?	tamari chokri ... kai chay?
does the little boy eat ...?	tamari chokro ... kai chay?
do you like to eat ...?	baray ... chay?

TIME

before	bahayla	this year	awasay
after	bachee	next year	outawasay
		last year	geeawasay
today	ajay		
tomorrow	outi kalay	everyday	daroj
yesterday	gai kalay	always	hamesha
		never	koi divas nehi
this week	a atwaadiyay		
next week	outa atwaadiyay	in the morning	savarna
last week	gaia atwaadiyay	in the afternoon	baporna
		in the evening	sanjana
		at night	raatna

MISC

is good	saroo chay	vomiting	oolti
is bad	karab chay	diarrhoea	jaara
		bad diarrhoea	bo jaara
hungry	book	rash	seeras
thirsty	taras		
not hungry	book na		



DISCUSSING DIET: SOME USEFUL BENGALI WORDS

Language Sheet: BENGALI 1

N.B. See Guide To Using The Language Sheets for a key to pronunciation.

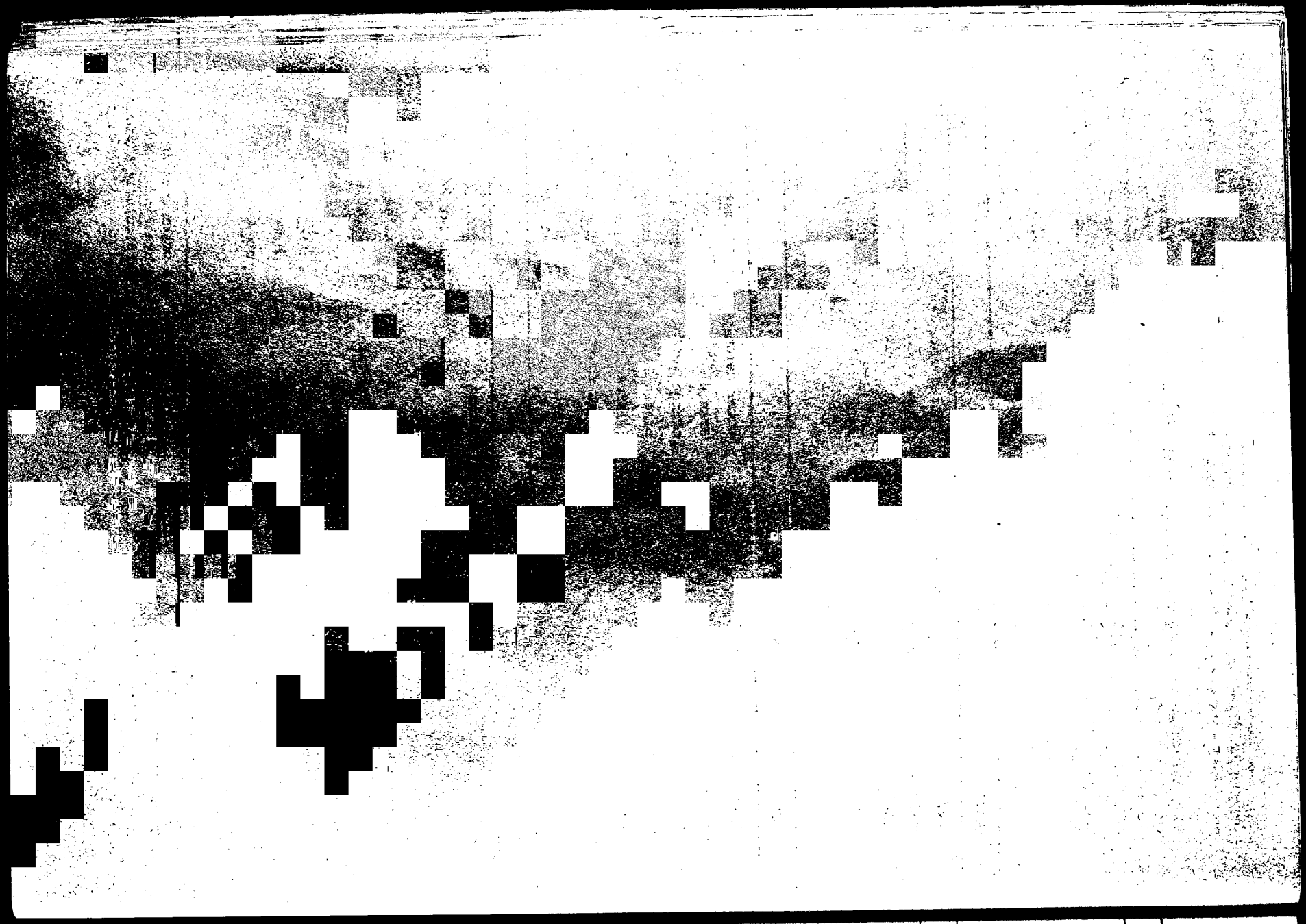
hello	salaam/namuksha	yes	ha
goodbye	bidai	no	na
		not	na

MEAT*			
beef	goor mangsho	minced meat	keema
chicken	moorgi	lamb	bera mangsho
kidney	goorda	mutton	chagol mangsho
liver	pila	fish	maach

FRUIT	fol		
apple	apple	water melon	tarmooj
banana	kola	orange	komla
grape	angoor	orange juice	komla rash
lemon/lime	layboo	pineapple	anarash
mango	aam	raisins	kishmish
sweet melon	karbooj	dried fruit	shookna fol

VEGETABLES	shaak shobzee		
cabbage	banda kopi	onions	piaz
carrot	gajar	peas	matar shuti
cauliflower	fool kopi	potato	aloo
coriander leaves	dania pata	pumpkin	mistee koomba
cucumber	shosha	sweet potato	mistee aloo
eggplant	baygan	spinach	palang shaag
fenugreek leaves	mayti shaag	salad	salad
green leafy veg.	shaag	tomato	tomayto
lettuce	salad	white radish	moola
ladyfingers/okra	deras		

* Most Bengalis in Britain are Muslims and do not eat pork. All other meat is permissible provided it is 'halal'. A few Bengalis in Britain are Hindus. Most are strict vegetarians and do not eat meat or eggs. Beef is particularly strictly prohibited and pork very rarely eaten even by non-vegetarians.



PULSES

black gram	mas kolai	kidney beans	kalasim/simer biti
chickpeas	motår	lentils	massoor
cow peas	barbati	pigeon peas	arhar
green gram	moong	chickpea flour	bessan

CEREALS

barley	job	cooked rice	paat
bread	bread/pau roti	semolina	sooji
maize	boota	wheat	gom
millet	bajri	wheatflour	maida
raw rice	chaal	wholewheat flour	ata

DAIRY PRODUCTS

butter (UK type)	butter	egg yolk	deem kooshan
milk	dood	soft boiled egg	kamshidoo deem
dried milk	goora dood	omelette	pada deem/omlet
egg	deem	yoghurt	doi
egg white	deemet shada		

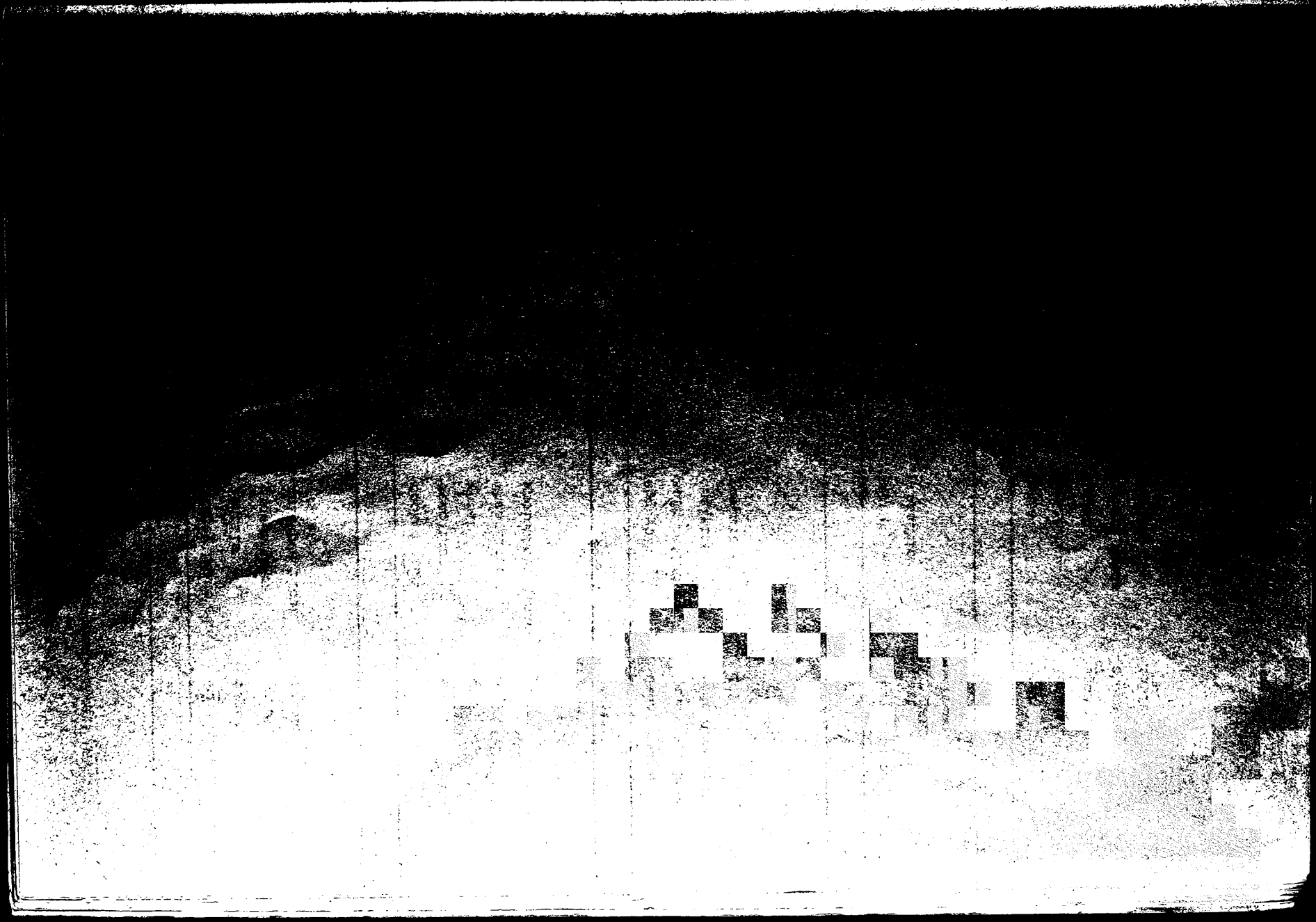
NUTS

almond	bada	peanut	cheena badam
cashew	kajoo	pistachio	pesta

SPICES & HERBS

moshla

cardamom	elachi	cumin	jeera
cinnamon	dalchini	garlic	loshun
green chilli	kacha måreech	ginger	adda
red chilli	lal måreech	mustard seeds	shorshe
cloves	labonga	turmeric	holdi/holud
coriander	dania		



OTHER FOODS

biscuit	biskoot	sugar	chinee
chutney	chatnee	sweets	mistee
drops	fota	tablet	goli/peel
oil	tayl	tea	cha
pickle	achar	water	pani/jol
salt	noon		

PREPARING FOOD

fresh	taja	finely chopped	alfa kata
raw	kacha	grated	kudu kaas kora
cooked	randha	strained	chaknee
boiled	shaydo		
fried	bajee	hard	shakta
		soft	noram
hot (spicy)	jaal	thick (consistency)	mota
hot (temp.)	goram	thin (consistency)	patla/roga
cold	tanda		

UTENSILS

bowl	boro bati	spoon	chamoch
plate	taal	tin	tin
knife	choree	packet	paket

NUMBERS

1	ek	8	at
2	doi	9	nai
3	teen	10	dash
4	char	once	ekbar
5	pach	twice	doibar
6	choi	three times	teenbar
7	shat		

QUANTITIES

a little	alto	some	kichoo
a lot	onekta	less	kom
a piece of	ak tokrå	more	arok/onek
		most	beshi
big	boro		
small	choto	half	ortek
very small	koob choto	all	shorb
very	koob	none	kichoona
		enough	jotesto
with	shonge		
without	chara		

QUESTIONS

how?	koto?	where	kotai?
how much?	katata?	who?	kay?
what?	kee?	why?	keno?
when?	kokon?		

do you eat... ?	apni ... ki kan?
does the little girl eat ... ?	choto may ... ki kai?
does the little boy eat ... ?	choto chelay ... ki kai?
do you like to eat ... ?	apni ... ki kete pasåndå koren?

TIME

before	purbay	this year	ai botshor
after	poray	next year	agamee botshor
		last year	goto botshor
today	azkay		
tomorrow	kalkay	everyday	protekdin
yesterday	goto ka	always	shob shob shomai
		never	koko nona
this week	ay shoptåhay		
next week	poray shoptåhay	in the morning	shakalay
last week	gota shoptåhay	in the afternoon	dupuray
		in the evening	bikalay
		at night	ratay

MISC

is good	kopalo	vomiting	bomee
is bad	bop karab	diarrhoea	peter ashuk
		rash	gaidana
hungry	kooda		
thirsty	piash		
not hungry	kooda nai		

DISCUSSING DIET: SOME USEFUL PASHTO WORDS

Language Sheet: PASHTO 1

N.B. See Guide To Using The Language Sheets for a key to pronunciation.

hello	assalaam alaykum	yes	au/hau
goodbye	khodaa afiss	no	na
		not	na

MEAT*	ghwakha		
beef	ghata ghwakha	minced meat	keema
chicken	churga/chooza	mutton/lamb	naray ghwakha
kidney	goorday	fish	machli/maye
liver	yena		

FRUIT	maywa		
apple	sayv/apple	water melon	indwaraa
banana	kayla	orange	malta
grape	angoor	orange juice	maltay ras
lemon/lime	nimboo	pineapple	ananas
mango	aam	raisins	maywa
sweet melon	khatakay	dried fruit	oocha maywa

VEGETABLES	sabzi		
cabbage	gopi	lettuce	salaad
carrot	gazara	onions	piaaz
cauliflower	gul gopi	peas	matar
coriander leaves	shna dania	potato	aloo
cucumber	badrangg	spinach	palak/saag
eggplant	tor batingan	salad	salaad
green leafy veg.	saag	tomato	tamatar/batingan
green pepper	sheen marach	white radish	moolay

* Almost all Pashto speakers are Muslim and do not eat pork. All other meat is permissible to Muslims provided it is 'halal'.

PULSES	dal		
black gram	safa may/oorad	green gram	shnee may/moong
chickpeas	chani/chana	kidney beans	kurkhay/sarã lobia
cow peas	lobia	lentils	nask/massoor
chickpea flour	chani oora		

CEREALS			
bread	bread	wheat	ghanam
maize	jewar	wheat flour	meda
rice	wroojay/rijee	wholewheat flour	atta/oora
semolina	sooji		

DAIRY PRODUCTS			
butter (UK type)	butter	egg white	agay spin
milk	pai	egg yolk	agay zer/agay zial
dried milk	khush pai/ooch pai	soft boiled egg	nim hoodkay dalay kha/ yeshidilay agay
egg	kha	omelette	omlet
eggs	agay	yoghurt	maastà

NUTS			
almond	badaam	peanut	moonpalay
cashew	kajoora	pistachio	pista

SPICES	màsaala		
cardamom	laichi	cumin	zeera
cinnamon	dalchini	garlic	ooga
green chilli	shnà màràchki	ginger	adrak
red chilli	sàrà màràchki	mustard seeds	sharsham
cloves	lawang	turmeric	kurkamãn/haldi
coriander	dania		

OTHER FOODS

biscuit	biskåt	sugar	chini
chutney	chakni/chatni	sweets	mitay
drops	katra/takee	tablet	golay
oil	tayl	tea	chai
pickle	achaar	water	obå
salt	malga		

PREPARING FOOD

fresh	taza	finely chopped	warookay warookay maatka
raw	kacha	strained	chaar
cooked	pokh	grated	kadoo kash
boiled	hoodkay dalay/yeshi dilay		
fried	soor kalay	hard	kluk
		soft	post
hot (spicy)	garam		
hot (temp.)	garam	thick (consistency)	tingg
cold	yakh	thin (consistency)	naray

UTENSILS

small bowl	jam	tin	tin
knife	charu kay	packet	paket
spoon	chamcha		

NUMBERS

1	yau/yawan	8	ata
2	dwa	9	naha
3	dray	10	lass
4	salor	once	yau zal
5	pinzå	twice	dwa zala
6	shpåg	three times	dray zala
7	owa		

QUANTITIES

a little	låg	less	låg/kam
a lot	der	more	nor
a piece of	tukra	most	ziaat
big	loway	half	nim
small	warookay	all	tol
very small	der warookay	none	hayss na
very	der	enough	kafi
with	bagher/yozai		
without	sara/warsara		

QUESTIONS

how?	sånga?	where?	kamzai?
how much?	soomra?	who?	sokh?
what?	so?	why	wili/wållay?
when?	kåla?		

do you eat ...?	ta ... kuray?
does he/she eat...?	da ... kharay? (point to person)
do you like to eat...?	sta ... khwakh da?

TIME

before	awal/makhkay	this year	pa day kaal kay
after	pasay/wroosto	next year	pa makhay kaal kay
		last year	pa ter shavay kaal kay
today	nån		
tomorrow	sabaakh	everyday	hara wraz
yesterday	paroon	always	har wakhtay/hamaysha
		never	nay chåray na
this week	day haftay kay		
next week	makhay haftay kay	in the morning	sahar
last week	ter shavay haftay kay	in the afternoon	gharmer
		in the evening	makhaam
		at night	då shpay

MISC.

is good	kha day/kha da	vomiting	stana
is bad	khraab day/khraab da	diarrhoea	dåst
		bad diarrhoea	dåstoona
hungry	wugay	rash	kharakh
thirsty	tågay		
not hungry	orgay na		

DISCUSSING DIET: SOME USEFUL HINDI/URDU WORDS

Language Sheet HINDI/URDU 1

N.B. See Guide To Using The Language Sheets for a key to pronunciation.

Hindus:	hello & goodbye	nåmastay	yes	haaji/ji
			no	nehi
Muslims:	hello	asalaam alaykum	not	nehi
	goodbye	khodaa hafiss		

MEAT*	meat/gosht		
beef	gai ka gosht	minced meat	keema
chicken	moorgi ka gosht	goat meat	bakri ka gosht
kidney	goorda	mutton	bedr ka gosht
liver	kalayji	fish	machli

FRUIT	fal/phal		
apple	sayv	water melon	tarbooza
banana	kayla	orange	santra
grape	angoor	orange juice	santra ka ras
lemon/lime	limboo/nibboo	pineapple	ananas
mango	aam	raisins	kishmish/maywa
sweet melon	karbooja/kharbooza	dried fruit	sooka fal

VEGETABLES	sabji/sabzi		
cabbage	band gobi	lettuce	salad
carrot	gaajår	onions	piaaz
cauliflower	ful gobi/phul gobi	peas	mattar
coriander leaves	hara dania	potato	aloo
cucumber	keera	pumpkin	payta
eggplant	bayngan	sweet potato	shakarkandi
fenugreek leaves	meti	spinach	paalak/saag
green leafy veg.	saag/hari sabzia	salad	salad
green pepper	shimla miråch	tomato	tamaatar
ladyfingers/okra	bindi	white radish	mooli

* Most Hindus and some Sikhs are strict vegetarians and do not eat meat or eggs. Beef is particularly strictly forbidden and pork very rarely eaten even by non-vegetarians. Muslims do not eat pork. All other meat is permissible to Muslims provided it is 'halal'.

PULSES	dal		
black gram	oorad	kidney beans	surk lobia
chickpeas	chana	lentils	masoor
cow peas	lobia	pigeon peas	arhar
green gram	moong	chickpea flour	bayssan

CEREALS	anaj		
barley	jau	semolina	sooji
bread	bread/dabal roti	wheat	kanak/ghandam
maize	makay	wheat flour	meda
millet	bajra	wholewheat flour	ata
rice	chaawal		

DAIRY PRODUCTS			
butter (UK type)	butter	egg white	ande ki safaydi
milk	dood	egg yolk	ande ki zardi
dried milk	sooka dood	boiled egg	oobla ooa anda
egg	anda	omelette	omlet/ande ka poora
eggs	ande	yoghurt	dehi

NUTS			
almond	badaam	peanut	moong fali/moong pali
cashew	kaja	pistachio	pista

SPICES & HERBS	masaala		
cardamom	elaichi	cumin	jeera
cinnamon	dalchini	garlic	lassan
green chilli	hari mirch	fresh ginger	adrak
red chilli	lal mirch	dried ginger	soond
cloves	long/laung	mustard seeds	rai
coriander	dania	turmeric	haldi

OTHER FOODS

biscuit	biscoot	sugar	chinee
chutney	chatnee	sweets	mitai/mâtai
drops	boond/katre	tablet	goli
oil	tayl/dayl	tea	chai
pickle	achaar	water	pani
salt	namak		

PREPARING FOOD

fresh	taaza	finely chopped	kootrahooa
raw	kacha	grated	kadoo kash
cooked	pakahooa	strained	chanahooa
boiled	ooblahooa		
fried	talahooa	hard	sakat
		soft	naram
hot (spicy)	garam/bot mirche hẽ	thick (consistency)	gaara
hot (temp.)	garam	thin (consistency)	patla
cold	tanda		

UTENSILS

small bowl	katori	spoon	chamcha
plate	plate/tali	tin	tin
knife	choori	packet	paket

NUMBERS

1	ek	8	at
2	do	9	no
3	teen	10	das
4	char	once	ek dafar/ek baar
5	panch	twice	do dafar/do baar
6	chay	three times	teen dafar/teen baar
7	saat		

QUANTITIES

a little	tora	less	kam
a lot	bohot	more	or/ziada
a piece of	tookra	most	bohot saara
big	bara	half	ada
small	chota	all	sara
very small	bohot chota	none	nehi
very	bohot	enough	kafi
with...	...ke saat		
without	...ke baghayr/bina...		

QUESTIONS

how?	kaisa?	where?	kahaan?
how much?	kitna?	who?	kaun?
what?	kia?	why?	kiyun?
when?	kab?		

do you eat ...?	kia ap ... kartay hayn?
does the little girl eat ...?	kia choti larki... karti hay?
does the little boy eat ...?	kia chota larka... karta kay?
do you like to eat ...?	kia ap ... kartay hayn kana passand?

TIME

before	pahayle/pehele	this year	is saal
after	baadme	next year	aglay saal
		last year	pichlay saal
today	aaj		
tomorrow	aane wala kal	everyday	haroz
yesterday	bita hooa kal	always	hamaysha
		never	kabi nehi
this week	is haftay		
next week	aglay haftay	in the morning	sooba ko
last week	pichlay haftay	in the afternoon	dopeher ko
		in the evening	shaam ko
		at night	raat ko

MISC

is good	acha hay	vomiting	oolti
is bad	kharaab hay	diarrhoea	dast
		bad diarrhoea	marord
hungry	buka	rash	koojli
thirsty	piassa		
not hungry	buk nehi		

OHPs: SUGGESTED USES

F1 Use: To revise and summarise details of Hindu, Sikh and Muslim restrictions on food.

Give out worksheet F/E1 to elicit what trainees already know. Confirm details on OHP and discuss implications for trainees in their work. Feed in additional information as required.

F2 Use: To compare basic features of traditional diets in Britain and the northern subcontinent.

Trainees often find it easier to accept and see patterns in other groups when they have become aware of their own group's patterns. Elicit information about British diets and about Northern Indian diets for comparison and fill in on OHP. Feed in more information about unfamiliar aspects of Northern Indian diets as necessary.

F3,4, 5,6 Use: To summarise acceptable sources of nutrients for vegetarians and for non-vegetarians.

May be used in conjunction with the slides in the pack.

M8 & 9 Use: To provide key facts about the main Asian groups in Britain as a basis for discussion of religious factors and regional dietary differences.

Identify the main areas of origin, the main religious groups, and the languages spoken. (See Appendix I) It may be useful to colour in the map to indicate the different religious groups. Say the name of each place and language several times to help trainees remember them. (Check pronunciation in Appendix IV.) Relate the groups specifically to your own area, adding, if possible, details about where people live, places of worship etc. Indicate and discuss differences between people from the subcontinent and from East Africa.

It may be useful to refer back to M8 as you deal with the dietary restrictions and patterns of the main religious and regional groups.

ASIAN FOODS AND DIETS

LIST OF OVERHEAD PROJECTOR TRANSPARENCIES (OHPs) IN PACK

See over for aims and possible uses.

FOODS & DIETS (F)

F1 Hindus, Sikhs, Muslims: permitted & prohibited foods

F2 Main staples, protein sources and fats

F3 Some dietary sources of Iron

F4 Some dietary sources of Vitamin D

F5 Some dietary sources of Vitamin B_{12}

F6 Some dietary sources of Folic Acid

MAPS (M)

M8 India, Pakistan and Bangladesh

M9 East Africa

HINDUS, SIKHS AND MUSLIMS : PERMITTED AND PROHIBITED FOODS

FOOD	V. Strict Hindus & Sikhs	Most other Hindus	Most other Sikhs	Most Muslims
EGGS	X	possibly	probably	✓
MILK	✓	✓	✓	✓
YOGHURT	✓	✓	✓	✓
BUTTER/ GHEE	✓	✓	✓	✓
CHEESE	probably not	possibly	possibly	possibly
CHICKEN	X	possibly	possibly	halal
MUTTON	X	probably not	possibly	halal
BEEF	X	X	X	halal
PORK	X	X	probably not	X
FISH	X	probably not	possibly	✓
LARD	X	X	X	X

HINDUS, SIKHS AND MUSLIMS :

PERMITTED AND PROHIBITED FOODS

ASIAN FOODS AND DIETS

LIST OF OVERHEAD PROJECTOR TRANSPARENCIES (OHPs) IN PACK

FOOD	V. Strict Hindus & Sikhs	Most other Hindus	Most other Sikhs	Most Muslims
EGGS	X	possibly	probably	✓
MILK	✓	✓	✓	✓
YOGHURT	✓	✓	✓	✓
BUTTER/ GHEE	✓	✓	✓	✓
CHEESE	probably not	possibly	possibly	possibly
CHICKEN	X	possibly	possibly	halal
MUTTON	X	probably not	possibly	halal
BEEF	X	X	X	halal
PORK	X	X	probably not	X
FISH	X	probably not	possibly	✓
LARD	X	X	X	X

See over for aims and possible uses.

FOODS & DIETS (F)

F1 Hindus, Sikhs, Muslims: permitted & prohibited foods

F2 Main staples, protein sources and fats

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F6 Some dietary sources of Folic Acid

MAPS (M)

M8 India, Pakistan and Bangladesh

M9 East Africa

X	
X	
X	
X	
X	
X	
X	

some fortif[illegible]

pulses

dark green [illegible]

oil [illegible]

dried fruit

nuts

gur

SOME DIETARY SOURCES OF IRON

	FOR VEGETARIANS AND OTHERS	
	wholewheat flour products and cereals	
	some fortified breakfast cereals	
	pulses	
	dark green leafy vegetables	
	oat products	
	dried fruit	
	nuts	
	gur	
	FOR NON - VEGETARIANS ONLY	
	meat and liver	
	meat extracts	
	eggs	

MAIN STAPLES, PROTEIN SOURCES & FATS

	U.K	NORTHERN INDIAN SUBCONTINENT
STAPLES		
MAIN SOURCES OF PROTEIN		
MAIN FATS		

SOME DIETARY SOURCES OF IRON

FOR VEGETARIANS AND OTHERS

wholewheat flour products and cereals

some fortified breakfast cereals

pulses

dark green leafy vegetables

oat products

dried fruit

nuts

gur

FOR NON - VEGETARIANS ONLY

meat and liver

meat extracts

eggs

MAIN STAPLES, PROTEIN SOURCES & FATS

		FOR VEGETARIANS AND OTHERS NORTHERN INDIAN SUBCONTINENT
STAPLES		wholewheat flour products and cereals some fortified breakfast cereals pulses dark green leafy vegetables oat products
MAIN SOURCES OF PROTEIN		dried fruit nuts yur
MAIN FATS		FOR NON - VEGETARIANS ONLY meat and liver meat extracts eggs

SOME DIETARY SOURCES OF VITAMIN B12

FOR VEGETARIANS AND OTHERS

unboiled milk

some yeast extracts

dried milks

yoghurt

curd cheese

FOR NON - VEGETARIANS ONLY

meat and offal

meat extracts

fish

eggs

SOME DIETARY SOURCES OF VITAMIN D

FOR VEGETARIANS AND OTHERS

some baby milk powders

some evaporated milks

some dried milks

vegetarian margarines

some commercial yoghurts

FOR NON - VEGETARIANS ONLY

oily fish

fish oils

liver

eggs

margarine

SOME DIETARY SOURCES OF VITAMIN B12

FOR VEGETARIANS AND OTHERS

unboiled milk

some yeast extracts

dried milks

yoghurt

curd cheese

FOR NON - VEGETARIANS ONLY

meat and offal

meat extracts

fish

eggs

SOME DIETARY SOURCES OF VITAMIN D

FOR VEGETARIANS AND OTHERS

some baby milk powders

some evaporated milks

some dried milks

vegetarian margarines

some commercial yoghurts

FOR NON - VEGETARIANS ONLY

oily fish

fish oils

liver

eggs

margarine

VITAMIN D
SOME DIETARY

FOR VEGETARIANS

unboiled milk

some veg

dried milk

yoghurt

curd cheese

FOR NON-

meat

meat extract

fish

eggs

INDIA, PAKISTAN AND BANGLADESH

SOME DIETARY SOURCES OF LOLIC ACID

FOR VEGETARIANS AND OTHERS	FOR NON-VEGETARIANS ONLY
wholewheat flour	meat and liver
whole grain cereals	fish
dried legumes	eggs
nuts	
cheese	
fruit	

SOME DIETARY SOURCES OF FOLIC ACID

FOR VEGETARIANS AND OTHERS

flour products especially wholemeal

wholewheat breakfast cereals

green leafy vegetables and some others

nuts

dried milk

cheese

fruit

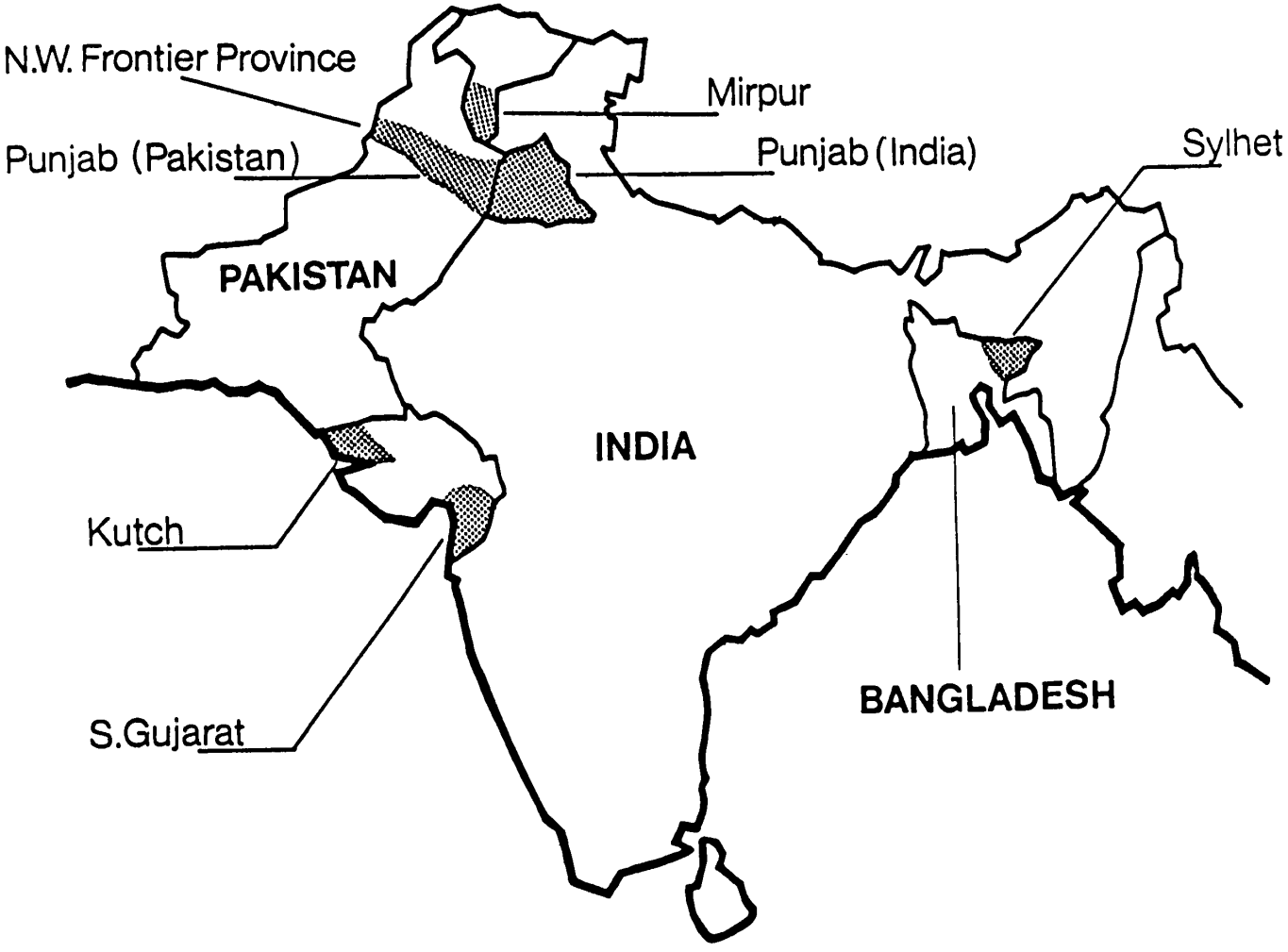
FOR NON - VEGETARIANS ONLY

meat and liver

fish

eggs

INDIA, PAKISTAN AND BANGLADESH



M8

SOME DIETARY SOURCES OF FOLIC ACID

FOR VEGETARIANS AND OTHERS

flour products especially wholemeal

wholewheat breakfast cereals

green leafy vegetables and some others

nuts

dried milk

cheese

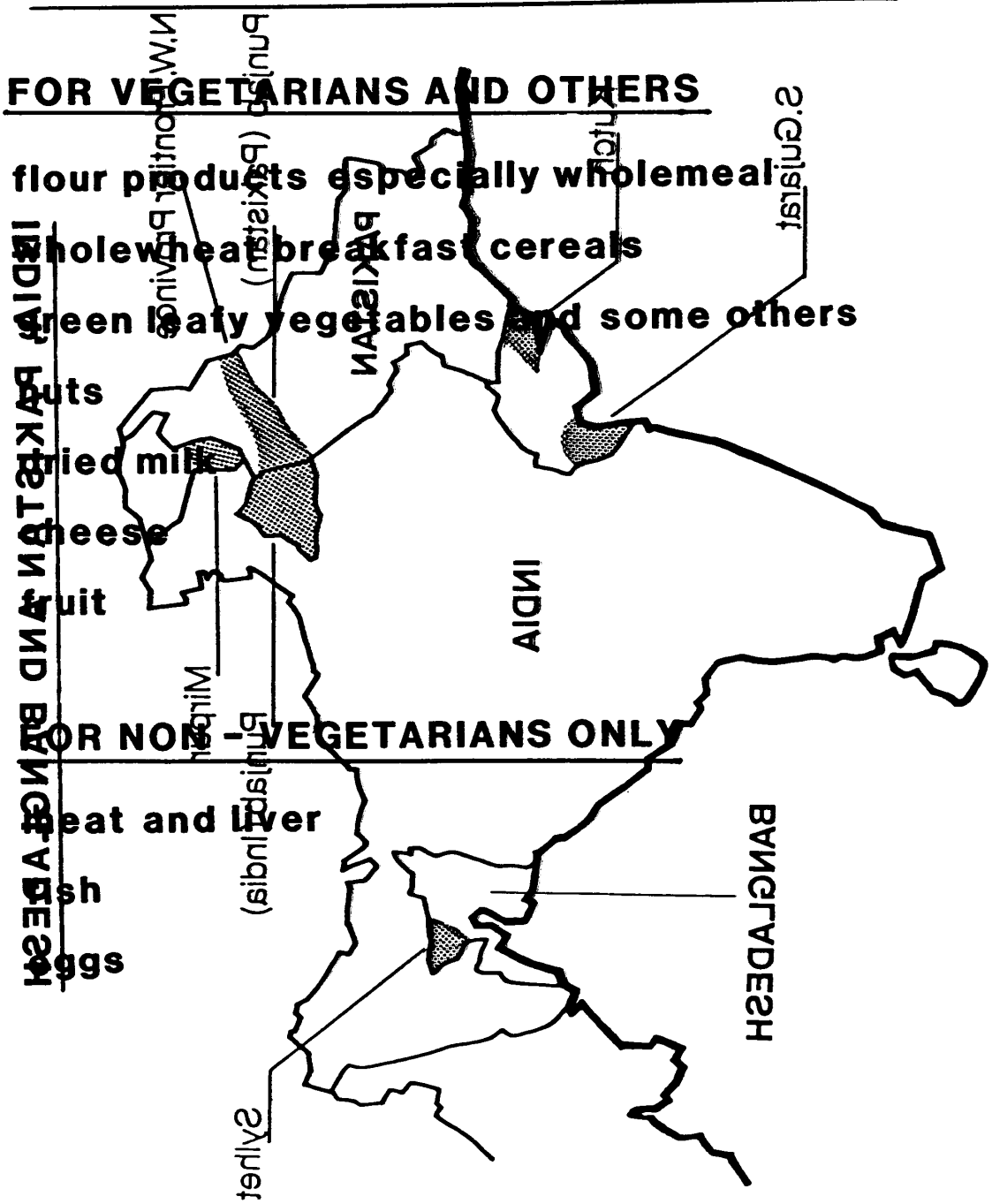
fruit

FOR NON-VEGETARIANS ONLY

meat and liver

fish

eggs



ASIAN FOODS & DIETS

SLIDE NOTES

The main aim of these slides is to familiarise trainees with some of the foods that are likely to be familiar or important to Asian patients or clients, and so to enable them to discuss foods and diets from a basis of greater knowledge and confidence.

During training sessions the slides should be set in context and supplemented with information from the Trainer's Manual. Actual samples of foods should also be provided where possible.

Hindi names of some foods are given in the notes below, usually with the English name in brackets. See Appendix IV of the Trainer's Manual for a rough guide to the pronunciation of the Hindi words.

LIST OF CONTENTS (more detailed notes are given below)

The slides are divided into groups:

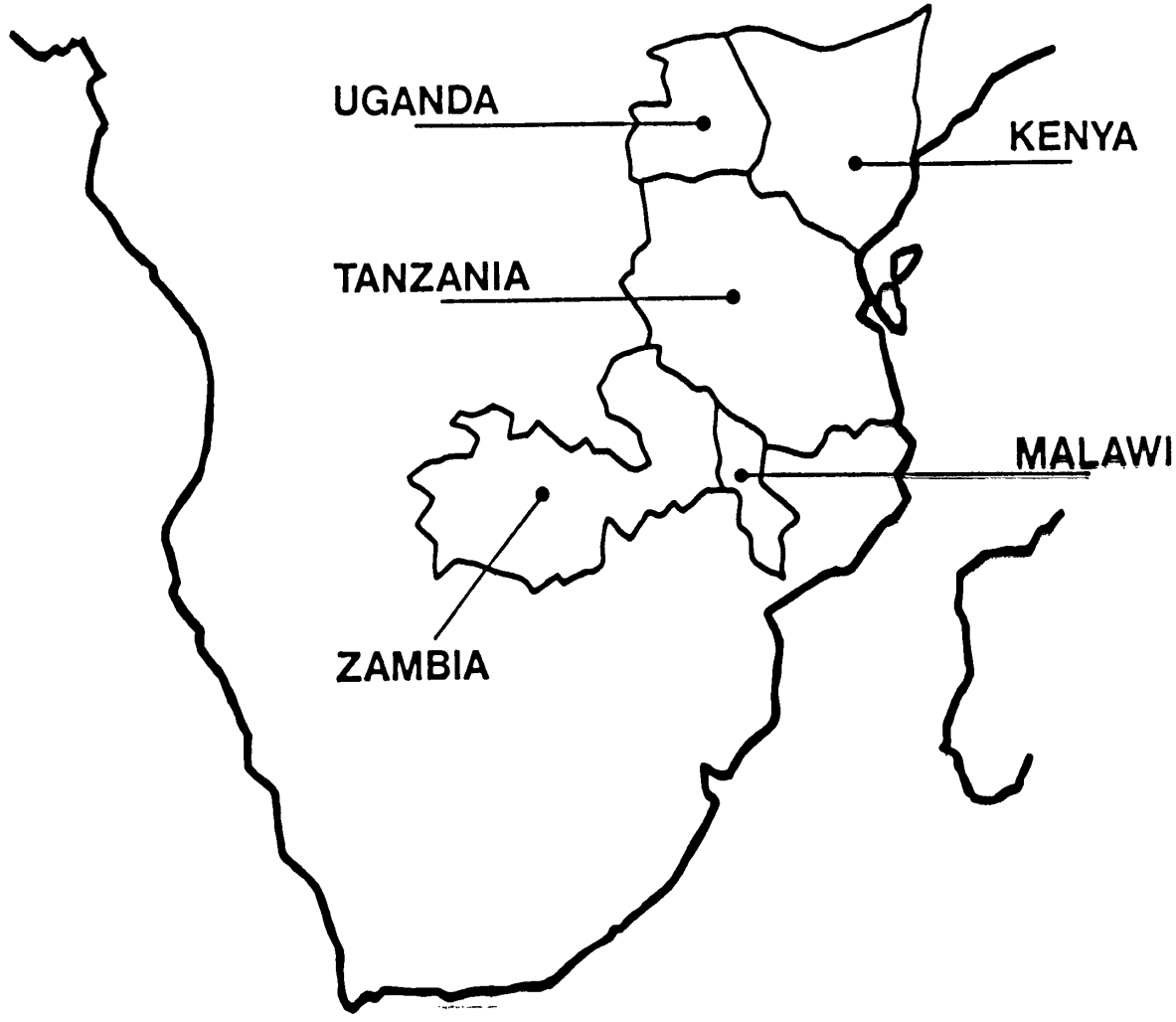
Slides 1 - 13 show some of the foods and ingredients used by people in the northern part of the Indian subcontinent and also available in Britain:

1. Pulses
2. Chickpeas and some different uses
3. Making a chapatti
4. Some vegetables commonly eaten in the Indian subcontinent (1)
5. Some vegetables commonly eaten in the Indian subcontinent (2)
6. Some fruits commonly eaten in the Indian subcontinent
7. A pestle and mortar and some spices
8. A spice tray
9. A pickle tray
10. Paan
11. Some Asian savoury snacks
12. Samosas
13. Some Asian sweets

Slides 14 - 20 show some examples of meals; evening meals cooked by Asian families in Britain and Asian meals cooked in a British hospital:

14. Evening meal (Pakistani Muslim)
15. Evening meal (Punjabi Sikh)
16. Evening meal (Bangladeshi Muslim)
17. Evening meal (Gujarati Hindu)
18. Meal suitable for a vegetarian patient
19. Meal suitable for a Muslim patient
20. Meal suitable for a non-vegetarian patient (non-Muslim)

EAST AFRICA



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17. Evening meal (Gujarati Hindu)
18. Meal suitable for a vegetarian patient
19. Meal suitable for a Muslim patient
20. Meal suitable for a non-vegetarian patient (non-Muslim)

Slides 21 - 31 show selections of foods contrasting those foods that are acceptable to vegetarians and to non-vegetarians:

21. Some sources of protein for non-vegetarians
22. Some sources of protein for vegetarians
23. Some sources of iron for non-vegetarians
24. Some sources of iron for vegetarians
25. Some sources of Vitamin D for non-vegetarians
26. Some sources of Vitamin D for vegetarians
27. Some sources of Vitamin B12 for non-vegetarians
28. Some sources of Vitamin B12 for vegetarians
29. Some sources of Folic Acid for non-vegetarians
30. Some sources of Folic Acid for vegetarians
31. Some sources of Vitamin C

Slides 32 - 37 show examples of foods that may be important for people on special diets, highlighting some foods likely to be eaten by Asian people:

32. Asian non-vegetarian diabetics: some foods that contain little or no carbohydrate
33. Asian vegetarian diabetics: some foods that contain little or no carbohydrate
34. Asian diabetics: some foods that should be avoided
35. Asian diabetics: some foods that can be eaten in moderation
36. Asians on a reducing diet: some foods that can be eaten freely
37. Asians on a reducing diet: some foods that should be avoided

Special thanks to Rachel Abraham, James Clayton and Lynda Snape.

FOODS AND INGREDIENTS (Slides 1 - 12)

1 PULSES

In rows from top left: urad (black gram) whole, split, split and washed; chana (chickpeas) whole, two varieties (kabuli chana and kala chana), kabuli chana split; moong (green gram) whole and split; arhar (pigeon/gungo peas) whole and split; masoor (lentil) whole red, whole brown, split red; rajma (kidney beans), matar (peas), lobia (cowpeas/black-eyed peas), mot (brown beans).

Notes on Slide 1:

i. Pulses form an important part of many Asian diets. They are usually eaten with rice or chapattis so that the full value of the protein in each is obtained.

ii. Pulses can be used whole or split to make different dishes. Every pulse has several different uses.

---

2 CHICKPEAS (CHANA) AND SOME DIFFERENT USES

From top left clockwise: chana dal (curried whole); chana dal (curried split); whole dried kala chana (chickpeas); split dried chana; bhuna chana (whole roasted chickpeas, savoury snack); bessan (chickpea flour, also known as gramflour, used in curries, batters and sweets). In centre: whole dried kabuli chana (chickpeas).

Note on Slide 2:

i. Kala chana and kabuli chana are two different varieties of chickpeas. Kabuli chana is more commonly used.

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3 MAKING A CHAPATTI

Rolling pin and board, ball of dough (flour and water), chapatti flour, uncooked chapatti on tawa (will be placed over gas flame or electric ring to heat, chapatti cooked quickly on each side, then held briefly over naked flame or under grill to puff up).

Notes on Slide 3:

i. Tawas are traditionally made of cast-iron or earthenware. The one in the slide is a modern lighter variety.

ii. Chapattis are usually cooked fresh at each meal though the dough may be made in advance.

4 SOME VEGETABLES COMMONLY EATEN IN THE INDIAN SUBCONTINENT (1)

Cauliflower, tomatoes, coriander leaves, yam, green leafy vegetables (e.g. mustard leaves, spinach), saijan (drumsticks, on edge of picture), tindoora (round gourds - look like very small cucumbers), potatoes, bindhi (lady fingers), shakarkand (sweet potato), peas, karela (bitter gourd), cassava (peeled and chopped), torai (ridge gourd), carrots.

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5 SOME VEGETABLES COMMONLY EATEN IN THE INDIAN SUBCONTINENT (2)

Cabbage, baingan (egg plant/aubergine), methi leaves (fenugreek), kela (plantain - green banana-shaped), onions, kadoo (pumpkin), garlic, hari mirch (green chillis), cucumber, papdi (double beans - small), gooar (cluster beans - long), green pepper, doodhi (bottle gourd).

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6 SOME FRUITS COMMONLY EATEN IN THE INDIAN SUBCONTINENT

Bananas, pineapple, apples, melon, oranges, lemons, aam (mangoes), limes, papita (papaya), anar (pomegranate).

Notes on Slides 4, 5 and 6:

i. Certain vegetables and fruits are common to the northern part of the Indian subcontinent and to Britain. Those vegetables and fruits shown here are all available (sometimes only seasonally) both in the northern subcontinent and in Britain. Certain other specifically northern Indian vegetables and fruits are not available here.

ii. In East Africa many Northern Indian vegetables and fruits continued to be available. Asians in East Africa also adopted certain local foodstuffs such as cassava and yam into their diet.

7 A PESTLE AND MORTAR AND SOME SPICES

From top left clockwise: adrak (root ginger), lassan (garlic), whole kali mirch (black peppers), whole laung (cloves), dried lal mirch (red chillies), whole elaichi (green cardamom), whole methi (fenugreek seeds), whole jeera (cumin seeds), whole dhania (coriander seeds), elaichi (black cardamom, in centre), dalchini (cinnamon bark).

Note on Slide 7:

i. Spices are often ground together before use. This pestle and mortar are made of steel. Pestles can also be made of wood or brass and mortars of stone or brass.

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8 A SPICE TRAY

From top centre clockwise: whole rai (mustard seeds), chilli powder, ground dhania (coriander), haldi (turmeric), whole jeera (cumin seeds), whole methi (fenugreek seeds). In centre: dried mirch (red and green chillies), dalchini (cinnamon bark), whole elaichi (cardamom).

Note on Slide 8:

i. This tray is kept by the stove so that spices can be added while cooking. It has an airtight lid to prevent the spices losing their flavour. The contents of spice trays vary. This one is used in a Gujarati home. Other Gujarati families, and families from other areas, may use different spices.

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9 A PICKLE TRAY

From top clockwise: katki keri (chopped mango pickle), dried fried salted gooar (cluster beans), limbu (lime pickled in turmeric, salt and water), goonda (pickled in lime and salt), hari mircha (green chillies stuffed with mustard powder), kati keri (sour mango pickle), carrot pickle, gur keri (hot sweet mango pickle made with coriander and gur).

Notes on Slide 9:

i. Pickles form an important part of many meals. This tray is placed on the table at meals for people to help themselves. It has an airtight lid to prevent the pickles losing their flavour. This tray is from a Gujarati home. Other Gujarati families and families from other areas may use different combinations of pickles. The Gujarati names are given here.

ii. For most pickles the pickling mixture is based on chilli powder, mustard powder, turmeric, salt and oil.

10 PAAN

Paan is often chewed after a meal to complete it. A betel leaf is folded around the other ingredients which can include, for example, chopped or crushed betel nut, kato (red paste made from the bark of a tree) or white lime paste, grated coconut, cardamom, cloves, fennel, and other spices. Paan aids digestion and sweetens the breath. In Britain it is only available in a few shops and is often very expensive.

11 SOME ASIAN SAVOURY SNACKS

(left) bhuna chana (roast whole chickpeas); (top) chevra (mixed gantia and sev - lentil flour batter fried in lengths of different thicknesses - roast whole peanuts with spices); (front) gantia

12 SAMOSAS

Fried pastries with curried filling, either vegetables or meat.

13 SOME ASIAN SWEETS

Assorted sweets including: gulab jaman (fried balls of milk, ghee, flour and cardamom, immersed in flavoured syrup); halvas (squares of sugar, ghee and spices, plus different ingredients such as pumpkin, carrot, or pistachio); barfi (milk based sweet with other ingredients such as pistachio nuts, coconut, cashew nuts, or bessan (lentil flour)); rasgulla (sweet cream cheese balls in sugar syrup); badasha; jellabi (batter deep fried in crisp round whirls in saffron-coloured syrup flavoured with cloves and cardamom); ladoo (lentil flour batter fried in grain-sized pieces, sugared).

MEALS (Slides 14 - 20)

14 EVENING MEAL (PAKISTANI MUSLIM)

From top left clockwise: chapattis, salt, yoghurt (in jug), mutton curry, minced meat curry, salad (undressed), boiled mixed vegetables, vegetable pulao, pickled onions.

15 EVENING MEAL (PUNJABI SIKH)

Chapattis, yoghurt, saag paneer (spinach and curd cheese in spicy sauce), glass of water, dal (split moong), chutney and sliced onion.

16 EVENING MEAL (BANGLADESHI MUSLIM)

On large dish: fish curry, boiled rice, pea and potato curry, dal (masoor) with whole green chilli, salt; cup of water; yoghurt; mango pickle; fish chutney.

17 EVENING MEAL (GUJARATI HINDU)

Chapattis, yoghurt dish (yoghurt and water mixed), gooar (cluster beans) and potato curry (in transparent dish at back), dal (split moong), cuddy (yoghurt and bessan cooked with spices, slightly sweet), boiled rice, yoghurt (in stainless steel bowl), pickle and salad tray, papar (wafers of lentil flour deep fried, better known in Britain as papadams).

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Notes on Slides 14 - 17:

i. *Most families in Britain eat their main meal in the evening, particularly during the week. These slides show some examples of evening meals eaten by Indian, Pakistani and Bangladeshi families in Britain. All show some adaptation to the foods, utensils etc. available in Britain.*

ii. *Most British meals are variations on a standard pattern of meat and two veg. The equivalent of this standard pattern in the northern part of the Indian subcontinent is chapattis and/or rice, dal (a pulse dish), and one or more vegetable and/or meat curries. Yoghurt, undressed salad, and pickles are often provided as side dishes.*

The examples of meals shown in these slides are all variations on the standard pattern.

SOME ASIAN HOSPITAL MEALS

These slides are taken in a hospital that provides a suitable diet for Asian patients:

18 MEAL PROVIDED FOR A VEGETARIAN PATIENT

Raita (yoghurt with chopped cucumber), rice pulao (coloured with haldi), dal.

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19 MEAL PROVIDED FOR A MUSLIM PATIENT

Chapatti, pea curry, halal lamb, mixed vegetable curry.

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20 MEAL PROVIDED FOR A NON-VEGETARIAN PATIENT (non-MUSLIM)

Rice, chicken curry.

FOODS CONTAINING PARTICULAR VITAMINS AND OTHER NUTRIENTS (Slides 21 - 31)

21 SOME SOURCES OF PROTEIN FOR NON-VEGETARIANS

Cheese, eggs, yoghurt, milk, fish, meat (liver and chops), pulses (split masoor, whole moong, whole chana, split moong).

22 SOME SOURCES OF PROTEIN FOR VEGETARIANS

Breakfast cereals, wholemeal bread, milk, rice, chapattis, pulses (whole urad, split masoor, whole moong, whole chana, split moong), nuts (cashew and peanuts in centre, almonds on left), eggs, yoghurt, cheese.

Notes on Slides 21 and 22:

i. Vegetable protein is most valuable if combined with cereal protein, e.g. rice or chapattis with pulses. This is particularly important for vegetarians.

ii. White bread also contains protein though marginally less than wholemeal.

iii. Strict Asian vegetarians do not eat eggs since they are a source of life.

iv. Many Asian people, especially adults, dislike the strong flavour of hard cheese. Processed or cottage cheese may be more acceptable.

v. Soya beans, when in season, are eaten by some Asian people and are a good source of protein.

vi. Some Asian non-vegetarians, despite being 'meat eaters' may consume animal produce in small quantities. They therefore rely on vegetable sources of protein.

23 SOME SOURCES OF IRON FOR NON-VEGETARIANS

Wholemeal bread, wholewheat cereals, meat (liver and chops), pulses (split masoor, whole moong, whole chana, split moong), peanuts, eggs, corned beef.

24 SOME SOURCES OF IRON FOR VEGETARIANS

Wholewheat cereals, dark green leafy vegetables (cabbage and coriander leaves on right, spring greens and methi leaves (fenugreek) on left), gur - front right, black treacle, pulses (split masoor, whole moong, whole chana, split moong), nuts (almonds, peanuts), raisins, eggs, wholemeal bread.

Notes on Slides 23 and 24:

i. Iron from meat is more easily absorbed by the body than iron from other sources. However dried fruit, pistachio nuts and a range of green vegetables (spinach, methi leaves, coriander leaves and spring greens in particular) though not included in the sources of iron for non-vegetarians may still provide a significant amount, especially for people whose intake of meat is fairly low.

ii. Gur is unrefined cane sugar and is high in iron.

iii. Spices can contribute to the iron intake if very spicy food is consumed. However, little is known about the absorption of this iron.

iv. Citrus fruit or juice, if taken with some forms of iron, increases the absorption and may be recommended.

v. Corned beef is a good source of iron. It may, however, be unacceptable to even non-vegetarian Hindus and Sikhs since it is made of beef, and is unlikely to be acceptable to Muslims since it is not halal.

25 SOME SOURCES OF VITAMIN D FOR NON-VEGETARIANS

Sardines (in tin), eggs, evaporated milk, oily fish, margarine, Vitamin D tablets, liver.

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26 SOME SOURCES OF VITAMIN D FOR VEGETARIANS

Eggs, evaporated milk, margarine, Vitamin D tablets.

Notes on Slides 25 and 26:

i. The only natural dietary sources of Vitamin D are egg yolk, fish and liver. Butter made from summer milk may also contain some Vitamin D.

ii. Some brands of dried and evaporated milks are fortified with Vitamin D. These may be used, for example, for making yoghurt and milk-based Indian sweets. Check which local brands are fortified.

iii. Fish, and particularly oily fish, is unfamiliar to most people from the Indian subcontinent and East Africa though fish forms an important part of the diet of people in Bangladesh. Vegetarians do not eat fish. Many Asian non-vegetarians dislike the smell and taste of the stronger oily fish, such as sardines and kippers.

iv. All margarines for domestic use are fortified with Vitamin D. Brands marked 'edible vegetable oil' are acceptable to vegetarians and Muslims. Check the names of locally available brands.
Although margarine is unfamiliar, many Asian people are prepared to make ghee using half butter and half margarine, thus adding Vitamin D to their diet.

v. Some brands of yoghurt are fortified with Vitamin D. Check the names of locally available brands.

vi. Many breakfast cereals are fortified with Vitamin D though little is known about absorption of this added Vitamin D.

vii. Ovaltine is a good source of Vitamin D.

27 SOME SOURCES OF VITAMIN B12 FOR NON-VEGETARIANS

Yeast extract, meat extract, fish, meat (liver and chops), milk, cheese, eggs.

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28 SOME SOURCES OF VITAMIN B12 FOR VEGETARIANS

Milk, cheese, eggs.

Notes on Slides 27 and 28:

i. Foods eaten in Britain seem to have a much lower Vitamin B12 content than foods in the Indian subcontinent. In Britain some vegetarians may therefore lack Vitamin B12.

ii. Strict Asian vegetarians do not eat eggs.

iii. Many Asian adults dislike the strong flavour of hard cheese. Processed cheese may be more acceptable.

iv. Yeast extracts may be unacceptable in terms of taste and because people do not know what they contain. They are not usually a very good source of Vitamin B12 because of the small quantity consumed.

v. The Vitamin B12 content of milk is reduced by boiling. People who rely almost entirely on milk for their B12 should drink at least some unboiled milk.

vi. Home-made yoghurt may sometimes be a good source of Vitamin B12.

29 SOME SOURCES OF FOLIC ACID FOR NON-VEGETARIANS

Most breakfast cereals, dried milk, green leafy vegetables (cabbage, cauliflower - at back, methi leaves (fenugreek) at centre front, coriander leaves and spring greens on left), melon, doodhi (bottle gourd), tindoora (round gourd, like small cucumbers), pulses (whole moong on right, whole and split chana and split moong on left), orange juice, liver, papdi (double beans - small, moon-shaped in front), limes, oranges, gooar (cluster beans, long and thin on left of cabbage), bindhi (lady fingers), nuts (peanuts and almonds), sweet lime in front of dried milk, peas.

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30 SOME SOURCES OF FOLIC ACID FOR VEGETARIANS

Most breakfast cereals, green leafy vegetables (spring greens and coriander leaves on left, cabbage and cauliflower back right, methi leaves (fenugreek) centre front), dried milk, wholemeal bread, melon, doodhi (bottle gourd), tindoora (round gourd), pulses (whole moong on right, whole and split chana and split moong on left), orange juice, papdi (double beans in front), limes, bindhi (lady fingers), oranges, gooar (cluster beans), nuts (peanuts, almonds), sweet lime in front of dried milk, peas.

Notes on Slides 29 and 30:

i. Folic acid is destroyed by prolonged cooking. Vegetable sources should be eaten raw or lightly cooked where possible.

ii. Whole dried milk is a better source of folic acid than skimmed milk. Both are used in the preparation of Indian sweets.

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31 SOME SOURCES OF VITAMIN C

Orange juice, melon, cabbage, blackcurrant drink, grapefruit, karela (bitter gourd), oranges, potatoes, limes, green pepper, lemon, tomatoes.

Notes on Slide 31:

i. Green vegetables and guavas (tinned or fresh) are other good sources of Vitamin C.

ii. Vitamin C is easily destroyed by cooking and so green vegetables should be cooked for a short time or eaten raw where possible.

iii. Potatoes if baked or cooked with little water can contribute to Vitamin C intake.

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SPECIAL DIETS (Slides 32 - 37)

32 ASIAN NON-VEGETARIAN DIABETICS: SOME FOODS THAT CONTAIN LITTLE OR NO CARBOHYDRATE

Melon, grapefruit, oil, cabbage, cauliflower, kadoo (pumpkin), limes, butter (edge of picture), spring greens, baingan (egg plant), mooli (white radish), karela (bitter gourd), torai (ridge gourd, just visible on right of karela), fish, meat (liver and chops), cheese, lemon, cucumber, tomatoes, methi leaves (fenugreek), eggs, green pepper, saijan (drumsticks), margarine, tindoora (round gourds), onions.

33 ASIAN VEGETARIAN DIABETICS: SOME FOODS THAT CONTAIN LITTLE OR NO CARBOHYDRATE

Spices, salad, cabbage, oil, cauliflower, limes, butter, onions, saijan (drumsticks - on edge of picture), karela (bitter gourd), baingan (egg plant), spring greens, kadoo (pumpkin), doodhi (bottle gourd), torai (ridge gourd - in front), cucumber, lemon, tomatoes, methi leaves (fenugreek), green pepper, margarine, tindoora (round gourds), grapefruit, melon.

34 ASIAN DIABETICS: SOME FOODS THAT SHOULD BE AVOIDED

Jams, tinned fruit, sugar, sweet drinks, canned drinks, cakes, pastries, doughnut, samosas, bhajias, ladoo, halwa, jellabi, chakri, chevda, sev, sweets, chocolates, dokhra, chocolate biscuits.

35 ASIAN DIABETICS: SOME FOODS THAT CAN BE EATEN IN MODERATION

Wholewheat cereals, wholewheat bread, crisps, fruit (pineapple, bananas, apples, papita (papaya), aam (mango) on right, orange, anar (pomegranate) on left), yoghurt, peas (in dish on right), cassava (white, to left of mango), chapattis, pooris, chana (chickpeas) and rice dish, both cooked in dishes), nuts (cashew, peanuts), pulses (whole moong, split moong, split masoor, whole chana, rice (cooked,in plastic container), orange juice, milk, yam, potatoes.

Notes on Slides 32 - 35:

i. Cheese and eggs contain no carbohydrate and can be included as foods in the diet where acceptable.

ii. Gur is unrefined cane sugar.

iii. Indian savoury snacks such as samosas, bhajias, chakri, chevda, sev and dokhra can vary a great deal in carbohydrate content, because of recipe variation. It is therefore suggested that these foods are avoided by diabetics.

iv. Quantities of oil and fat should be reduced if a patient is overweight.

36 ASIANS ON A REDUCING DIET: SOME FOODS THAT CAN BE EATEN FREELY

Spices, coriander leaves, cabbage, salad, cauliflower, spring greens, grapefruit, methi leaves (fenugreek), torai (ridge gourd), doodhi (bottle gourd), gooar (cluster beans), tindoora (round gourds), bindhi (lady fingers), tomatoes, sweet lime, green pepper, baingan (egg plant), limes, saijan (drumsticks), karela (bitter gourd), garlic, onions.

Notes on Slide 36:

i. Asian salads are usually served either undressed or with lemon juice squeezed on them.

ii. When making curries of the above foods, the amount of oil or ghee should be reduced as far as possible.

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37 ASIANS ON A REDUCING DIET: SOME FOODS THAT SHOULD BE AVOIDED

Evaporated milk, oily pickles, jam, oil, tinned fruit, sugar, gur, sweet drinks, canned drinks, ghee (in tin), crisps, butter, nuts, cakes and pastries, fried savouries (samosas, bhajias, ladoo, halwa, jellabi, chevra, sev), sweets and chocolates, dhokra, biscuits.

Note on Slide 37:

i. Ghee, oil or butter can be used in very small quantities to make curries.