

enjoying a healthy diet is all about

getting the balance right

for South Asian people

Bread, other cereals & potatoes

- 1 Basmati & wild rice mix
- 2 Basmati rice
- 3 Branflakes
- 4 Cake rusk
- 5 Cassava (frozen)
- 6 Chapati (large)
- 7 Chapati (small)
- 8 Chapati flour
- 9 Cornflakes
- 10 Digestive biscuit
- 11 Gram flour
- 12 Naan (large)
- 13 Naan (seasoned)
- 14 Naan (small)
- 15 Noodles (thick)
- 16 Pitta bread
- 17 Plantain
- 18 Potato (large)
- 19 Potato (small)
- 20 Semolina (course)
- 21 Semolina (fine)
- 22 Sweet potato
- 23 Tagliatelle
- 24 Tri-colour pasta shells
- 25 Tri-colour pasta spirals
- 26 Vermicelli
- 27 White sliced bread (thick)
- 28 Wholemeal bread (unsliced)
- 29 Wholemeal soft roll
- 30 Yam

Fruit & Vegetables

- 1 Apricots (dried)
- 2 Asparagus

- 3 Aubergine (large)
- 4 Aubergine (small)
- 5 Banana
- 6 Broccoli
- 7 Carrots
- 8 Cauliflower
- 9 Cucumber (tindoa)
- 10 Custard apple
- 11 Dates
- 12 Fig
- 13 Grapes (black)
- 14 Grapes (white)
- 15 Green beans
- 16 Guar
- 17 Indian marrow (dhudi)
- 18 Karela (fresh)
- 19 Karela (frozen)
- 20 Kiwi
- 21 Lentils (yellow)
- 22 Long beans (choori)
- 23 Lychees
- 24 Mango
- 25 Mooli (Indian radish)
- 26 Nectarine
- 27 Okra (bhini)
- 28 Orange juice (bottle)
- 29 Pasta sauce (jar)
- 30 Paw Paw
- 31 Peas (Frozen)
- 32 Pepper (orange)
- 33 Plum
- 34 Pomegranate
- 35 Pumpkin
- 36 Raisins (box)
- 37 Saragwo/soorgo
- 38 Satsuma

- 39 Spinach (canned)
- 40 Strawberries
- 41 Swede
- 42 Sweetcorn on the cob
- 43 Tinda
- 44 Tomato purée
- 45 Tomato
- 46 Tomatoes (canned)
- 47 Turnip
- 48 Water melon

Meat, fish & alternatives

- 1 Almonds
- 2 Baked beans (canned)
- 3 Bangladeshi fish
- 4 Beef topside
- 5 Black-eye beans
- 6 Cashew nuts
- 7 Chick peas (canned)
- 8 Chicken breast (skinned)
- 9 Chicken drumsticks
- 10 Eggs
- 11 Kidney beans
- 12 Lamb (diced)
- 13 Lamb (leg)
- 14 Lamb chop (back)
- 15 Lambs liver
- 16 Lamb kofta
- 17 Lamb patti
- 18 Mackerel
- 19 Masoor dahl (red)
- 20 Mung dahl (yellow)
- 21 Peanut butter
- 22 Peanuts
- 23 Peanuts (in shells)

- 24 Pistachios (in shells)
- 25 Salmon
- 26 Sardines (canned)
- 27 Sirloin steak
- 28 Sprats
- 29 Tuna (canned)
- 30 Whole dahl (green)

Milk & dairy foods

- 1 Baby bel
- 2 Cheddar cheese
- 3 Cheddar cheese (grated)
- 4 Cheese slices
- 5 Cheese triangle
- 6 Cream cheese
- 7 Edam
- 8 Evaporated milk
- 9 Evaporated milk (light)
- 10 Fromage fraîche
- 11 Fruit yogurt
- 12 Goats cheese
- 13 Goats milk
- 14 Lassi
- 15 Mango lassi
- 16 Natural yogurt
- 17 Paneer
- 18 Paneer cubes
- 19 Processed cheese
- 20 Raita
- 21 Red Leicester cheese
- 22 Semi skimmed milk
- 23 Skimmed milk powder
- 24 Soya drink (fortified)
- 25 Vermicelli pudding

Foods containing fats & food containing sugars

- 1 Bhajia (pakora)
- 2 Blackcurrent drink (glass)
- 3 Butter
- 4 Chevda
- 5 Chocolate biscuit
- 6 Chutney
- 7 Coconut milk (canned)
- 8 Cola
- 9 Creamed coconut
- 10 Crisps
- 11 Ganthia
- 12 Ghee
- 13 Gulajaman
- 14 Gur
- 15 Honey
- 16 Indian sweetmeats
- 17 Margarine
- 18 Mayonnaise
- 19 Nutty chocolate
- 20 Olive oil
- 21 Pancake roll
- 22 Pickles in oil
- 23 Samosa
- 24 Sesame seed sweets
- 25 Sugar coated fennel
- 26 Sugar crystals
- 27 Swiss roll
- 28 Vegetable oil