Healthier Eating:
African, Caribbean and South Asian cuisines
A guide for Healthier You NHS Diabetes Prevention Programme coaches
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Salma and Joan were commissioned to deliver this project for the NHS Diabetes Programme team at NHS England.

Developed in partnership with Carbs & Cals
Visit www.carbsandcals.com to see their award-winning resources for diabetes and weight management.
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Introduction

This guidebook has been designed for coaches delivering the Healthier You NHS Diabetes Prevention Programme. Our ambition is that this guidebook will support coaches in providing tailored advice to participants on the programme from black and South Asian backgrounds who are more at risk of type 2 diabetes.

The content has been shaped by a 2019 insight project which gathered feedback from black Caribbean, black African and South Asian participants on the programme, as well as those at risk of type 2 diabetes within the same communities.

The insight showed that increased knowledge and confidence among Healthier You coaches around cultural foods - especially in offering realistic healthier alternatives - could support and encourage uptake and retention on the programme by people from black and South Asian backgrounds.

An additional handbook summarising the insight project and providing guidance on how best to communicate and engage with black and South Asian communities is available here.
Empowering Healthy Food Choices

The advice in this booklet provides an easy-to-use visual guide and helps you to suggest healthier choices to people from African, Caribbean and South Asian communities.

Education about the range of foods will enable you and the people you are coaching from the different communities to improve their knowledge and better manage their overall health.

The toolkit is based on the Carbs & Cals World Foods book (www.carbsandcals.com), and consists of a selection of popular food and drink items from African, Caribbean and South Asian cuisines.

This resource is primarily aimed at Healthier You coaches but may also help healthcare professionals working with people at risk of developing type 2 diabetes, to help them implement healthier cooking practices, understand portion sizes and lose weight where necessary.

The content was commissioned by NHS England and NHS Diabetes Programme, and developed by two healthcare professionals, Dr Joan St John (GP with Special Interest in Diabetes, and Diabetes UK Clinical Champion) and Salma Mehar (Consultant Dietitian), who are passionate about empowering black, Asian and minority ethnic communities with self-management resources to improve the care and health outcomes for these communities.

A note on exercise:

Food guidance should be given alongside advice on physical activity. Adults should do some type of physical activity every day. Any type of activity is beneficial. The more physical activity, the better. NHS recommendations are that adults should:

- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week.
- do strengthening activities that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week.
- reduce time spent sitting or lying down and break up long periods of not moving with some activity.
The Eatwell Guide

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. Read more about the Eatwell Guide and download the full graphic. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.

The individual food lists at the end of each section are colour-coded in line with the Eatwell Guide to show where common foods from black African, black Caribbean and South Asian cuisines fit within the five food groups.

**Fruit and vegetables**
Eat at least 5 portions of a variety of fruit and veg a day, such as green beans, spinach, butternut squash, callaloo, karela, mango and papaya.

**Foods high in fat, salt and sugar**
Examples include puri, chin chin, cornmeal pudding, carrot punch, halwa, rasmalai and gulab jamun, as well as ghee, palm oil and coconut oil.

These should be eaten less often and in small amounts.

**Beans, pulses, fish, eggs, meat and other proteins**
Including goat, stomach, oxtail, kidney beans, dal and chana. Eat more beans and pulses, and 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat.
Much of the food people eat is in the form of dishes or meals with more than one kind of food component in them. For example, soups, stews, curries, patties, ackee & saltfish, lassi and raita are all made with ingredients from more than one food group. These are often called ‘combination’ or ‘composite’ foods.

To make healthy choices, people will need to identify the main food items or ingredients in combination foods and think about how these fit with the proportions shown in the Eatwell Guide.

**Potatoes, bread, rice, pasta and other starchy carbs**
Base meals on fufu, banku, gari, plantain, yam, dumplings, chapati, paratha or other starchy carbs. Choose higher fibre wholegrain varieties when possible.

**Oils and spreads**
Examples include vegetable oil and sunflower oil. Choose unsaturated oils and use in small amounts.

**Dairy and alternatives**
Such as evaporated milk, soya milk, plain yogurt and paneer. Choose lower fat and lower sugar options.
African Cuisine

This section provides an insight into some of the traditional foods from Africa and how they are consumed. It is important to remember that Africa is a continent not a country, and it covers over 30 million km². The cuisine is as varied as the people and so when we speak of ‘African foods’ in this guide, we are using this as a shorthand for the regions of Africa represented in this guide. Here, we provide a flavour of the foods eaten by people from the west (e.g. Nigeria and Ghana) and eastern areas (e.g. Somalia) of Africa, as these are representative of some of the most populous black African communities living in the UK.

Traditional African Foods

The traditional African diet can be balanced and healthy, and can have a high proportion of carbohydrate foods in the overall calorie intake. Rice, potatoes and tubers such as cassava and yam, as well as starchy vegetables such as plantain, form these carbohydrate-based staples. Meat, poultry and fish are eaten, and fresh fruit provides vitamins and fibre. Food tends to be seasoned with salt and herbs and prepared by frying, stewing or boiling.

Food Groups

Starchy carbohydrates should make up just over a third of the food we eat. We should all try to reduce our intake of free sugars, such as fruit juice, smoothies, honey, syrups, white or brown sugar, and sugar added to food and drink to sweeten it. You do not need to worry about sugar in plain milk, plain yogurt, whole fruit or whole vegetables.

The carbohydrates commonly consumed include rice eaten plain, or with added tomatoes, peppers, onions and spices (e.g. jollof rice), or with spices, seasoning, saffron and raisins (Bariis). Tubers such as cassava or yam are commonly eaten fried or boiled. They can be fermented, pounded and mixed with water to produce amala, banku, fufu or gari that are served with soups or stews throughout West Africa. Additional carbohydrate foods are eaten in the form of snacks (e.g. puff puff and chin chin), so overall the diet can have a relatively high proportion of carbohydrates.

Choose wholegrain or higher fibre versions of starchy carbohydrates where possible. In the eastern areas of Africa, corn (in the form of cornmeal or maize) is one of the main carbohydrate ingredients for foods such as flatbreads or pancakes (e.g. anjero and muufo) or alternatively made into soor, which is eaten with stews. Plantain, sweet potato and spaghetti are other important carbohydrate staples.
Cooking Practices

Meals such as stews, soups and main dishes tend to be fried in oil such as vegetable or palm oil. Additionally, tomatoes, onions and peppers commonly form the base ingredients for sauces. Herbs, salt and sometimes prepared seasonings or stock cubes (that can contain added salt) are used to add flavouring. Rice or a starchy accompaniment (as well as vegetables) are added to the meal if these are not already included in the main part of the meal (e.g. soup or stew).

Summary

African diets can be healthy and balanced. Salt, sugar and fat used in food preparation (or flavourings added during and after cooking) can add to the overall calorie, fat and salt intake. This may have implications for health conditions (including diabetes and hypertension) that these communities disproportionally suffer from.

Use less fat when cooking and choose lower fat options when shopping. Go for unsaturated fats (e.g. vegetable or rapeseed oil) rather than a saturated fat (e.g. palm or coconut oil) when cooking. Reducing salt by choosing low salt stock cubes and reducing added sugar can also help make traditional foods healthier.

Fat, salt and sugar may already be present in many foods and it’s important to be aware of this and choose lower fat, salt and sugar options when shopping for food and drinks.
Roast Chicken

*with jollof rice, grilled plantain, boiled green beans & spinach*

- Use less oil for cooking and choose unsaturated oil (e.g. vegetable oil).
- Roast plantain, then grill to finish.
- A little hot oil stirred into rice at the end gives an authentic appearance.
- Roast chicken, allowing oil to drain.

Pepper Goat Soup

*with gari, boiled green beans & spinach*

- Roast and grill goat meat.
- Don’t add the skimmed fat back into dish.
- Adding more vegetables will help to increase fibre.
- Use less oil for cooking and choose unsaturated oil (e.g. vegetable oil).
- Measure and limit salt.

Spinach Stew

*with gari, moi moi & boiled green beans*

- Use less oil for cooking and choose unsaturated oil (e.g. vegetable oil).
- Cover half the plate with green veg or salad.
Grilled Fish
with waakye, grilled plantain & boiled green beans

- Roast or grill the fish and plantain to use less oil.
- Use less salt. Adults should be consuming no more than 6g salt per day. This includes the salt we add to foods, and salt already in the foods we buy.

Grilled Salmon
with spaghetti & salad

- Grill fish (not fry) to use less oil.
- Use less salt. Adults should be consuming no more than 6g salt per day. This includes the salt we add to foods, and salt already in the foods we buy.
- Cover half the plate with green veg or salad.

Egusi Soup
with fufu, boiled green beans & spinach

- Reduce and measure oil.
- Cover half the plate with green veg or salad.
- Add more vegetables to contribute towards your 5-a-day.
Peppered Eggs
*with boiled yam*
- Boil yam (rather than fry) to reduce fat content.
- Use less oil for cooking and choose unsaturated oil (e.g. vegetable oil).

Fish Stew
*with boiled yam, green beans & spinach*
- Roast or grill fish (rather than fry) to reduce fat content.
- Add lots of veg and boil yam (instead of fried).

Chicken Stew
*with jollof rice, fried plantain & salad*
- Use less oil for cooking and choose unsaturated oil (e.g. vegetable oil).
- Roast plantain, then grill to finish.
- A little hot oil stirred into rice at end gives an authentic appearance.
- Roast chicken, allowing oil to drain.
African Sides

Yam (fried)

185 CALS
75g

Yam (boiled)

80 CALS
60g

SWAP FRIED TO BOILED

105 CALS

Jollof Rice

135 CALS
100g

Jollof Rice (using less oil & butter)

115 CALS
100g

SWAP TO HEALTHIER RECIPE

20 CALS

Yam (fried)

185 CALS
75g

Cassava Fries (baked)

120 CALS
45g

SWAP TO

65 CALS
African SIDES

Gari / Eba

400g

475 CALS

SWAP TO SMALLER PORTION SIZE

SAVE 295 CALS

150g

180 CALS

Gari / Eba

Fufu

375g

500 CALS

SWAP TO SMALLER PORTION SIZE

SAVE 325 CALS

130g

175 CALS

Fufu

Puff Puff

210g

665 CALS

SWAP TO SMALLER PORTION SIZE

SAVE 445 CALS

70g

220 CALS
African DRINKS

Mirinda

330ml

155 CALS

Diet Lemonade

330ml

5 CALS

SWAP TO

SAVE

150 CALS

Cola

330ml

135 CALS

Diet Cola

330ml

5 CALS

SWAP TO

SAVE

130 CALS

Zobo Drink

250ml

125 CALS

Squash (sugar free)

250ml

5 CALS

SWAP TO

SAVE

120 CALS
African INDIVIDUAL FOODS

VEG / FRUIT
- Banana
- Green Beans
- Greens
- Mango
- Papaya
- Pineapple
- Salad
- Spinach

CARBS
- Amala
- Anjero
- Bariis
- Banku
- Coconut Rice
- Fufu
- Gari
- Jollof Rice
- Muufo
- Pap
- Plantain
- Pounded Yam
- Sabaayad
- Soor
- Spaghetti
- Yam
African INDIVIDUAL FOODS

PROTEIN

- Chicken
- Fish
- Salmon
- Stomach

HIGH IN FAT, SALT OR SUGAR

- Chin Chin
- Puff Puff
- Palm Oil

COMPOSITE

- Beef Stew
- Cambuulo / Ambulo
- Chicken Stew
- Egusi Soup
- Fish Stew
- Moi Moi
- Peanut Soup
- Pepper Goat Soup
- Peppered Eggs
- Spinach Stew
- Waakye
This section provides an insight into some of the traditional foods of Caribbean communities living in the UK, and how the foods are consumed. The Caribbean is comprised of over 20 island nations with a shared history but diverse cultures and traditions, which is reflected in the similar but differing cuisines. We are highlighting a sample of the traditional Caribbean foods.

Traditional Caribbean Foods

The traditional Caribbean diet can be healthy and balanced, and can have a high proportion of carbohydrate foods in the overall calorie intake. Rice and starchy carbohydrates such as yam, sweet potato, plantain and green banana form important carbohydrate staples. Meat, poultry and fish are eaten (with the exception of some religious observances - for example Rastafarians do not eat meat). Fresh vegetables such as callaloo, spinach, okra and avocado as well as fruit provide minerals, vitamins and fibre. Food tends to be seasoned with salt and herbs and prepared by frying, stewing or boiling.

Food Groups

Starchy carbohydrates should make up just over a third of the food we eat. We should all try to reduce our intake of free sugars, such as fruit juice, smoothies, honey, syrups, white or brown sugar, and sugar added to food and drink to sweeten it. You do not need to worry about sugar in plain milk, plain yogurt, whole fruit or whole vegetables.

The carbohydrates commonly consumed include rice eaten plain, or with added beans (e.g. kidney beans or black eyed peas) to form ‘rice & peas’. Other starchy foods include tubers such as yam and sweet potatoes, plantain, green banana or pumpkin. These may either be boiled, fried or roasted. The term ‘hard food’ is sometimes used to denote foods like yam, plantain, green banana and sometimes boiled dumplings eaten together. Traditionally more than one source of starchy carbohydrate is served in the same meal, so rice, yam and plantain may be served together with a protein source of fish, poultry or meat, along with salad or green vegetables (such as spinach or callaloo).

Other carbohydrates consumed throughout Caribbean populations in the UK include breads, cereals, pasta (such as macaroni cheese) and flour used in pastry such as in patties, desserts, or dumplings (which can be fried or boiled). Additional carbohydrate foods are eaten in the form of snacks, so overall the diet can have a relatively high proportion of carbohydrates.

Protein in the diet tends to be as meat, poultry or fish. Depending on the cultural or religious practices, pulses such as lentils will make up a significant contribution to the protein in the diet. Salt, herbs and other seasonings (which may be pre-prepared) are added to the food to marinate it before cooking.

Soups containing meat or fish, with vegetables and pulses (kidney beans or gunga peas) can be healthy and balanced, and may be eaten on a weekly basis in the traditional diet.
Salted fish is used in many island communities for main dishes or snacks (such as fishcakes) and the added salt contributes to the salt intake in the diet. A particularly high salt intake may occur if salt and seasonings are used as marinades for the food before cooking, and then also added with consumption of meals. High salt has been linked to high blood pressure. Ensuring that the recommended amount of 6g of salt per day is not exceeded could be achieved by choosing low salt options when possible, and being aware of the amount of salt used in seasoning or added to food after cooking.

Dairy foods can traditionally include condensed or evaporated milk, which can have added sugar. These are used in tea or coffee, added to porridge and desserts, or used to make drinks like Guinness punch. Lower fat and reduced sugar options are recommended. Vegetables consumed include callaloo, spinach, cho cho, okra and cabbage; and fruits include guava, soursop, mango, custard apple, papaya and pineapple.

Fried snacks and drinks with added sugar traditionally form a significant part of the diet and need to be considered, as these can add a significant contribution to the overall calorie intake. Fried snacks include fried dumplings and fishcakes. Choose sugar free / no added sugar drinks, and use unsaturated oils.

Cooking Practices

Meat, fish and poultry tend to be fried in oil to brown before either being served, or added to a variety of ingredients such as onions, garlic or pepper to make a sauce.

Vegetable or coconut oil may be used to fry dishes. The sauces usually include herbs as well as tomatoes, prepared seasonings or stock cubes (that can contain added salt), and are used to add flavour and colour to the dish.

Rice and/or another starchy accompaniment are added to the meal, as well as vegetables and sometimes salad.

Summary

Traditional Caribbean diets can be healthy and balanced, with an extensive source of fresh fruit and vegetables providing vitamins, minerals and fibre. Salt, sugar and fat used in the preparation, seasoning and flavouring of food add to the overall calorie, fat, sugar and salt intake. This may have implications for health conditions (including diabetes and hypertension), which these communities disproportionately suffer from.

Use less fat when cooking and choose lower fat options when shopping. Go for unsaturated fats (e.g. vegetable or rapeseed oil) rather than a saturated fat (e.g. coconut oil) when cooking. Reducing salt by choosing low salt stock cubes and reducing added sugar can also help make traditional foods healthier.

Fat, salt and sugar may already be present in many foods and it’s important to be aware of this and choose lower fat, salt and sugar options when shopping for food and drinks.
Red Pea Soup

- Add more red peas.
- Add more soup liquid.

Steamed Fish

_with baked plantain, boiled butternut squash, green beans & spinach_

- Steam fish and reduce oil.
- Bake plantain and grill to crisp it.
- Limit salt, using other herbs and spices instead.
- Cover half the plate with plenty of vegetables.

Jerk Chicken

_with baked plantain, rice & peas, boiled runner beans, green beans & spinach_

- Use more peas (to add more fibre).
- Reduce amount of added coconut.
- Bake plantain and grill to crisp it.
- Cover half the plate with plenty of vegetables.
Ackee & Saltfish
*with baked plantain, avocado & tomato*
- Use less oil for cooking and choose unsaturated oil (e.g. vegetable oil).
- Add tomato and avocado to contribute towards your 5-a-day.
- To reduce fat, carbs and calories, try without dumplings.

Sweet Potato Curry
*with baked plantain, rice & peas, okra, boiled runner beans & green beans*
- Use more peas (to add more fibre).
- Reduce amount of added coconut.
- Bake plantain and grill to crisp it.
- Cover half the plate with plenty of vegetables.

Curried Goat
*with baked plantain, rice & peas, okra, boiled runner beans & green beans*
- Use more peas (to add more fibre).
- Reduce amount of added coconut.
- Bake plantain and grill to crisp it.
- Cover half the plate with plenty of vegetables.
Caribbean SIDES & SNACKS

**Chicken Patty**
- Calories: 365
- Portion: 130g

**Chicken Wings (baked)**
- Calories: 180
- Portion: 150g

**Plantain (fried)**
- Calories: 320
- Portion: 120g

**Plantain (baked)**
- Calories: 200
- Portion: 100g

**Roti**
- Calories: 570
- Portion: 200g (whole)

**Roti**
- Calories: 285
- Portion: 100g (half)
**Caribbean SIDES & SNACKS**

**Cornmeal Porridge**
- **605 CALS**
- **450g**

**Cornmeal Porridge (using semi-skimmed milk, light coconut milk, light evaporated milk and stevia sweetener)**
- **295 CALS**
- **300g**

**Dumplings (fried)**
- **570 CALS**
- **230g**

**Hard Dough Bread**
- **180 CALS**
- **70g**

**Plantain (fried)**
- **160 CALS**
- **60g**

**Plantain (boiled)**
- **95 CALS**
- **85g**

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SAVE 310 CALS

SWAP TO HEALTHIER RECIPE

SWAP FRIED TO BOILED

SWAP TO

SAVE 65 CALS

SAVE 390 CALS

SAVE 180 CALS

SAVE 570 CALS
Apple Crumble

220g

240 CALS

SWAP TO SMALLER PORTION SIZE

SAVE 200 CALS

Cornmeal Pudding

100g

275 CALS

SWAP TO HEALTHIER RECIPE

SAVE 90 CALS

(using light coconut milk and stevia sweetener)

Carrot Cake

160g

600 CALS

Fruit

250g

125 CALS

SWAP TO

SAVE 475 CALS

SWAP TO SMALLER PORTION SIZE

SAVE 200 CALS

SWAP TO HEALTHIER RECIPE

SAVE 90 CALS
Nurishment

395 CALS

400ml

SWAP TO

SAVE 105 CALS

Nurishment & Milk

(½ tin Nurishment and 200ml semi-skimmed milk)

290 CALS

400ml

Guinness Punch

165 CALS

200ml

SWAP TO

SAVE 60 CALS

Guinness Punch

(using less condensed milk and light evaporated milk)

105 CALS

200ml

Supermalt

210 CALS

330ml

SWAP TO

SAVE 60 CALS

Supermalt Less Sugar

150 CALS

330ml
Caribbean MILKS

Coconut Milk

- **255 CALS**
- **150ml**

Coconut Milk (light)

- **120 CALS**
- **150ml**

SWAP TO

SAVE **135 CALS**

Condensed Milk

- **465 CALS**
- **150ml**

Condensed Milk (light)

- **160 CALS**
- **150ml**

SWAP TO

SAVE **305 CALS**

Evaporated Milk

- **250 CALS**
- **150ml**

Evaporated Milk (light)

- **160 CALS**
- **150ml**

SWAP TO

SAVE **90 CALS**
## CARBS

- Breadfruit
- Bulla Cake
- Cornmeal Slice
- Dumplings (boiled)
- Green Banana
- Hard Dough Bread
- Porridge
- Plantain
- Rice
- Roti / Dhalpuri
- Sweet Potato
- Yam

## HIGH IN FAT, SALT OR SUGAR

- Apple Crumble
- Beef Patty
- Carrot Cake
- Cassava Crisps
- Chicken Roti
- Coconut Oil
- Coconut Tart
- Cornmeal Pudding
- Creamed Coconut
- Dumplings (fried)
- Hot Pepper Sauce
- Ritz Crackers
Caribbean INDIVIDUAL FOODS

HIGH IN FAT, SALT OR SUGAR

- Carrot Punch
- Cocoa Tea
- Condensed Milk
- Ginger Beer
- Guinness Punch
- Nurishment
- Sorrel
- Supermalt

COMPOSITE

- Ackee & Saltfish
- Coleslaw
- Cornmeal Porridge
- Curried Goat
- Macaroni Cheese
- Omelette
- Oxtail & Butter Beans
- Red Pea Soup
- Rice & Peas
- Saltfish Fishcake
- Split Pea Soup
- Stewed Chicken
South Asian Cuisine

The section provides an insight into the dietary habits of South Asian communities including Indians, Punjabis, Pakistanis, Nepalis, Tamils and Bangladeshis living in the UK.

Traditional South Asian Foods

The traditional South Asian diet can be healthy and balanced, and can have a high proportion of carbohydrate foods in the overall calorie intake. It is high in lentils, pulses, vegetables and meats, providing a range of vitamins, minerals, fibre and protein. Meals tend to have a high amount of salt, fat and sugar added during cooking, which can increase the overall calories.

Food Groups

Starchy carbohydrates should make up just over a third of the food we eat. We should all try to reduce our intake of free sugars, such as fruit juice, smoothies, honey, syrups, white or brown sugar, and sugar added to food and drink to sweeten it. You do not need to worry about sugar in plain milk, plain yogurt, whole fruit or whole vegetables.

Commonly eaten starchy carbohydrates include basmati rice and flatbreads including chapatis, naan breads, puris and parathas. Potatoes are added into vegetables, meat or rice dishes. These foods form the main source of energy at each mealtime. Choose wholegrain or higher fibre versions of starchy carbohydrates where possible, for example using wholemeal flour to make chapatis.

Protein foods include lentils, chickpeas and seeds for vegetarians, and meat, chicken and fish are commonly prepared in curries for non-vegetarian diets. Dairy foods (such as paneer and yogurt) also provide protein. Choose lower sugar and lower fat options where possible.

The South Asian diet consists of plenty of fresh vegetables and salads, including cauliflower, okra, spinach and green beans. Common fruits include banana, grapes, melon, mango, papaya and pineapple.

Traditionally consumed snacks include Bombay mix, ghatia, sev, chevda, fried cereals with added dried fruits, and nuts coated with salt, sugar and spices. These snack foods can often be high in fat, salt or sugar. Common deep fried snacks include samosas, bhajis and potato snacks, which are deep fried in a pan called a kadai / karahi.
Cooking Practices

South Asian meals are generally prepared as curries, accompanied with a type of flatbread or boiled rice. Plenty of herbs and spices including curry spice, coriander, chilli, garlic and ginger are used in cooking. Oils and salt are added to curries, rice and flatbreads as well as snacks.

Summary

South Asian diets can be balanced and provide essential minerals, vitamins, fibre and protein. A variety of spices and herbs are added to enhance flavour. Meals can be prepared using less fat in cooking and less salt. Vegetables are included at each meal either in cooking or as side salads. Snacks include fruits, nuts, seeds and fried snacks. Traditional desserts are made at home on a regular basis, as well as on special occasions.

Adapting cooking techniques to use less fat, sugar and salt, adding more vegetables and fruit, and choosing wholegrain or higher fibre versions of starchy carbohydrates where possible, can help to ensure this diet meets the healthy eating guidelines and reduce the total calorie intake, without affecting taste.

Use less fat when cooking and choose lower fat options when shopping. It is recommended to switch from ghee and coconut oil to vegetable or sunflower oil, using less oil for frying and in the base of curries. Instead of curry pastes (which will have added salt and fat), use curry powder and powdered spices with fresh garlic and ginger. Reducing salt by choosing low salt stock cubes and reducing added sugar can also help make traditional foods healthier.

Fat, salt and sugar may already be present in many foods and it’s important to be aware of this and choose lower fat, salt and sugar options when shopping for food and drinks.
South Asian Meals (V)

Meals Sides/ Snacks Desserts Drinks Foods

Paneer

*with 1 chapati, raita & salad*

- Use less oil for cooking and choose unsaturated oil (e.g. vegetable oil).
- Swap chapati flour to brown flour (and don’t use fat).
- Add plenty of salad and raita made with lower fat yogurt.

Dal

*with 1 chapati, rice, raita & salad*

- Use less oil for cooking and choose unsaturated oil (e.g. vegetable oil).
- Swap chapati flour to brown flour (and don’t use fat).
- Use low fat yogurt and add side salad.
- Try brown rice to increase fibre.

Chana

*with 1 chapati, okra, raita & salad*

- Use low fat yogurt and add side salad.
- Use less oil for cooking and choose unsaturated oil (e.g. vegetable oil).
- Make chapatis with wholemeal flour for more fibre.
Meat Curry
*with 1 chapati, raita & salad*

- Use less oil for cooking and choose unsaturated oil (e.g. vegetable oil).
- Use curry powder instead of curry paste.
- Swap chapati flour to brown flour (and don’t use fat).
- Add plenty of vegetables to raita.

Chicken Curry
*with rice, raita & salad*

- Use less oil for cooking and choose unsaturated oil (e.g. vegetable oil).
- Use curry powder instead of curry paste.
- Add side salad and plenty of veg.
- Use low fat yogurt.

Fish Curry
*with rice, raita & salad*

- Use less oil for cooking and choose unsaturated oil (e.g. vegetable oil).
- Use curry powder instead of curry paste.
- Add side salad.
- Try brown rice to increase fibre.
**South Asian Sides & Snacks**

**Veg Samosa** *(fried)*
- 285 CALS
- 80g

**Veg Samosa** *(baked)*
- 150 CALS
- 70g

**Chicken Kebabs** *(fried)*
- 140 CALS
- 90g

**Chicken Kebabs** *(baked)*
- 80 CALS
- 80g

**Pakora**
- 270 CALS
- 105g

**Dhokla**
- 85 CALS
- 35g

*SWAP FRIED TO BAKED*

*SAVE 135 CALS*

*SAVE 60 CALS*

*SAVE 185 CALS*
South Asian
SIDES & SNACKS

Namak Para

230 CALS

40g

Nuts (plain)

175 CALS

30g

SWAP TO

SAVE 55 CALS

Bombay Mix

200 CALS

40g

Chana (dry roasted)

95 CALS

30g

SWAP TO

SAVE 105 CALS

Ghatia

165 CALS

30g

Popcorn

95 CALS

20g

SWAP TO

SAVE 70 CALS
South Asian DESSERTS

Halwa
515 CALS
150g
SWAP TO HEALTHIER RECIPE
SAVE 260 CALS

Halwa (using semi-skimmed milk, and less sugar and ghee)
255 CALS
100g

Kheer
300 CALS
200g

Fruit Salad
120 CALS
200g

Gulab Jamun
690 CALS
225g
SWAP TO
SAVE 465 CALS

Rasmalai
225 CALS
150g
SWAP TO HEALTHIER RECIPE
SAVE 460 CALS

SWAP TO HEALTHIER RECIPE
SAVE 180 CALS

SWAP TO HEALTHIER RECIPE
SAVE 120 CALS

SWAP TO HEALTHIER RECIPE
SAVE 180 CALS

SWAP TO HEALTHIER RECIPE
SAVE 120 CALS
South Asian DRINKS

Rubicon Guava

Squash (sugar free)

110 CALS

500ml

SWAP TO

SAVE 105 CALS

5 CALS

250ml

Mango Lassi (sweet)

Plain Lassi

325 CALS

500ml

SWAP TO

SAVE 95 CALS

230 CALS

500ml

Cola

Diet Cola

135 CALS

330ml

SWAP TO

SAVE 130 CALS

5 CALS

330ml
South Asian
INDIVIDUAL FOODS

**VEG / FRUIT**

- Banana
- Cauliflower
- Grapes
- Green Beans
- Mango
- Melon
- Okra
- Onion & Tomato
- Papaya
- Pineapple
- Salad
- Spinach

**CARBS**

- Chapati
- Dhokla
- Paratha
- Rice

**PROTEIN**

- Chana
- Chicken Kebab
- Fish
- Nuts (plain)
South Asian
INDIVIDUAL FOODS

HIGH IN FAT, SALT OR SUGAR

- Bombay Mix
- Cola
- Ghatia
- Gulab Jamun
- Halwa
- Kheer
- Mango Lassi
- Namak Para
- Pakora
- Rasmalai
- Rubicon Guava
- Veg Samosa

COMPOSITE

- Chicken Curry
- Dal
- Fish Curry
- Meat Curry
- Omelette
- Paneer Tikka Masala
- Raita
- Veg Curry
Common Foods for All Cuisines

**SWAPS**

### White Bread
- **80g**
- **175 CALS**

### Wholemeal Bread
- **40g**
- **85 CALS**

**SAVE** **90 CALS**

**SWAP TO SMALLER PORTION SIZE**

### Chips (deep fried)
- **300g**
- **820 CALS**

### Chips (deep fried)
- **100g**
- **275 CALS**

**SAVE** **545 CALS**

**SWAP TO SMALLER PORTION SIZE**

### White Rice
- **355g**
- **510 CALS**

### Brown Rice
- **155g**
- **205 CALS**

**SAVE** **305 CALS**

**SWAP TO SMALLER PORTION SIZE**
Common Foods for All Cuisines

**INDIVIDUAL FOODS**

**VEG / FRUIT**

- Banana
- Butternut Squash
- Dates
- Fresh Fruit Salad
- Grapes
- Mango
- Pineapple
- Sweetcorn

**CARBS**

- Bulgur Wheat
- Chips
- Egg Noodles
- Pitta Bread
- Popcorn (plain)
- Porridge
- Potatoes
- Quinoa
Common Foods for All Cuisines

INDIVIDUAL FOODS

CARBS

- Rice (white)
- Rice (brown)
- Rice (long grain)
- Rice Noodles
- Spaghetti (white)
- Spaghetti (whole wheat)
- White Bread
- Wholemeal Bread

HIGH IN FAT, SALT OR SUGAR

- Apple Crumble
- Cake
- Cola
- Crisps
- Digestive Biscuits
- French Fries
- Ice Cream
- Pretzels
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