

SOUTHEAST ASIAN FOODS

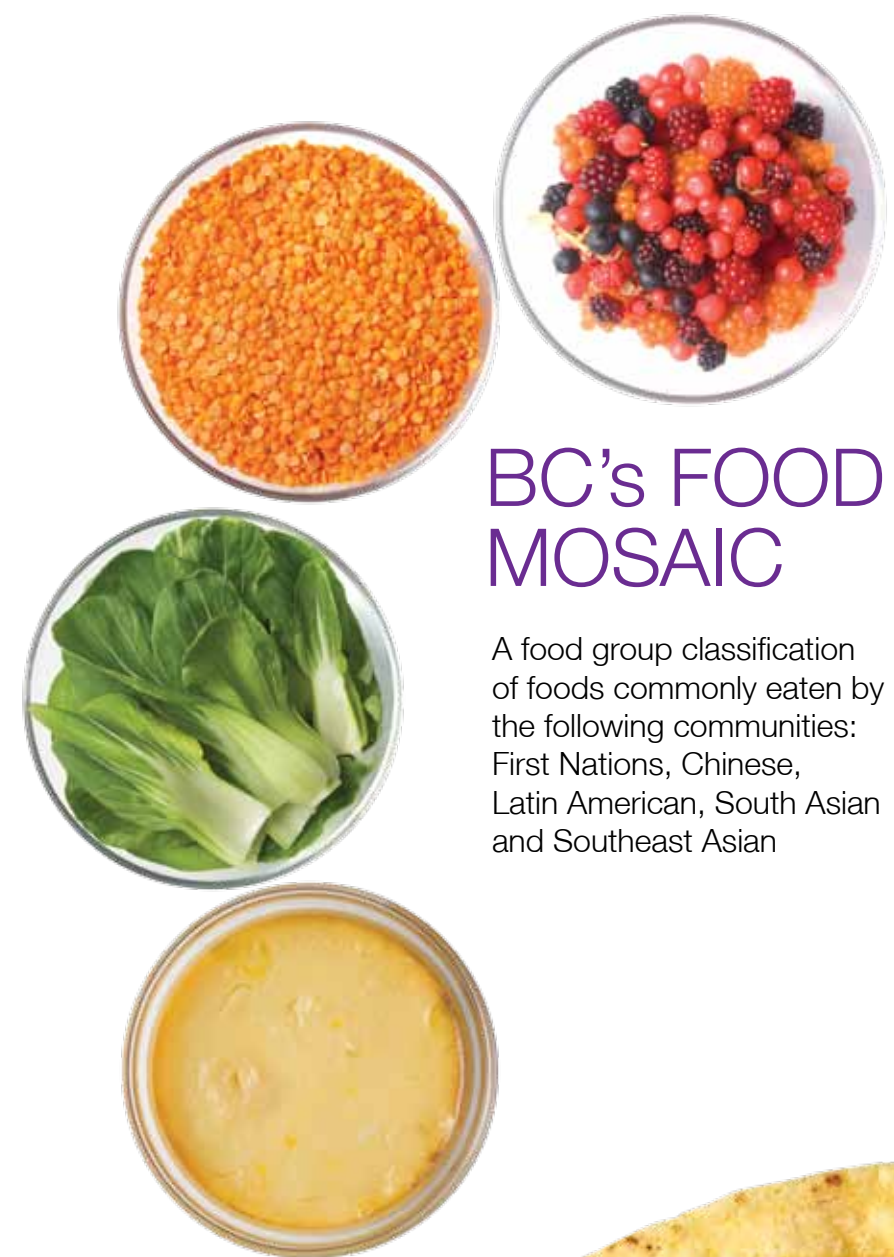
VEGETABLES & FRUIT	GRAIN PRODUCTS
<p>Leafy dark green vegetables e.g. Pea shoots, Pepper leaves, Water lily greens</p> <p>Fresh, frozen, cooked or canned Large-sized e.g. Banana, Sweet potato</p> <p>Medium-sized e.g. Apple, Carrot, Guava, Mango, Orange, Papaya</p> <p>Small-sized or cut up e.g. Bamboo shoots, Bean sprouts, Cabbage, Coconut, Durian, Eggplant, Figs, Grapes, Grapefruit, Jackfruit, Jicama, Longan, Lychees, Melons (including bitter melon), Okra, Persimmon, Pineapple, Pomelo, Rambutan, Star fruit, Squash, String beans, Water chestnuts</p> <p>Roots e.g. Cassava, Leeks, Taro root, White radish, Yam</p>	<p>Breads Bread e.g. French, White Ensaymada (very sweet bread from the Philippines) Pan de sal (bread from the Philippines) Rice bread</p> <p>Cereals e.g. Oatmeal</p> <p>Grains e.g. Rice (jasmine, sticky rice)</p> <p>Flour e.g. Rice flour, Tapioca</p> <p>Noodles Mung bean noodles Rice noodles, Rice sticks Rice wrappers Wheat noodles</p>
MILK & ALTERNATIVES	MEAT & ALTERNATIVES
<p>Milk e.g. Fluid, Evaporated</p> <p>Cheese</p> <p>Leche flan (milk pudding from the Philippines)</p> <p>Halo halo (milk drink with fruit and beans)</p>	<p>Dried beans e.g. Chickpeas, Mung beans, Soybeans, White beans</p> <p>Dried peas e.g. Black eyed peas</p> <p>Fish—fresh or dried</p> <p>Seafood e.g. Crab, Shrimp</p> <p>Tofu</p> <p>Poultry e.g. Chicken, Duck</p> <p>Meat e.g. Beef, Goat, Lamb, Pork</p> <p>Organ meats e.g. Kidney, Liver</p> <p>Eggs</p> <p>Peanut butter</p> <p>Peanuts</p>

BC's FOOD MOSAIC: COMMON FOOD GUIDE SERVINGS

Note that many culturally specific dishes are made of ingredients that are common to many different cultures and are prepared many different ways around the world. For example, cauliflower may be eaten raw or stir fried or used in curry or milk-based soups.

Community	Foods	NUMBER OF FOOD GUIDE SERVINGS			
		VEGETABLES & FRUIT	GRAIN PRODUCTS	MILK & ALTERNATIVES	MEAT & ALTERNATIVES
FIRST NATIONS FOODS	Bannock (1 medium, 35 g)		1		
	Salmon—canned with bones (2.5 oz or 75 g)			1 2	
	Herring eggs on giant kelp (3 oz or 90 g)			1 2	
	Bear, Beaver, Deer, Duck, Moose, Rabbit, Salmon, Shellfish, or Trout —cooked (2.5 oz or 75 g)				1
	Meat or Fish—dried or smoked (1.5 oz or 35 g)				1
CHINESE FOODS	Soy beverage—fortified (1 cup or 250 mL)			1	
	Soy beverage—unfortified (¾ cup or 175 mL)				1 2
LATIN AMERICAN FOODS	Dates (3 medium or 1 large)	1			
	Figs (2 medium)	1			
	Tortilla (½ piece or 35 g)		1		
	Flan (½ cup or 125 mL)			1 2	
	Horchata—made with milk (½ cup or 125 mL)			1 2	
Pig's feet (2.5 oz or 75 g)				1	
Liver, Heart, Tripe (2.5 oz or 75 g)				1	
SOUTH ASIAN FOODS	Chapati, Roti (1 medium, 35 g)		1		
	Naan (¼, 35 g)		1		
	Phirni, Kheer (½ cup or 125 mL)			1 2	
	Paneer (1.5 oz or 50 g)			1	
SOUTHEAST ASIAN FOODS	Cassava, Taro root (½ cup or 125 mL)	1			
	Leche flan (½ cup or 125 mL)			1 2	
	Halo halo (½ cup or 125 mL)			1 2	
	Dried fish (1.5 oz or 35 g)				1

INNOVATION IN NUTRITION EDUCATION



BC's FOOD MOSAIC

A food group classification of foods commonly eaten by the following communities: First Nations, Chinese, Latin American, South Asian and Southeast Asian



For more information, call a nutrition educator at: 604-294-3775 or 1-800-242-6455

www.bcdairyfoundation.ca

© 2008

FIRST NATIONS FOODS

VEGETABLES & FRUIT

Wild greens—raw or cooked
e.g. Lamb's quarters, New stinging nettle leaves, Sheep sorrel

Fresh, frozen, cooked or canned
Large-sized
e.g. Potato, Cucumber

Medium-sized
e.g. Apple, Apricot, Carrot, Peach

Small-sized, cut up or mashed
e.g. Berries—Blackberry, Blueberry, Cranberry, Elderberry, Huckleberry, Juniper, Oregon grape, Raspberry, Salalberry, Salmonberry, Saskatoon berry, Soapberry, Strawberry, Thimbleberry

Cabbage, Cherries, Chocolate lily bulbs, Corn, Cow parsnip stalks, Crab apple, Fern shoots, Fireweed shoots, Mariposa lily bulbs, Peas, Salmonberry shoots, Seaweed, Tomato (canned), Turnip, Thimbleberry shoots

Roots
e.g. Camas, Clover roots, Fern roots, Onion, Silverweed roots, Sunflower roots

Dried
Seaweed

GRAIN PRODUCTS

Breads
Bannock
Bread, white

Cereals
Breakfast cereals, ready-to eat
Mush (oatmeal)

Crackers

Grains
Rice, white or wild

Pasta, Noodles
Macaroni (often packaged macaroni and cheese)

MILK & ALTERNATIVES

Milk
e.g. Fluid, Powdered (dry), Canned (evaporated)

Fish head soup

Herring eggs on giant kelp

Oolichans

Salmon—canned with bones

MEAT & ALTERNATIVES

Baked beans

Fish—fresh, frozen, dried, canned or smoked
e.g. Cod, Halibut, Oolichan, Salmon

Fish roe—Herring, Salmon

Seafood and shellfish
e.g. Abalone, Clams, Cockles, Crab, Gumboot chiton, Mussels, Octopus, Prawns, Scallops, Sea urchin

Chicken

Meat
e.g. Beef, Pork—ground

Wild game—fresh, frozen, smoked or dried
e.g. Bear, Beaver, Caribou, Deer, Duck (mallard), Elk, Goose, Grouse, Moose, Mountain goat, Rabbit, Seal

Eggs, Sea bird eggs

Peanut butter

CHINESE FOODS

VEGETABLES & FRUIT

Leafy vegetables
e.g. Leafy greens, Mustard greens

Fresh, frozen, cooked or canned
Large-sized
e.g. Banana, Cucumber, Sweet potato, Yam

Medium-sized
e.g. Pear apple, Carrot, Mango, Orange, Papaya

Small-sized or cut-up
e.g. Bamboo shoots, Bean sprouts, Celery, Chayote, Chinese cabbage (bok choy, Napa cabbage, choy sum), Chinese okra (luffa), Chives, Dates, Durian, Eggplant, Gai lan (Chinese broccoli), Ginger, Green beans (yard long), Green pepper, Guava, Jicama, Longan, Loquat, Lychees, Melons (bitter, fuzzy, winter), Mung bean sprouts, Mushrooms, Pea pods, Persimmon, Plum, Pomelo, Snow peas, Soybean sprouts, Star fruit, Summer squash, Tangerine, Tomato, Water chestnuts, Watercress

Roots
e.g. Carrots, Daikon (Chinese radish), Leeks, Lotus root, Onions, Radish, Taro

GRAIN PRODUCTS

Breads
Buns (plain or with meat and/or vegetable stuffing), Bread, refined

Grains
e.g. Millet, Oats, Rice

Wheat flour, Wonton

Congee

Dumpling wrappers

Pasta, Noodles
Macaroni
Noodles (chow mein, mung bean starch, rice, wheat)

Sweet buns

MILK & ALTERNATIVES

Milk (often flavoured)

Custard

Fortified soy beverage

MEAT & ALTERNATIVES

Dried beans
e.g. Fava beans, Mung beans, Red beans, Soybeans

Dried peas
e.g. Black eyed peas, Split peas

Fish—fresh, frozen, canned or dried

Seafood—fresh, frozen, canned or dried
e.g. Clams, Crab, Mussels, Prawns, Scallops, Shrimp, Squid

Tofu

Poultry
e.g. Chicken, Duck

Meat
e.g. Beef, Lamb, Mutton, Pork, Pork sausage

Organ meats
e.g. Kidney, Liver, Pig feet, Tripe

Soy beverage—unfortified

Eggs

Nuts
e.g. Almonds, Cashews, Chestnuts, Peanuts, Walnuts

Sesame seeds

LATIN AMERICAN FOODS

VEGETABLES & FRUIT

Leafy dark green vegetables
e.g. Spinach

Fresh, frozen, cooked or canned
Large-sized
e.g. Banana, Cucumber, Plantain, Potato, Pumpkin, Sweet potato

Medium-sized
e.g. Apricot, Cactus, Carrot, Citrus fruit, Guava, Mango, Papaya

Small-sized or cut-up
e.g. Artichoke, Broccoli, Cabbage, Cantaloupe, Celery, Chayote, Chili peppers, Coconut, Corn, Eggplant, Figs, Grapes, Grapefruit, Green beans, Green pepper, Lettuce, Nopales (cactus), Pineapple, Squash, Tomatillo, Tomato, Zucchini

Roots
e.g. Cassava, Onion

GRAIN PRODUCTS

Breads
Cornbread, Tortilla (corn, wheat)

Cereals
Breakfast cereals, ready-to-eat
Oatmeal

Grains
Rice

Flour
e.g. Cornmeal, Farina, Maize

Pasta
e.g. Fideo (thin spaghetti), Macaroni

Crackers

Tamales

Muffin

Pancake

Pan dulce (sweet rolls)

MILK & ALTERNATIVES

Milk
e.g. Fluid, Evaporated

Buttermilk

Yogurt

Cheese

Cottage cheese

Milkshake

Flan (custard)

Horchata (made with milk)

Hot chocolate

MEAT & ALTERNATIVES

Dried beans
e.g. Black eyed beans, Chili beans, Kidney beans, Navy beans, Pinto beans, Refried beans

Split peas

Lentils

Fish

Seafood
e.g. Crab, Shrimp

Chicken

Meat
e.g. Beef, Chorizo (hot sausage), Goat, Lamb, Pork

Organ meats
e.g. Heart, Kidney, Liver, Pig's feet, Tripe

Eggs

Peanut butter

Nuts

SOUTH ASIAN FOODS

VEGETABLES & FRUIT

Leafy vegetables
e.g. Mustard greens, Spinach

Fresh, frozen, cooked or canned
Large-sized
e.g. Banana, Potato, Pumpkin

Medium-sized
e.g. Apple, Carrot, Guava, Mango

Small-sized or cut-up
e.g. Berries, Broccoli, Cauliflower, Cabbage, Citrus fruit, Coconut, Dates, Eggplant, Fresh fenugreek, Grapes, Green beans, Green peas, Karela (bitter melon), Melons, Okra, Pepper, Pineapple, Squash, Tomato, Turnip, Vegetable marrow, Zucchini

Roots
e.g. Dasheen (taro root), Garlic, Ginger, Onion

GRAIN PRODUCTS

Breads
Bread (commercial, whole wheat)
Chapati
Naan
Paratha
Poori
Roti

Cereals
Breakfast cereals, ready-to-eat (often eaten by children)

Grains
e.g. Basmati rice, Corn, Dahlia (cracked wheat), Jowar (sorghum), Millet

Flours
Corn flour
Durum flour
Millet flour
Rice flour
Sooji (semolina)

Sevian (vermicelli noodles)

Dosas (lentil and rice crepe)

Idlis (made with steamed lentil and rice)

MILK & ALTERNATIVES

Milk
Skim, 1%, 2%, Whole (usually whole milk is consumed more by men and children than by women)

Chai (Indian tea often made with a lot of milk and sugar)

Buttermilk/ Lassi (yogurt drink)

Yogurt

Raita

Paneer (white cheese)

Kheer (milk-based pudding)

Phirni (rice custard)

Sour cream

MEAT & ALTERNATIVES

Dried beans—cooked or ground
e.g. Besan/Gram flour (chick pea flour), Chitte chana (chickpeas), Mung beans (small green beans), Rajma (red beans)

Dried peas
e.g. Masoor (red split peas), Pea flour, Rongi (black-eyed peas), Yellow split peas

Lentils
e.g. Dal, Lentil flour, Sprouted lentils

Fish or seafood—fresh or dried

Tofu

Chicken

Meat
e.g. Beef, Goat, Lamb, Pork

Eggs

Nuts
e.g. Almonds, Cashews, Pistachios, Peanuts

Many South Asian people are vegetarian, especially women. Hindus and Sikhs eat lamb, goat, fish and pork but no beef. Muslims eat lamb, goat, beef, chicken and fish, but no pork. All meat must be halal (prepared according to Muslim dietary law).