

SOUTHEAST ASIAN FOODS

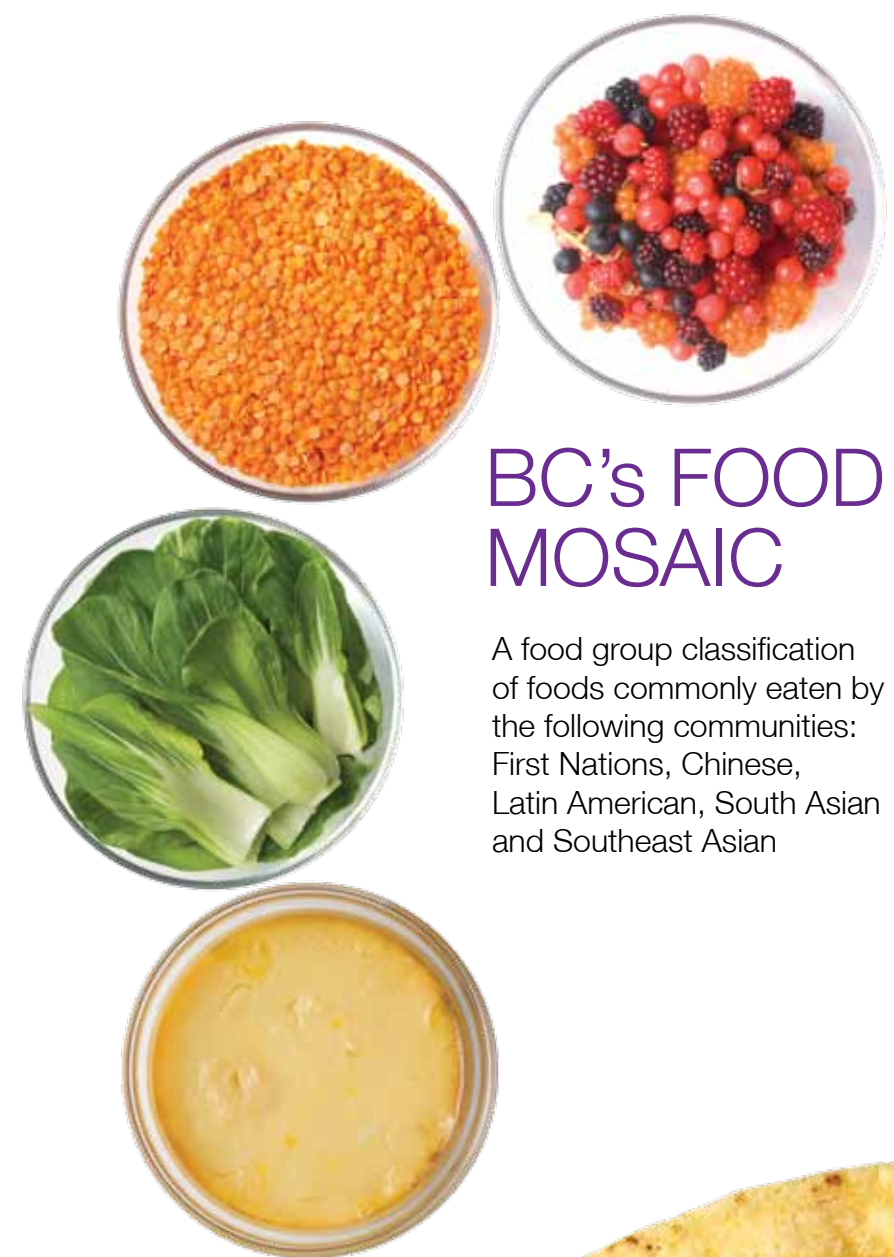
| VEGETABLES & FRUIT   | GRAIN PRODUCTS   |
|--|--|
| <p><b>Leafy dark green vegetables</b><br/>e.g. Pea shoots, Pepper leaves, Water lily greens</p> <p><b>Fresh, frozen, cooked or canned</b><br/>Large-sized<br/>e.g. Banana, Sweet potato</p> <p>Medium-sized<br/>e.g. Apple, Carrot, Guava, Mango, Orange, Papaya</p> <p>Small-sized or cut up<br/>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><b>Roots</b><br/>e.g. Cassava, Leeks, Taro root, White radish, Yam</p> | <p><b>Breads</b><br/>Bread e.g. French, White Ensaymada (very sweet bread from the Philippines) Pan de sal (bread from the Philippines) Rice bread</p> <p><b>Cereals</b><br/>e.g. Oatmeal</p> <p><b>Grains</b><br/>e.g. Rice (jasmine, sticky rice)</p> <p><b>Flour</b><br/>e.g. Rice flour, Tapioca</p> <p><b>Noodles</b><br/>Mung bean noodles<br/>Rice noodles, Rice sticks<br/>Rice wrappers<br/>Wheat noodles</p>                                   |
| MILK & ALTERNATIVES  | MEAT & ALTERNATIVES  |
| <p><b>Milk</b><br/>e.g. Fluid, Evaporated</p> <p><b>Cheese</b></p> <p><b>Leche flan</b> (milk pudding from the Philippines)</p> <p><b>Halo halo</b> (milk drink with fruit and beans)</p>  | <p><b>Dried beans</b><br/>e.g. Chickpeas, Mung beans, Soybeans, White beans</p> <p><b>Dried peas</b><br/>e.g. Black eyed peas</p> <p><b>Fish—fresh or dried</b></p> <p><b>Seafood</b><br/>e.g. Crab, Shrimp</p> <p><b>Tofu</b></p> <p><b>Poultry</b><br/>e.g. Chicken, Duck</p> <p><b>Meat</b><br/>e.g. Beef, Goat, Lamb, Pork</p> <p><b>Organ meats</b><br/>e.g. Kidney, Liver</p> <p><b>Eggs</b></p> <p><b>Peanut butter</b></p> <p><b>Peanuts</b></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                            | <b>Bannock</b><br>(1 medium, 35 g)  |                               | 1              |                     |                     |
|  | <b>Salmon—canned with bones</b><br>(2.5 oz or 75 g)   |                               |                | 1 2                 |                     |
|  | <b>Herring eggs on giant kelp</b><br>(3 oz or 90 g)   |                               |                | 1 2                 |                     |
|  | <b>Bear, Beaver, Deer, Duck, Moose, Rabbit, Salmon, Shellfish, or Trout</b><br>—cooked (2.5 oz or 75 g) |                               |                |                     | 1                   |
|  | <b>Meat or Fish—dried or smoked</b><br>(1.5 oz or 35 g)   |                               |                |                     | 1                   |
| CHINESE FOODS                                  | <b>Soy beverage—fortified</b><br>(1 cup or 250 mL)  |                               |                | 1                   |                     |
|  | <b>Soy beverage—unfortified</b><br>(¾ cup or 175 mL)  |                               |                |                     | 1 2                 |
| LATIN AMERICAN FOODS                           | <b>Dates</b> (3 medium or 1 large)  | 1                             |                |                     |                     |
|  | <b>Figs</b> (2 medium)  | 1                             |                |                     |                     |
|  | <b>Tortilla</b> (½ piece or 35 g)   |                               | 1              |                     |                     |
|  | <b>Flan</b> (½ cup or 125 mL)   |                               |                | 1 2                 |                     |
|  | <b>Horchata—made with milk</b><br>(½ cup or 125 mL)   |                               |                | 1 2                 |                     |
| <b>Pig's feet</b> (2.5 oz or 75 g)             |   |                               |                | 1                   |                     |
| <b>Liver, Heart, Tripe</b><br>(2.5 oz or 75 g) |   |                               |                | 1                   |                     |
| SOUTH ASIAN FOODS                              | <b>Chapati, Roti</b><br>(1 medium, 35 g)  |                               | 1              |                     |                     |
|  | <b>Naan</b><br>(¼, 35 g)  |                               | 1              |                     |                     |
|  | <b>Phirni, Kheer</b><br>(½ cup or 125 mL)   |                               |                | 1 2                 |                     |
|  | <b>Paneer</b><br>(1.5 oz or 50 g)   |                               |                |                     | 1                   |
| SOUTHEAST ASIAN FOODS                          | <b>Cassava, Taro root</b><br>(½ cup or 125 mL)  | 1                             |                |                     |                     |
|  | <b>Leche flan</b><br>(½ cup or 125 mL)  |                               |                | 1 2                 |                     |
|  | <b>Halo halo</b><br>(½ cup or 125 mL)   |                               |                | 1 2                 |                     |
|  | <b>Dried fish</b><br>(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

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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. Besar/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).