

SOUTH ASIAN EATWELL GUIDE KEY



The Eatwell Guide is based around the five main food groups and illustrates the different varieties of what you should eat from each group. You can use the Eatwell Guide to help you make healthier choices whenever you are; deciding what to eat, at home cooking, out shopping for groceries, eating out in a restaurant, cafe or canteen, or choosing food on the go. Aim to fill your trolley with a healthy balance of a variety of food.

Foods high in fat, salt and sugar are placed outside of the main image, or outside of the Eatwell Guide. These types of foods are not essential in the diet and most of us need to cut down on these to achieve our healthy balance.

You may notice that not only is food included, but also fluid intake. Aim to drink 6-8 glasses of fluid every day. Water, lower fat milk and sugar-free drinks including tea and coffee all count.

The Eatwell Guide is not suitable for children less than 2 years old as they have different nutritional needs. From the ages of 2 to 5 years old, it is expected that children should gradually move to eating the same foods as the rest of the family in the proportions shown in the Eatwell Guide.

Anyone with specific dietary requirements or medical needs should also check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs.



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Fruits & Vegetables

There are various types of fruit and vegetables that can be eaten as part of a varied diet. Eat at least five portions a day.

1. Papaya
2. Kerele, Bitter Gourd
3. Aubergine
4. Okra
5. Spinach
6. Starfruit, Guava, Tropical Fruit
7. Mango
8. Daikon, Mooli, or White Radish
9. Cabbage
10. Pulasan, Lychee
11. Jackfruit
12. Carrots
13. Cauliflower
14. Leeks
15. Green Beans, Green Bean Curry

Beans, Pulses, Fish, Eggs, Meat and other Alternatives

These foods are good sources of protein. Eat more of beans, pulses, sustainably sourced fish and less red or processed meat.

1. Chickpea curry
2. Dried Lentil, Legumes
3. Fish Curry
4. Dhal
5. Keema, Minced Lamb Curry
6. Nuts & Seeds
7. Tofu
8. Eggs
9. Red Snapper
10. White Fish
11. Prawns, Tiger Prawns, Crabmeat
12. Lamb, Lamb Curry

Potatoes, Bread, Rice, Pasta and Other Starchy Carbohydrates

Choose a wholegrain or higher fibre variety with less added salt and eat in moderate proportions.

1. Roti / Naan
2. White, or Brown Rice
3. Saag Aloo, Potato Curry, Potatoes
4. Dosa (Breakfast Crepe)
5. Semolina
6. Wheat / Wholegrain Cereals
7. Polenta
8. Wholemeal Chapati
9. Noodles

Oils & Spreads

Choose unsaturated oils or lower fat spreads to reduce your saturated fat intake and use in small amounts.

1. Sunflower Oil
2. Low Fat Spread

Dairy & Alternatives

Dairy & dairy alternatives are good sources of protein, calcium and vitamins. Choose lower fat and lower sugar varieties.

1. Milk & Non-Dairy Alternatives
2. Paneer
3. Lassi
4. Low Fat / Plain Yoghurt
5. Raita, Greek yoghurt / Yoghurt Sauce

Outside of the Eatwell Guide

These foods should be eaten less often and in small amounts as they contain high amounts of fat, salt and sugar.

1. Jalebi, Deep Fried Indian Sweets
2. Condensed Milk
3. Bombay Mix
4. Doodhpak, Kheer, Sweetened Rice Pudding
5. Onion Bhaji
6. Barfi, Milk Based Sweets & Confectionary
7. Rusk Cake, Sweet Cakes
8. Fried Samosas