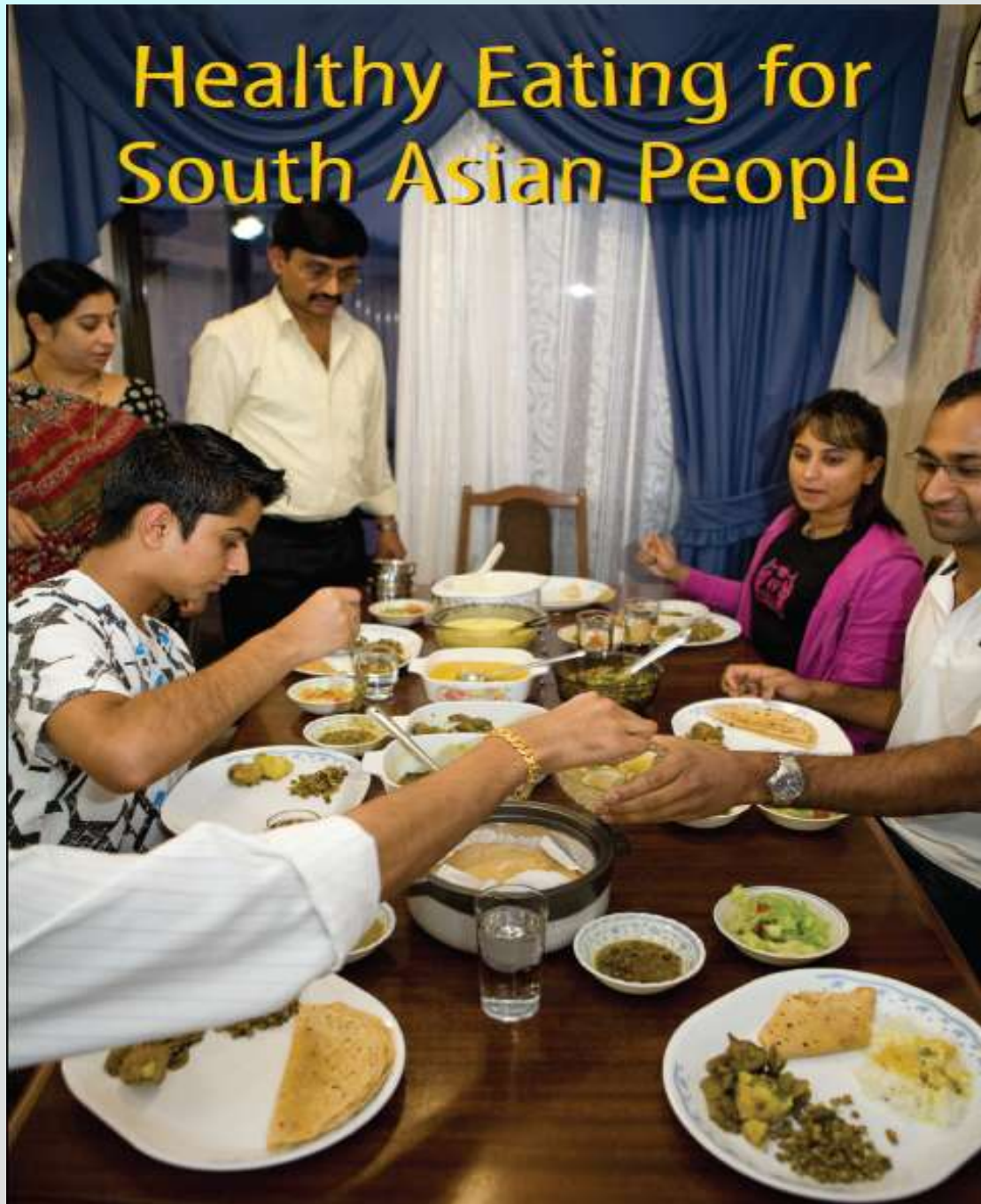


Healthy Eating for South Asian People



Acknowledgements

- Narendra & Kalawati Patel & their family
- Dijendra & Ranita Singh & their family
- many community groups & organisations
- many health professionals



Indiance Group & Ella Kumar



Local needs assessment:

CMDHB LBD, ADHB & ANA workshops

Identified the following issues:

- **Western influences on food choices**
- **increased convenience food, 'junk' food**
- **high consumption saturated fats**
- **increased volume of food consumed**
- **vitamin D deficiency as less sun exposure in NZ**

Needs identified :

- **healthier cooking methods for cultural foods**
- **food model including traditional foods & indicating portion control**
- **better choices for snacks & drinks**
- **identification of high sodium sources**
- **promotion vegetables & fruit**
- **micronutrient deficiencies assoc with vegetarian eating (B 12, iron)**

Consultation for resource

- **people would like 'whys'**
- **encourage lite blue top milk – many people won't use because of children**
- **pickles & side dishes important to address because of salt & oil**
- **promote frozen vegetables as comparatively less expensive; use Indian names with English in brackets**
- **address women with low iron intakes, also B₁₂ & vegetarianism, vitamin D**

Feed back on draft:

- **text too crowded (increased from 12-16 pages)**
- **want more photos & tips**
- **some wanted more information (e.g. energy balance) – some wanted less**
- **include reading food labels, recipes**
- **too many servings of 'Bread & cereals'**
- **unrealistic to say 'avoid' high fat/sugar food**

Cultural beliefs

- **Food is a family's way of meeting**
- **Strong family ties – parents and children live together**
- **Late Dinners**
- **3 meal patterns- snacks uncommon**
- **Savouries are consumed with meals – high in salt**
- **Large intake of beverage consumption and less water intake**
- **Lack of awareness of right nutrients e.g Ca in banana**
- **Healthy cooking is not a traditional concept**
- **Loss of traditional methods – pressure cooking, germination of legumes**
- **Fasting days – high intake of CHO foods, sweet foods**

Cultural beliefs

- **Myths that certain foods are healthier in certain life stages even though could harm later on e.g pregnancy**
- **availability of low cost high fat-high sugar foods ,eg specials in Indian grocery stores**
- **lack of activity in winter- 'cold to be out',' low priority'**
- **men can be less aware of weight status than women**
- **expectation on women to provide a big meal and tasty meals**
- **psycho-socio-economic situations***
- **awareness and educational level ***

Strengths South Asian eating patterns

- frequent use of legumes and dahls
- table salt not used
- raita & salads common – but small servings
- low alcohol intake

Weakness South Asian Eating Patterns

- **lack of variety – fruits/milk products**
- **can be high in saturated fat (ghee)**
- **some groups have high carbohydrate intake**
- **high intake of salt**
- **use of high n-6 oils**
- **cooking methods – baking not commonly used, not innovative about recipes**
- **cost – fruits and vegetables, meat with fat is cheaper**

Accessing:

- **ccook@adhb.govt.nz**
- **Punjabi, Hindi and Gujarati on the way**