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HOW TO USE THIS CD:

Nutrition Resource Centre Cultural Food Guide Project: Food Images

ADAPTATIONS OF CANADA'S FOOD GUIDE TO HEALTHY EATING

On this CD there are two PDF (Adobe® Acrobat® portable document format) files:

FOD-MAP.pdf – is a visual map of all the foods available with file names.

NUM-FOD.pdf - shows the seven adaptations of Canada's Food Guide to Healthy Eating with each food assigned a number.

These numbers are also on the file names for easy location.

All food images on this CD have been saved in two formats, jpeg and tiff. Both file formats are in Photoshop® format and can be used in most applications.

To print these, or other PDF documents, simply select "Print" under the file menu.

In this document, each culture has been listed with all related foods. Please scroll down to view these pages.



NUMBER LISTING OF FOODS IN THE ADAPTATIONS OF CANADA'S FOOD GUIDE TO HEALTHY EATING

PORTUGUESE FOOD GUIDE

Grain Products – Portuguese Food Guide

- 1: Crackers
- 2: Bread
- 3: Hamburger bun
- 4: Bagel
- 5: Brown Rice
- 6: Bag of white rice
- 7: Plate of spaghetti
- 8: Bag of Macaroni
- 9: Pancakes
- 10: Bowl of hot cereal
- 11: Bowl of cold cereal
- 12: Box of cereal
- 13: Pita
- 14: Paposeco
- 15: Corn Bread

Vegetables & Fruit – Portuguese Food Guide

- 33: Broccoli
- 34: Carrots
- 35: Cucumber
- 36: Spinach
- 37: Sweet Potato
- 38: Potato
- 39: Cantaloupe
- 40: Mango
- 41: Apple
- 42: Dates
- 43: Dried Apricots
- 44: Raisins
- 45: Plums
- 46: Cauliflower
- 47: Turnips
- 48: Head of cabbage
- 49: Kiwi
- 50: Piece of squash
- 51: Salad
- 52: Brussel Sprouts
- 53: Green Beans
- 54: Orange Juice and Orange
- 55: Grapes
- 56: Strawberries
- 57: Bananas
- 58: Canned tomatoes
- 59: Tomato
- 60: Onion
- 61: Green Pepper
- 63: Pear
- 64: Frozen Peas
- 70: Swiss Chard
- 71: Collard greens
- 72: Chinese greens
- 73: Rapini

Milk & Foods High in Calcium – Portuguese Food Guide

- 93: Evaporated Milk
- 94: Powdered Milk
- 95: Skim Milk
- 96: 2% Milk
- 97: 1% Milk
- 98: Glass of Milk
- 99: Pitcher of Milk
- 100: Fortified Soy Drink
- 101: Yogurt
- 102: Tofu
- 103: Cheese
- 104: Cheese slices
- 105: Can of sardines
- 106: Can of salmon
- 107: Goats Milk Cheese
- 108: Serra Cheese

Meat, Fish & Foods High in Protein – Portuguese Food Guide

- 111: Chicken
- 112: Eggs
- 113: Pork Chop
- 114: Beef
- 115: Beef kebabs
- 116: Ham
- 117: Mussels
- 118: Fish
- 119: Shrimp
- 120: Canned Fish
- 121: Dried Beans
- 122: Nuts
- 126: Squid
- 128: Mackerel

NUMBER LISTING OF FOODS IN THE ADAPTATIONS OF CANADA'S FOOD GUIDE TO HEALTHY EATING

CHINESE FOOD GUIDE

Grain Products – Chinese Food Guide

- 1: Crackers
- 2: Bread
- 3: Hamburger bun
- 4: Bagel
- 5: Brown Rice
- 6: Bag of white rice
- 11: Bowl of cold cereal
- 12: Box of cereal
- 17: Hong Kong Buns
- 18: Cheung Fan Buns
- 19: Fresh Rice Rolls
- 20: Bowl of Rice
- 21: Bag of Rice Noodles
- 22: Bowl of Noodles
- 23: Bowl of congee

Vegetables & Fruit – Chinese Food Guide

- 33: Broccoli
- 34: Carrots
- 35: Cucumber
- 36: Spinach
- 37: Sweet Potato
- 38: Potato
- 39: Cantaloupe
- 40: Mango
- 41: Apple
- 45: Plums
- 46: Cauliflower
- 49: Kiwi
- 53: Green Beans
- 54: Orange Juice and Orange
- 55: Grapes
- 56: Strawberries
- 57: Bananas
- 59: Tomato
- 60: Onion
- 61: Green Pepper
- 62: Red Pepper
- 63: Pear
- 65: Frozen Mixed Vegetables
- 66: Watermelon
- 67: Corn
- 69: Pineapple
- 74: Pad choi
- 75: Bok choy
- 76: Chinese Eggplant
- 77: Napa Cabbage
- 78: Bitter Melon
- 79: Mushrooms
- 80: Choy Sum

Milk & Foods High in Calcium – Chinese Food Guide

- 93: Evaporated Milk
- 94: Powdered Milk
- 95: Skim Milk
- 96: 2% Milk
- 97: 1% Milk
- 98: Glass of Milk
- 99: Pitcher of Milk
- 100: Fortified Soy Drink
- 101: Yogurt
- 102: Tofu
- 103: Cheese
- 104: Cheese slices
- 105: Can of sardines
- 106: Can of salmon

Meat, Fish & Foods High in Protein – Chinese Food Guide

- 102: Tofu
- 111: Chicken
- 112: Eggs
- 113: Pork Chop
- 114: Beef
- 117: Mussels
- 118a: Fish
- 119: Shrimp
- 120: Canned Fish
- 121: Dried Beans
- 122: Nuts
- 123: Dried lentils
- 124: Peanut Butter
- 126: Squid
- 135: Soy Bean Stick

NUMBER LISTING OF FOODS IN
THE ADAPTATIONS OF CANADA'S FOOD GUIDE TO HEALTHY EATING

TAMIL FOOD GUIDE

Grain Products – Tamil Food Guide

- 1: Crackers
- 2: Bread
- 3: Hamburger bun
- 4: Bagel
- 5: Brown Rice
- 6: Bag of white rice
- 7: Plate of spaghetti
- 10: Bowl of hot cereal
- 11: Bowl of cold cereal
- 12: Box of cereal
- 24: Roti
- 25: Naan
- 26: Dosa
- 27: Pittu and Stringhoppers
- 28: Itli

Vegetables & Fruit – Tamil Food Guide

- 33: Broccoli
- 34: Carrots
- 35: Cucumber
- 36: Spinach
- 37: Sweet Potato
- 38: Potato
- 39: Cantaloupe
- 40: Mango
- 41: Apple
- 42: Dates
- 43: Dried Apricots
- 44: Raisins
- 45: Plums
- 46: Cauliflower
- 48: Head of cabbage
- 49: Kiwi
- 50: Piece of squash
- 53: Green Beans
- 54: Orange Juice and Orange
- 55: Grapes
- 56: Strawberries
- 57: Bananas
- 59: Tomato
- 60: Onion
- 63: Pear
- 64: Frozen Peas
- 66: Watermelon
- 69: Pineapple
- 71: Collard greens
- 76: Chinese Eggplant
- 78: Bitter Melon
- 81: Okra
- 82: Plantain
- 83: Drumsticks
- 84: Avocado
- 85: Long Gourd

Milk & Foods High in Calcium – Tamil Food Guide

- 93: Evaporated Milk
- 94: Powdered Milk
- 95: Skim Milk
- 96: 2% Milk
- 97: 1% Milk
- 98: Glass of Milk
- 99: Pitcher of Milk
- 100: Fortified Soy Drink
- 101: Yogurt
- 102: Tofu
- 103: Cheese
- 104: Cheese slices
- 105: Can of sardines
- 106: Can of salmon
- 109: Buttermilk
- 110: Paneer

Meat, Fish & Foods High in Protein – Tamil Food Guide

- 102: Tofu
- 111: Chicken
- 112: Eggs
- 114: Beef
- 118: Fish
- 119: Shrimp
- 120a: Canned Fish
- 121: Dried Beans
- 122: Nuts
- 123: Dried lentils
- 125: Crab
- 126: Squid
- 134: Textured Soy Protein

NUMBER LISTING OF FOODS IN THE ADAPTATIONS OF CANADA'S FOOD GUIDE TO HEALTHY EATING

PUNJABI FOOD GUIDE

Grain Products – Punjabi Food Guide

- 1: Crackers
- 2: Bread
- 3: Hamburger bun
- 4: Bagel
- 5: Brown Rice
- 6: Bag of white rice
- 7: Plate of spaghetti
- 10: Bowl of hot cereal
- 11: Bowl of cold cereal
- 12: Box of cereal
- 13: Pita
- 16: Rolls
- 24: Roti
- 25: Naan
- 31: Paratha

Vegetables & Fruit – Punjabi Food Guide

- 33: Broccoli
- 34: Carrots
- 35: Cucumber
- 36: Spinach
- 37: Sweet Potato
- 38: Potato
- 39: Cantaloupe
- 40: Mango
- 41: Apple
- 42: Dates
- 43: Dried Apricots
- 44: Raisins
- 45: Plums
- 46: Cauliflower
- 48: Head of cabbage
- 49: Kiwi
- 50: Piece of squash
- 53: Green Beans
- 54: Orange Juice and Orange
- 55: Grapes
- 56: Strawberries
- 57: Bananas
- 59: Tomato
- 60: Onion
- 61: Green Pepper
- 63: Pear
- 64: Frozen Peas
- 66: Watermelon
- 71: Collard greens
- 81: Okra
- 85: Long Gourd
- 86: Bitter Gourd
- 87: Fenugreek
- 88: Eggplant

Milk & Foods High in Calcium – Punjabi Food Guide

- 93: Evaporated Milk
- 94: Powdered Milk
- 95: Skim Milk
- 96: 2% Milk
- 97: 1% Milk
- 98: Glass of Milk
- 99: Pitcher of Milk
- 100: Fortified Soy Drink
- 101: Yogurt
- 102: Tofu
- 103: Cheese
- 104: Cheese slices
- 105: Can of sardines
- 106: Can of salmon
- 109: Buttermilk
- 110: Paneer

Meat, Fish & Foods High in Protein – Punjabi Food Guide

- 102: Tofu
- 111: Chicken
- 112: Eggs
- 113: Pork Chop
- 118: Fish
- 119: Shrimp
- 120: Canned Fish
- 121: Dried Beans
- 122: Nuts
- 123: Dried lentils
- 124: Peanut Butter
- 127: Canned chick peas

NUMBER LISTING OF FOODS IN THE ADAPTATIONS OF CANADA'S FOOD GUIDE TO HEALTHY EATING

URDU FOOD GUIDE

Grain Products – Urdu Food Guide

- 1: Crackers
- 2: Bread
- 3: Hamburger bun
- 4: Bagel
- 5: Brown Rice
- 6: Bag of white rice
- 7: Plate of spaghetti
- 10: Bowl of hot cereal
- 11: Bowl of cold cereal
- 12: Box of cereal
- 13: Pita
- 16: Rolls
- 24: Roti
- 25: Naan
- 31: Paratha

Vegetables & Fruit – Urdu Food Guide

- 33: Broccoli
- 34: Carrots
- 35: Cucumber
- 36: Spinach
- 37: Sweet Potato
- 38: Potato
- 39: Cantaloupe
- 40: Mango
- 41: Apple
- 42: Dates
- 43: Dried Apricots
- 44: Raisins
- 45: Plums
- 46: Cauliflower
- 48: Head of cabbage
- 49: Kiwi
- 50: Piece of squash
- 53: Green Beans
- 54: Orange Juice and Orange
- 55: Grapes
- 56: Strawberries
- 57: Bananas
- 59: Tomato
- 60: Onion
- 61: Green Pepper
- 63: Pear
- 64: Frozen Peas
- 66: Watermelon
- 71: Collard greens
- 81: Okra
- 85: Long Gourd
- 86: Bitter Gourd
- 87: Fenugreek
- 88: Eggplant

Milk & Foods High in Calcium – Urdu Food Guide

- 93: Evaporated Milk
- 94: Powdered Milk
- 95: Skim Milk
- 96: 2% Milk
- 97: 1% Milk
- 98: Glass of Milk
- 99: Pitcher of Milk
- 100: Fortified Soy Drink
- 101: Yogurt
- 102: Tofu
- 103: Cheese
- 104: Cheese slices
- 105: Can of sardines
- 106: Can of salmon
- 109: Buttermilk
- 110: Paneer

Meat, Fish & Foods High in Protein – Punjabi Food Guide

- 102: Tofu
- 111: Chicken
- 112: Eggs
- 114: Beef
- 118: Fish
- 119: Shrimp
- 120: Canned Fish
- 121: Dried Beans
- 122: Nuts
- 123: Dried lentils
- 124: Peanut Butter
- 127: Canned chick peas

NUMBER LISTING OF FOODS IN THE ADAPTATIONS OF CANADA'S FOOD GUIDE TO HEALTHY EATING

SPANISH FOOD GUIDE

Grain Products – Spanish Food Guide

- 1: Crackers
- 2: Bread
- 3: Hamburger bun
- 4: Bagel
- 5: Brown Rice
- 6: Bag of white rice
- 7: Plate of spaghetti
- 7a: Bag of spaghetti
- 9: Pancakes
- 10: Bowl of hot cereal
- 11: Bowl of cold cereal
- 12: Box of cereal
- 13: Pita
- 14: Paposeco
- 29: Empanada
- 30: Tortillas

Vegetables & Fruit – Spanish Food Guide

- 33: Broccoli
- 34: Carrots
- 35: Cucumber
- 36: Spinach
- 37: Sweet Potato
- 38: Potato
- 39: Cantaloupe
- 40: Mango
- 41: Apple
- 42: Dates
- 43: Dried Apricots
- 44: Raisins
- 45: Plums
- 46: Cauliflower
- 48: Head of cabbage
- 49: Kiwi
- 50: Piece of squash
- 51: Salad
- 54: Orange Juice and Orange
- 55: Grapes
- 56: Strawberries
- 57: Bananas
- 58: Canned tomatoes
- 59: Tomato
- 60: Onion
- 61: Green Pepper
- 62: Red Pepper
- 63: Pear
- 65: Frozen Mixed Vegetables
- 66: Watermelon
- 67: Corn
- 69: Pineapple
- 79: Mushrooms
- 82: Plantain
- 84: Avocado
- 88: Eggplant
- 89: Swiss chard

Milk & Foods High in Calcium – Spanish Food Guide

- 93: Evaporated Milk
- 94: Powdered Milk
- 95: Skim Milk
- 96: 2% Milk
- 97: 1% Milk
- 98: Glass of Milk
- 99: Pitcher of Milk
- 100: Fortified Soy Drink
- 101: Yogurt
- 102: Tofu
- 103: Cheese
- 104: Cheese slices
- 105: Can of sardines
- 106: Can of salmon
- 136: Queso Fresco

Meat, Fish & Foods High in Protein – Spanish Food Guide

- 102: Tofu
- 111: Chicken
- 112: Eggs
- 114: Beef
- 116: Ham
- 118: Fish
- 119: Shrimp
- 121: Dried Beans
- 122: Nuts
- 123: Dried lentils
- 124: Peanut Butter
- 125: Crab

NUMBER LISTING OF FOODS IN THE ADAPTATIONS OF CANADA'S FOOD GUIDE TO HEALTHY EATING

VIETNAMESE FOOD GUIDE

Grain Products – Vietnamese Food Guide

- 1: Crackers
- 2: Bread
- 3: Hamburger bun
- 4: Bagel
- 5: Brown Rice
- 6: Bag of white rice
- 7: Plate of spaghetti
- 10: Bowl of hot cereal
- 11: Bowl of cold cereal
- 12: Box of cereal
- 16: Rolls
- 20: Bowl of Rice
- 21: Bag of Rice Noodles
- 32: Vietnamese Buns

Vegetables & Fruit – Vietnamese Food Guide

- 33: Broccoli
- 34: Carrots
- 35: Cucumber
- 36: Spinach
- 37: Sweet Potato
- 38: Potato
- 39: Cantaloupe
- 40: Mango
- 41: Apple
- 42: Dates
- 43: Dried Apricots
- 44: Raisins
- 46: Cauliflower
- 49: Kiwi
- 53: Green Beans
- 54: Orange Juice and Orange
- 55: Grapes
- 56: Strawberries
- 57: Bananas
- 59: Tomato
- 60: Onion
- 65: Frozen Mixed Vegetables
- 66: Watermelon
- 67: Corn
- 69: Pineapple
- 75: Bok choy
- 78: Bitter Melon
- 79: Mushrooms
- 85: Long Gourd
- 90: Chinese Broccoli
- 91: Baby bok choy
- 92: Amaranth

Milk & Foods High in Calcium – Vietnamese Food Guide

- 93: Evaporated Milk
- 94: Powdered Milk
- 95: Skim Milk
- 96: 2% Milk
- 97: 1% Milk
- 98: Glass of Milk
- 99: Pitcher of Milk
- 100: Fortified Soy Drink
- 101: Yogurt
- 102: Tofu
- 103: Cheese
- 104: Cheese slices
- 105: Can of sardines
- 106: Can of salmon
- 109: Buttermilk

Meat, Fish & Foods High in Protein – Vietnamese Food Guide

- 102: Tofu
- 111: Chicken
- 112: Eggs
- 113: Pork Chop
- 114: Beef
- 118: Fish
- 119: Shrimp
- 120: Canned Fish
- 121: Dried Beans
- 122: Nuts
- 124: Peanut Butter
- 125: Crab
- 126: Squid