

Bolt on: People of south Asian origin

Background information for facilitators

Scotland is becoming more ethnically diverse. The 2011 population census shows Scotland's minority ethnic population at 4%, double the number of 2001.

South Asians comprise the largest minority ethnic grouping in the UK. These are the people from the Indian sub-continent, mainly from countries like India, Pakistan, and Bangladesh and in lesser numbers from Nepal, Sri Lanka, Afghanistan and Maldives.

Prevalence of medical conditions in people of south Asian origin (see also bolt on older people)

- **Diabetes:** People from south Asian communities can be up to six times more likely to have diabetes than the general population. Having diabetes increases their chances of developing kidney disease, heart disease and also raises the risk of glaucoma (eye condition).
- **Coronary Heart Disease:** The risk of dying early from coronary heart disease is twice as high among South Asian groups compared with the general population.
- **Blood Pressure:** people of south Asian origin are more sensitive to the effects of too much salt and therefore are at a higher risk of associated health conditions such as coronary heart disease and stroke.
- **Osteoporosis** (Vitamin D & Calcium deficiency) refer to bolt on older people <http://www.nhsggc.org.uk/about-us/professional-support-sites/community-cooking-network>

People of south Asian origin are at a higher risk of osteoporosis. Vitamin D helps with calcium absorption. Some communities according to their religious faiths may keep themselves covered completely by clothing with very low exposure to sunlight. Vegetarians and vegans may need more dietary education on fortified food options.



Dietary Acculturation

Various factors influence dietary acculturation

- Length of stay in the host country
- Interaction with indigenous people
- Whether people originated from rural/urban areas
- Education

Other factors affecting nutrition and lifestyle:

- Who in the family does the main food cooking & shopping
- Type of food shops, Asian food and grocery shops, local /superstores.
- Access to culturally appropriate foods particularly those who do not drive or live far from local Asian food & grocery shops.
- Large portioned meals & snacks, excess oil or ghee in cooking, frequent consumption of high fat-high sugar south Asian foods and snacks (gulab-jamun, zarda, kheer, mithai, paratha, pilao/biryani, samosa, pakoras, spring rolls); high salt snacks and condiments for example Bombay mix (50grams contains on average 1.0g salt), and popular meal and snack accompaniment like Asian pickles i.e. achar may contain 0.7g salt in 10gram serving.

Languages

People from the Indian sub-continent speak many languages with different dialects. The most commonly spoken languages (apart from English) are Punjabi, Urdu, Hindi, Gujarati, Bengali and Tamil.

Interpreting/translating

Majority of the south Asian origin people in Scotland speak English. For some, it is their second language.

Before session 1, if time allows, it would be useful to find out about the language skills of the target group. If working within NHS Greater Glasgow & Clyde, GGC staff net can be accessed for Interpreting Service's contact information, booking procedure, policy and good practice guide (see web link on page 6). If required please contact your local NHSGGC Health Improvement contact by following this link <http://www.nhsggc.org.uk/about-us/professional-support-sites/community-cooking-network/useful-contacts-and-websites/>

Considerations for the programme delivery

It is important to point out to the target group the prevalence of certain conditions mentioned above i.e. type 2 diabetes and its complications, heart disease and sensitivity to obesity in south Asians and how healthy eating and healthier lifestyles play a significant role in reducing the risks of these long-term conditions.

Healthy eating information should also take account of factors like religion & dietary laws, food beliefs, income, socioeconomic status, food availability and access as part of the intervention strategies.

Diet: influence of religion, tradition, culture and custom

It is imperative to recognise that not only are there differences in culture within South Asian groups, but that other factors too influence food behaviour. A person's diet will vary according to his/her religion and custom. There are also traditional ideas about eating certain foods at particular times or at different lifestyle stages. At these times, hot and cold food concept may be practiced according to their beliefs for example during pregnancy, weaning, elderly or in general, during times of illness. Being aware of the age profile of the target group members and their degree of observance will help tailor sessions that are more likely to be received well.

Religion

The major religions practiced by people of south Asian origin are Hinduism, Islam, Sikhism, Buddhism, and Christianity. The 2011 Scotland population census shows that amongst the south Asian origin population in Scotland, majority are Muslims, followed by Hindus and Sikhs with lesser numbers from Christianity or Buddhist faith. Religion may play an important role in dietary laws, as do food beliefs. Common food beliefs and food laws are included under religions below, focusing on Hinduism, Islam and Sikhism. Please note that individual practices vary according to the degree of observance.

Hinduism & Diet

- Many Hindus are strict vegetarians.
- Pulses and legumes are consumed on a regular basis with chapatti or rice
- Beef is forbidden, as cows are considered sacred.
- Meats such as pork, poultry & fish are often avoided. Eggs may be avoided as per individual observance.
- Milk, butter and yoghurt are considered to be strength giving.
- Fasting may be observed by devout Hindus on religious days varying from once a week to more often on a special chosen day/s, or during certain festivals like Navratri (festival of nine nights where nine forms of Hindu goddesses are worshipped each day, Janamastmi (birth of the Hindu deity Krishna).
- There are symbolic foods for certain festivals and occasions for example Diwali (festival of lights).

Islam & Diet

- Dietary restrictions are laid down in Quran. Muslims eat only Halal foods i.e. animals slaughtered by Islamic rites and foods cooked following Islamic rules.
- Unlawful foods are considered 'Haram' i.e. forbidden foods for example pork & pork products or any ingredient that comes from a Haram source.
- Alcohol is considered Haram. Food containing alcohol in cooking and medicine is prohibited, as is gelatin from a Haram source.
- Muslims observe Ramadan fasting involving 1 full month of fasting from sunrise to sunset. Fasting is exempted for frail, elderly, children, pregnant women, those travelling and those with medical conditions. However, some of the people from this category choose to fast, despite medical advice. Dietary guidance plays an important role to ensure safe fasting during this month, particularly those with medical conditions like diabetes. Small Edith is celebrated at the end of the Ramadan fasting, whereas the big Edith is associated with pilgrimage to Mecca (hajj). In addition to prayers, both occasions involve feasting with elaborate traditional snacks and meals with extended family members and friends.

Sikhism & Diet

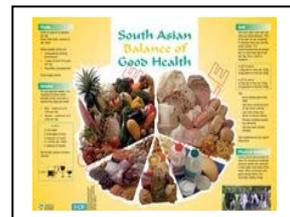
- Sikhism is a very new religion founded in Punjab. Sikhs are free to practice dietary choices as per individual preferences i.e. lacto-vegetarian, meat or meat free. Sikhs are allowed to eat 'jhatka' meat (animal killed with a single stroke and readily available in India), although many are not very observant of this. Jhatka meat is not readily available in Scotland. Once baptised, they usually abstain from eating any kind of meat. In Sikh temple (Gurdwara) a lacto- vegetarian meal is served for all.
- Halal meat, alcohol, tobacco or any intoxicants are forbidden (despite alcohol being forbidden, there is a high consumption of spirits amongst the Sikh men)
- Sikhism does not follow the practice of fasting.
- Sikhs celebrate Vaisaki (Sikh New Year) and their Guru's birthdays and martyrdom. Some festivals like Lohri, traditionally associated with celebrations of birth of a boy/girl (bonfire); Holi (festival of colours) and Diwali have more than one origin and celebrated by both Hindus and Sikhs.

SESSION ONE

Key principles of healthy eating in people of south Asian origin:

The south Asian balance of good health poster is a relevant resource available in English, Hindi, Urdu and Punjabi.

<http://www.ndr-uk.org/Healthy-Eating/South-Asian-Balance-of-Good-Health-English.html>



The facilitator leading this session, if time allows, should also explore cultural myths surrounding diet & health, attitudes and perception of body weight.

Particular attention should be made to replace any meats in cooking recipes with halal options for those from Muslim faith i.e. halal chicken/lamb for recipes, i.e. roast chicken, chicken fajitas, mango chicken pittas, chicken & sweet corn risotto, speedy chicken biryani.

The recipes included in sessions for week 1 & week 2 contain:

Jelly - Roast Chicken

chicken stock cubes - Chicken and sweetcorn risotto

bacon - Italian Chicken pasta

These along with gravy and pork sausages are considered Haram i.e. forbidden foods for Muslims. For cookery group sessions aimed at people from the south Asian Muslim community, items like chicken cubes could be swapped for 'Knorr halal chicken cubes' available from local south Asian grocery shops or food supermarkets like Asda, Morrisons and Sainsburys.

SESSION TWO

Under the food shopping cards/labels, remember some Asian packaged foods do not list food labelling information.

SESSION FOUR

Some recipes for lunch and snacks include stock cubes so ensure they are replaced with halal stock cubes.

SESSION FIVE

The session on take away options highlights fat content in steak kidney pie & chips, sweet and sour pork etc. For relevance, the fat content of popular takeaways by south Asians could be discussed here i.e. pizza (3 slices of pizza from pizza hut = approx. 510kcal, 18g Fat), 1 serving bhuna lamb & fried rice + 1 poppadum = approx. 700kcal, 28g Fat)

SESSION SIX

A recipe for apple triangles includes filo pastry that maybe considered 'unlawful' by Muslims if it contains ethanol for extending its shelf life. At the time of writing this, 'Jus Rol Frozen Puff sheets' or frozen 'All Butter puff pastry' is alcohol free but this may be subjected to reformulation. Please go through the

ingredients list for example if filo pastry made from lard, as lard from pigs is unlawful as are fats derived from other animals that are not slaughtered according to the Islamic law, or if it contains alcohol.

OTHER RECIPES AVAILABLE IN THE RECIPE BOOK

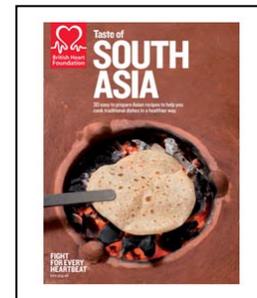
Pork chops, bacon & ham, (and Crayfish avoided by some) are considered haram by Muslims that could be replaced. For example in week -1, Leek & Bacon pasta bake could be swapped by Leek & Chicken (halal) pasta bake; week -2, Pork Chops with apple, sage & leeks could be swapped by halal Lamb Chops with apple, sage & leeks.

Further reading

1. NHS GGC Faith and Belief Communities Manual <http://www.staffnet.ggc.scot.nhs.uk/Info Centre/Documents/Complete Manual amended following proof from printer.pdf>

2. <http://www.diabetes.org.uk>

3. <https://www.bhf.org.uk>



4. The Social cooking project funded by BHF took place from 2011-2013 and aimed to lower the saturated fat and salt intakes of South Asian families attending a place of worship.



g959_social_cooking
_project.pdf



5. Recipes: some popular dishes (with recipes) that evaluated well over the past 15 years with various south Asians communities in Glasgow are provided below:

Kalae Chanae and Vegetables Pilao (serves 10 average portions)

Preparation: Please note you will need to soak the rice before the session starts.

Ingredients

- 1 cup brown basmati rice, soaked for 2 hours prior to cooking
- 1 cup boiled kalae chanae (black chickpeas) or canned optional
- 1 1/2 cup water
- 1 tablespoon rapeseed oil
- 1 onion, finely chopped
- 1/2 tsp. jeera (cumin) seeds
- ½ inch ginger, finely chopped
- 1 cup button mushrooms
- 1 cup green beans/peas
- 1 cup corn kernels
- ½ cup grated carrots
- Salt to taste



Method

- Soak rice in water for 2 hours.
- In a heavy base pan, heat the oil, add cumin seeds (jeera), onions and ginger and cook till slightly brown;
- Stir-fry the vegetables for 10 minutes. Empty the stir-fried veg in a separate bowl.
- Using the same pan- (without washing), add drained kalae chanae, drained rice and 1 ½ cup water and salt (optional).
- Bring to boil on full heat
- Lower the gas and close the lid.
- Cook on low heat until the rice is tender.
- Once cooked, add the stir fried vegetables to the rice and mix gently
- Close the lid and leave to stand for 10 minutes allowing the rice to fluff up before serving.

Serving suggestion: serve with cucumber raita (yogurt) and salad or green chutney

N.B: brown rice takes longer to cook than white rice. Prior soaking will help faster cooking process.

Spicy Chickpea Cutlets (makes 12 cutlets)

Preparation: please note if using raw chickpeas and chana dhal they will need to soak overnight.

Ingredients

- 1 cup cooked chickpeas (boiled or canned)
- ¼ cup cooked chana dhal (boiled or canned)
- 3 tablespoons olive/rapeseed oil
- 1 cup porridge oats (dry roasted on a tawa)
- 2 cloves finely chopped garlic
- 1 inch finely chopped ginger
- 5 table spoons fresh chopped coriander
- 1 chopped green chilli
- 1 finely chopped medium onion
- 1 teaspoon dried coriander powder
- 1 teaspoon roasted cumin seeds
- Salt to taste



Method

1. If using raw chickpeas and chana dhal - soak these overnight.
2. Next morning drain the water and add a cup of fresh water, 1-tablespoon oil, salt, garam masala, onion, garlic, ginger and all the spices.
3. Boil or pressure cook until tender. While still hot, add the dry roasted porridge oats. Allow cooling. Add the coriander leaves.
4. Transfer to a mixing bowl; mash the chickpeas and chana dhal mixture into dough like consistency.
5. To make the cutlets divide the content into 12 balls.
6. Flatten these between your hands into round cutlet shape and place in a container.
7. Once completed the container of cutlets can be left in the fridge for an hour for extra firmness. Alternatively, the cutlets can be cooked right away.

The cooking can be done either in the oven at 180 C for 12 minutes on each side (place in a tray brushed with oil) or on a non- stick cast iron skillet or tawa on medium heat using the remaining oil. Cook the cutlets for 4 minutes on either side till brown and crispy.

Serving suggestion: With salad and green herb chutney made by grinding 1 cup each of green coriander leaves, ½ cup fresh mint, and half green pepper, 1 cooking apple, 1 tomato, 3 green chillies, 1 small onion, and ½ lemon juice.

Oven Baked Tandoori Salmon (serves 4 medium portions)

Ingredients

- 2 salmon fillets
- 2 table spoons natural low fat yogurt
- 1 teaspoon olive oil
- ½ table spoon tandoori masala
- 1/2 tea spoon minced garlic & ginger paste
- 1 chopped green chilli
- 1 table spoon chopped coriander leaves
- 2 table spoon lemon juice



Method

1. Prepare the marinate mixture with yogurt adding all ingredients.
2. Marinate the salmon for 30 minutes in this mixture.
3. Grease the foil lightly with the oil before placing the fish in it.
4. Bake the fish for 30 minutes in a preheated oven at 180 degree C.

Serving suggestion: Serve with jeera rice, vegetable and complimentary accompaniments like low fat natural yogurt OR serve with salad and grilled vegetables

Sweet and Savoury Couscous Salad (serves 8)

Ingredients

- 200g couscous
- 300ml boiling water
- (Optional –
- pinch of salt and pepper)
- 2 tablespoons sultans
- 2 dried apricots finely chopped
- 2 tablespoons mixed seeds (sunflower, flax, sesame, pumpkin)
- 2 tablespoons chopped walnuts
- 1 clove garlic chopped
- 1 medium chopped red onion
- 5 tablespoons chopped fresh coriander
- 1 green chilli finely chopped
- 2 medium size carrots – grated
- 1 green pepper- finely chopped
- 2 tablespoons olive oil
- 5 tablespoons freshly squeezed lime juice (or as desired for taste)



Method

1. Place couscous and sultanas in a large bowl. Add a pinch of salt & pepper.
2. Pour hot water. Cover with a lid and leave for 10 minutes.
3. Meanwhile cook the onions, garlic and peppers using only a table spoon of olive oil- until the vegetable is slightly softened (the veg can be used raw too).
4. Add this along with all the remaining ingredients to the Couscous bowl. Stir gently.

Serving suggestion: The couscous can be served either hot or cold.

Cucumber Raita

Ingredients

1 1/2 cup low-fat natural yogurt
1 tablespoon chopped fresh coriander
1/2 cucumber grated
1/4 teaspoon cumin seeds roasted and crushed
salt to taste and pepper to taste

Method

Stir the yogurt. Add in the salt and spices and mix. Gently stir in the grated cucumber.

Serving suggestion: Can be served as a side dish/accompaniment/as a dip or eaten as a snack

Raita

