

## GLOSSARY

**Alcohol** - An ingredient in a variety of beverages, including beer, wine, liquers, cordials, and mixed or straight drinks. Pure alcohol itself yields about 7 calories per gram.

**Blood Glucose** - The main sugar that the body makes from the three elements of food - proteins, fats, and carbohydrates - but mostly from carbohydrates. Glucose is the major source of energy for living cells and is carried to each cell through the bloodstream. However, the cells cannot use glucose without the help of insulin.

**Benecol** - A type of plant based margarine that helps lower blood cholesterol level.

**Calorie** - A unit used to express the heat or energy value of food. Calories come from carbohydrate, protein, fat, and alcohol.

**Carbohydrate** - One of the three major energy sources in foods. The most common carbohydrates are sugars and starches. Carbohydrates are found in foods from the Milk, Vegetable, Fruit and Starch exchange lists.

**C.D.E. (Certified Diabetes Educator)** - A health care professional who is qualified by the American Association of Diabetes Educators to teach people with diabetes how to manage their condition.

**Cholesterol** - A fat-like substance normally found in blood. A high level of cholesterol in the blood has been shown to be a major risk factor for developing heart disease. Dietary cholesterol is found in all animal products, but is especially high in egg yolks and organ meats. Eating foods high in dietary cholesterol and saturated fat tends to raise the level of blood cholesterol. Foods of plant origin such as fruits, vegetables, grains, and beans, peas, and lentils contain no cholesterol. Cholesterol is found in foods from the Milk, Meat, and Fat exchange lists.

**Chronic** - Present over a long period of time. Diabetes is an example of chronic disease.

**Exchange lists** - A grouping of foods by type to help people on special diets stay on the diet. Each group Lists measured amounts of foods with in the group may be exchanged or traded in planning meals. A single exchange contains approximately equal amounts of carbohydrate, protein, fat, and calories.

**Fasting blood glucose test** - A method for finding out how much glucose (sugar) is in the blood. The test can show if the person has diabetes. A blood sample is taken in lab or doctor's office. The test is usually done in the morning before the person has eaten.

**Fat** - One of the three major energy sources in food. A concentrated source of calories- about 9 calories per gram. Fat is found in foods from the Fat and Meat lists. Some kinds of milk also have fat; some foods from the Starch list also contain fat.

**\*Saturated fat** - Type of fat that tends to raise blood cholesterol levels. It comes primarily from animals and is usually hard at room temperature. Examples of saturated fats are butter, lard, meat fat, solid shortening, palm oil, and coconut oil.

**\*Polyunsaturated fat** - Type of fat this is liquid at room temperature and is found in vegetable oils. Safflower, sunflower, corn, and soybean oils contain the highest amounts of polyunsaturated fats. Polyunsaturated fats, such as corn oil, can help lower high blood cholesterol levels when they are part of a healthful diet.

**\*Monounsaturated fat** - Type of fat that is liquid at room temperature and is found in vegetable oils, such as canola and olive oils. Monounsaturated fats can help lower high blood cholesterol levels when they are part of a lower-fat diet.

**Fiber** - An indigestible part of certain foods. Fiber is important in the diet as roughage, or bulk. Fiber is found in foods from the Starch, Vegetable, and Fruit exchange lists.

**Gram** - A unit of mass and weight in the metric system. An ounce is about 30 grams.

**Lipid** - A term for fat. The body stores fat as energy for future use just like a car that has a reserve fuel tank. When the body needs energy, it can break down the lipids into fatty acids and burn them like glucose (sugar).

**Meal Plan** - A guide showing the number of food exchanges to use in each meal and snack to control distribution of carbohydrates, proteins, fats, and calories throughout the day.

**Mineral** - Substance essential in small amounts to build and repair body tissue and/or control functions of the body. Calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc are minerals.

**Non calorie sweetener** - A man made sweetener that people use in place of sugar because it has no calories. Ex- Saccharin, equal , splenda

**Nutrient** - Substance in food necessary for life. Carbohydrates, proteins, fats, minerals, vitamins, and water are nutrients.

**Obesity** - When people have 20 percent (or more) extra body fat for their age, height, sex, and bone structure. Fat works against the action of insulin. Extra body fat is thought to be a risk factor for diabetes.

**Protein** - One of the three major nutrients in food. Protein provides about 4 calories per gram. Protein is found in foods from the Milk and Meat exchange lists. Smaller amounts of protein are found in foods from the Vegetable and Starch lists.

**Registered Dietitian** - A registered dietitian is a food and nutrition expert who has met the minimum academic and professional requirements to qualify for the credential "RD". RD is recognized by the medical profession as the primary provider of nutritional care, education, and counseling. The initials RD after a dietitian's name ensures that he or she has met the standards of The American Dietetic Association. Look for these credentials when you seek advice on nutrition.

**Sodium** - A mineral needed by the body to maintain life, found mainly as a component of salt. Many individuals need to cut down the amount of sodium (and salt) they eat to help control high blood pressure.

**Starch** - One of the two major types of carbohydrate. Foods consisting mainly of starch come from the Starch list.

**Sugars** - One of the two major types of carbohydrate. Foods consisting mainly of naturally present sugars are those from the Milk, Vegetables, and Fruit lists. Added sugars include common table sugar and the sugar alcohols (sorbitol, mannitol, etc).

**Take control** - A type of plant based margarine that helps lower blood cholesterol level.

**Tofu** - A protein substitute made with soy beans. Many vegetarian protein alternatives such as Vegetarian burger patties are made with tofu.

**Triglycerides** - Fats normally present in the blood that are made from food. Gaining too much weight or consuming too much fat, alcohol, or carbohydrates may increase the blood triglycerides.

**Vitamins** - Substances found in food, needed in small amounts to assist in body processes and functions. These include vitamins A, D, E, the B-complex, C, and K.

## Common Ingredients used in Indian Cuisine

All-purpose flour – Maida

Aniseed – Ajowain or Carum

Asafoetida – Hing

Aubergine – Begun or baingan (egg plant)

Basmati rice – a kind of aromatic rice

Bay leaf – Tej patta

Beets – Chukandar

Besan flour – chickpea flour

Bitter melon – Karela

Black pepper – Kali mirchi

Bottle gourd - Lauki

Broad beans – Papdi

Cardamom – Elaich

Cauliflower - gobi

Chapati (wheat) flour – Atta

Chilies – Mirchi

Cinnamon – Dalchini

Cloves – Lavang

Cluster beans - Papdi

Coconut – Nariyal

Coriander seeds – Dhaniya

Cumin – Jeera

Curry leaves – Kari patta  
Dahi - Yogurt  
Dill – suva bhaji  
Drumsticks – Surgavo  
Eggplant - Brinjal  
Fennel – Saunf  
Fenugreek – Methi seeds  
Fenugreek leaves – Methi leaves  
Fresh coriander - Cilantro  
Garam Masala – Indian spice blend  
Garlic – Lasoon  
Ghee – Clarified butter  
Ginger – Adrak  
Gram flour – Besan or chick peas flour  
Jaggery – Gur  
Kankoda - Golkandra  
Mace – Javitri  
Malai - Cream  
Mango powder – Amchoor  
Mint – Hara pudeena  
Mustard – Sarasoon or Rai  
Nut meg – Jaiphal  
Onion seeds – Kalonji  
Oregano seeds – Ajwain  
Paanch phhotan/phhotan – mixture of mustard seeds, coriander seeds, methi seeds etc  
Palak – Spinach  
Paneer – Indian cheese  
Parsley – Ajmood ka patta  
Pink beans - Valore  
Pomogranate seeds – Anardana  
Poppy seeds – Khus Khus  
Raisin – Kismish  
Red lentils – Masoor Dhal  
Ridge gourd – Torai or Turia  
Saffron – Kesar  
Sambal oelek – Chilli paste  
Sesame seeds – Til  
Tamarind – Imli  
Toor Dhal – Yellow split peas  
Turmeric – haldi  
Urad Dhal – Split black gram  
Vinegar – Sirka  
Yellow split peas – Channa dhal  
Yogurt – Dhahi

## Prepared Indian Dishes

### APPETIZERS

- Chiura – a snack mix made with variety of ingredients such as flattened rice, deep fried flour dough bits etc.,
- Lassi – A yogurt based drink.
- Mulligatawny – soup made with lentils etc.,
- Nimbu paani – a drink similar to lemonade.
- Pakorras – Batter fried vegetables
- Papad – Baked or fried item that looks like a Large potato chip made with legumes and or rice flour with spices.
- Puris – Deep fried flat bread made with wheat flour.
- Samosa – Deep fried pastry stuffed with potatoes & other vegetables or meat.

### BREADS

- Bathura – fried dough made with all purpose flour.
- Chapathy – Flat bread made with wheat flour.
- Dhokla – a steamed bread made with chick peas flour.
- Handva – Rice and mung dhal based bread.
- Kachori – Deep fried stuffed dough.
- Muthias – a steamed dish made with flour and vegetable.
- Nan – Baked (traditionally in clay oven called Tandoor) bread.
- Paratha – a kind of bread made with flour.
- Roti – a kind of flat bread.
- Thepla – a flat bread made with wheat flour, gram flour and spices.

### ENTREES

- Biryani – Rice dish made with vegetables; chicken, meat or shrimp.
- Chicken curry – Chicken in spicy sauce.
- Chole – A dish made with chick peas, onions, tomatoes and spices.
- Kadhi – a savory dish made with yogurt, bay leaves, spices and vegetables.
- Maccher Jhol – Fish curry.
- Malai Kofta - Cheese and vegetable balls in special sauce.
- Pullao – Rice dish made with spices & or with vegetables; meat
- Tandoori Chicken – Marinated chicken baked in clay oven.
- Tandoori Fish – Marinated fish baked in clay oven.

### VEGETABLE DISHES

- Batata nu shak – a dish made with potato and spices.
- Dalma – Dhals cooked with vegetables.
- Dhal – Are cooked legumes. Most common dhals are toor, mung etc.,
- Palak paneer – dish made with spinach, cheese and spices.
- Saag – made with mixed greens such as spinach, mustard greens etc.,
- Shukto – a vegetable stew.
- Toor dhal, split mung beans are commonly used in dhal preparation.
- Undhiyu – delicious vegetable concoction made with Potato, Egg plant, green beans amongst several other vegetables.
- Vegetable curry – Made with dhal, vegetables, spices & small amount of oil.

### DESSERTS

- Adirasam – deep fried sweet dish made with rice flour.
- Appam – rice/wheat based preparation.

Barfies – look like bar cookies made with ghee, milk, nuts etc.,  
Gulab Jamoon – a sweet dish soaked in rose flavored sugar syrup.  
Halwa – a sweet made with milk, sugar, ghee etc.,  
Jilebi – fried dish made with chick pea flour and dipped in sugar syrup.  
Kheers – a dessert made by reducing milk and with other ingredients such as vermicelli, rice, almonds etc.,  
Kulfi – a milk based frozen dessert similar to Ice cream.  
Laddu – ball shaped sweet made with chick pea flour, sugar etc.,  
Mahi - a milk based dessert.  
Mistidoi - a milk based dessert.  
Mohanthal – dessert made with gram flour, milk and cheese.  
Payasam – a sweet dish made with milk, sugar, rice or dhal.  
Peda – A sweet made with milk, ghee and sugar.  
Rasagulla – a milk based dessert in sugar syrup.  
Rasamalai – a milk based dessert.  
Sandesh – a milk based dessert.  
Shrikhand – a milk based dessert.  
Sweet Pongal - sweet tasting cooked rice.

### **MISCELLANEOUS**

Chai – Tea made with milk.  
Chutneys – are pureed condiments made with coconut, mango, cilantro, mint, Tamarind and spices.  
many varieties of pickles.  
Pickles – are condiments that accompany Indian cuisine. Lemon and Mango pickles are common among  
Raita – a meal accompaniment made with yogurt; grated cucumber, green chilies, onions etc.,

### **TABLE OF WTS AND MEASURES**

1 ounce = 30 grams (actual weight 28.35g)  
1 fluid ounce = 30 milliliters (actual amount 28.35ml)  
1 cup = ½ pint = 240ml = 8 fl ounces  
2 cups = 1 pint = 480 ml = 16 fl ounces  
1 pint = 1 quart = 960 = 32 fl ounces  
4 quarts = 1 gallon  
1 teaspoon fluid = 5 ml or 1/6 oz  
1 table spoon fluid = 15 ml or ½ oz  
1cup (8 oz) = 16 table spoons  
1 kilogram = 2.2045 pounds (2.2lb)  
1 liter – 1.0567 quarts  
1 pound = 453.6 grams  
To change pounds to kilograms, multiply by 0.45

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## Important website Addresses

[<http://ndep.nih.gov/get-info/Heartcare.htm>](http://ndep.nih.gov/get-info/Heartcare.htm)

[<http://ndep.nih.gov/materials/pubs/ABC/English.pdf>](http://ndep.nih.gov/materials/pubs/ABC/English.pdf)

[<http://ndep.nih.gov/materials/pubs/ABC/hindi.pdf>](http://ndep.nih.gov/materials/pubs/ABC/hindi.pdf)

[<http://ndep.nih.gov/materials/pubs/ABC/gujarati.pdf>](http://ndep.nih.gov/materials/pubs/ABC/gujarati.pdf)

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