
























Common South Asian Snacks

Living Well with Your Health Conditions

Snack (Serving Size)	Available Carbohydrate* (g)	Protein (g)	Fat (g)	Calories
 <p>Guava 2.5 medium (225 g)</p>	15	2	1	115
 <p>Jujube (74 g)</p>	15	1	0	60
 <p>Litchees 10 medium (100 g)</p>	15	1	0	60
 <p>Mango ½ medium (104 g)</p>	16	1	0	68
 <p>Papaya ½ medium (152 g)</p>	12	1	0	60
 <p>Pomegranate ½ medium (77 g)</p>	13	1	0	53
 <p>Sapodilla ½ medium (85 g)</p>	12	0	1	70

Snack (Serving Size)	Available Carbohydrate* (g)	Protein (g)	Fat (g)	Calories
 Tamarind 1/4 cup (24 g)	14	1	0	57
 Barfi Milk Based (30 g)	11	3	4	90
 Cake Rusk 1 piece (28 g)	12	6	6	130
 Chiura (37 g)	15	4	5	121
 Fried Moong Dal (25 g)	15	5	10	170
 Gajar Halwa 1 piece	15	10	5	145
 Gathia (50 g)	18	8	13	224
 Gulabjaman 1 medium (40 g)	15	5	5	124

Snack (Serving Size)	Available Carbohydrate* (g)	Protein (g)	Fat (g)	Calories
 Jaggery (16 g)	15	0	0	60
 Jilebi (36 g)	15	2	12	177
 Kachori 1 piece	15	3	10	152
 Kulfi (½ cup)	15	3	5	117
 Ladoo Wheat ½ small	15	3	5	117
 Mathri 2 thin (37 g)	15	3	10	162
 Meat Samosa 1 piece (100 g)	19	11	17	277
 Papaddum 2 pieces (36 g)	15	3	1	81

Snack (Serving Size)	Available Carbohydrate* (g)	Protein (g)	Fat (g)	Calories
 Rasgulla 1 medium	15	5	3	103
 Rasmalai 1 small	15	10	5	145
 Vegetable Samosa ½ (38 g)	11	2	3	77
 Sev (50 g)	18	8	13	224
 Sevia ½ cup	15	3	1	81
 Sooji Halwa ¼ cup	15	7	5	131
 Vegetable Pakora 3 Pieces (70 g)	15	3	5	117

* Available carbohydrate = total carbohydrate minus fibre

Source: Nutritional Content of South Asian Foods, CDA, 2007 and Bowes & Church's Food Values of Portions Commonly Used, 18th Edition, 2005.