

Asian SmartPoints® list

Non-branded food

Almonds , 6 individual, 13g	2	Coriander , fresh	0
Bay leaves	0	Dates , dried, 1 individual, 15g	2
Black eyed beans	0	Garam masala , 1 tablespoon,	
Bombay mix , 1 portion, 30g	4	6g	1
Caraway seeds ,		Ghee , 1 teaspoon, 5g	2
1 tablespoon, 7g	1	Ground cumin , 1 tablespoon,	
Cashew nuts , 10 individual, 10g	2	6g	1
Chapati flour , brown,		Ground ginger , 1 tablespoon,	
1 tablespoon, 20g	2	6g	1
Chapati flour , white,		Karela or gourd	0
1 tablespoon, 20g	2	Kidney beans	0
Chapati , made with fat,		Kumquat	0
1 individual, 60g	6	Mint , fresh	0
Chapati , made without fat,		Mustard seeds , 1 tablespoon,	
1 individual, 55g	3	6g	1
Chick pea or gram flour ,		Naan , peshwari, 1 average,	
1 tablespoon, 20g	2	155g	12
Chick peas	0	Naan , plain, ½ medium, 70g	6
Chilli powder , 1 tablespoon, 6g	1	Okra	0
Chilli, green or red	0	Pistachios , 15 individual, 15g	3
Cinnamon , 1 teaspoon, 2g	0	Root ginger	0
Cloves , 1 tablespoon, 6g	1	Semolina , dried, 1 serving, 50g	5
Coconut milk , ¼ can, 100ml	9	Split red lentils	0
Coconut milk , reduced fat,		Turmeric , 1 tablespoon, 12g	1
¼ can, 100ml	4		



Branded food

Aasani

Chilli & Garlic Naan Breads,

½ individual, 65g **5**

Achva

Vanilla Sesame Halva,

1 serving, 30g **6**

Ashoka

Methi Malai Matar, ½ pack,

140g **5**

Mixed Pickle in Olive Oil,

1 serving, 20g **1**

Cofresh

Balti Mix, 1 serving, 28g **5**

Chilli Masala Flavour Potato

Crisps, 1 serving, 25g **4**

Gujarati Mix, 1 serving, 28g **5**

Rice Sticks, 1 serving, 28g **5**

Sev Mamra, 1 serving, 28g **5**

Sweet Chilli Flavour Potato

Crisps, 1 serving, 25g **4**

Crucials

Chilli & Garlic Sauce, 1 serving,
20g **1**

Garlic Mayo, 1 serving, 15g **2**

Dina

Garlic & Coriander Naan,
¼ pack, 75g **6**

Golden Naan, ¼ pack, 75g **5**

Methi Thepla, ¼ pack, 60g **5**

East End

Gathia, 1 serving, 35g 5

Honey Chilli Sauce, 1 serving, 15g 2

Sweet Mango Chutney, 1 serving, 15g 2

Fudco

Pappadums Punjabi Masala, 1/5 pack, 40g 3

Geeta's

Korma Curry Paste, 1/2 pack, 40g 4

Madras Curry Paste, 1/2 pack, 40g 4

Premium Mango Chutney, 1 serving, 20g 3

Gino's

Thin Crust Kebab Pizza, 1/2 pack, 160g 11

Thin Crust Tandoori Chicken Pizza, 1/2 pack, 150g 9

Gits

Dosai Mix, 1 serving, 50g 4

Gulab Jamun Mix, 1 serving, 14g 2

Idli Mix, 1 serving, 50g 4

Khaman Dhokla Mix, 1 serving, 30g 3

Moong Dalvada Mix, 1 serving, 50g 5

Haldiram's

Chana Crackers, 1 serving, 20g 2

Mathri Spicy Fried Wheat Flour Snack, 1 serving, 20g 4

Minute Khana - Dilli Style

Choley, 1 serving, 150g 10

Minute Khana - Dilli Style

Dal Makhani, 1 serving, 150g 12

Minute Khana - Dilli Style

Rajma Raseela, 1 serving, 150g 8

Minute Khana - Mutter

Paneer, 1 serving, 150g 10

Minute Khana - Yellow Dal

Tadka, 1 serving, 150g 6

Henna

Very Low Fat Natural Live

Set Yogurt, 1/4 pot, 100g 0

Kohinoor

Aloo Saag, 1 serving, 100g 4

Bikaneri Bhujia, 1 serving, 30g 6

Butter Chicken Cook-In

Sauce, 1 serving, 125g 14

Goan Vindaloo Cook-In

Sauce, 1 serving, 125g 6

Jalfrezi Cook-In Sauce

1 serving, 125g 6

Madras Curry Cook-In

Sauce, 1 serving, 125g 7

Mini Samosas, 1 serving, 30g 6

Navratan Mixture, 1 serving, 30g 6

Pav Bhaji, 1 serving, 100g 5

KTC

Chilli Beans in Spicy Tomato

Sauce, 1 portion, 100g 2

Laila

Garlic Paste, 1 serving, 15g 1

Mazza

Kala Jamun, 1 serving, 50g **8**

Natco

Extra Rich Coconut Cream,
1/5 can, 80ml **9**

Madras Plain Pappadoms,
1/4 pack, 50g **5**

Nishaan

Chakki Roti Indian

Chapattis, 1 individual, 58g **5**

Ginger Paste, 1 tablespoon,
33g **1**

Mathi Salted Tea Snack,
1 serving, 25g **2**

Plain Parathas, 1/4 pack, 95g **8**

Plain Traditional Roti,
1 individual, 58g **5**

Shakkar Para Sweet Tea
Snack, 1 serving, 25g **5**

Nomadic

Coconut & Vanilla Chai Yogurt
Drink, 1 serving, 150ml **6**

Mango Lassi Yogurt Drink,
1 serving, 150ml **6**

Masala Chai Yogurt Drink,
1 serving, 150ml **6**

Ouma

Buttermilk Rusks, 1 serving,
40g **6**

Pataks

Mango Pickle, 1 serving, 30g **1**

Royal

Gajar Halwa, 1/5 pack, 50g **9**

Gulabjam, 1/6 pack, 84g **12**

Rassogulla, 1/6 pack, 84g **11**

Rassomalai, 1/4 pack, 125g **10**

Rubicon

Guava Juice, 1 serving, 200ml **6**

Mango Juice, 1 serving, 200ml **6**

Pineapple & Coconut Juice,
1 serving, 200ml **6**

Sparkling Lychee Drink,
1 serving, 200ml **6**

Sparkling Passion Fruit Drink,
1 serving, 200ml **6**

Watermelon Juice, 1 serving,
200ml **5**

Shana (Frozen)

Chicken Samosas, 1 portion,
33g **2**

Chilli Paneer Mini Samosas,
1 individual, 20g **2**

Lacha Paratha Wholemeal,
1 portion, 80g **9**

Mixed Vegetable Mini
Samosas, 1 individual, 20g **2**

Original Paratha, 1 portion,
80g **10**

Punjabi Mini Samosas,
1 individual, 20g **2**

Sharwood's

Lime Pickle, 1 serving, 30g **1**

Plain Poppadoms,
1 individual, 9g **1**

Shazans

Chicken Kheema Parathas,
individual, 115g **9**

Chicken Samosas, serving, 116g	6
Chicken Sausages, 2 individual, 80g	3
Lamb Kheema Parathas, 1 individual, 115g	10
Lamb Meatballs, 1 serving, 70g	6
Lamb Sausages, 2 individual, 80g	3
Lamb Seekh Kebabs, 1 individual, 58g	5
Quarter Pound Lamb Burgers, 1 individual, 88g	7
Street Delights	
Bombay Bhel, ½ pack, 50g	7
Tilda	
Biryani Pure Basmati Rice, 1 serving, 120g	5
Hyderabadi Masala	
Wholegrain Rice, 1 serving, 120g	5
Kheer Pure Basmati Rice, ½ pouch, 110g	7
Khichdi Wholegrain Rice, 1 serving, 120g	4
Mushroom Hakka	
Wholegrain Rice, 1 serving, 120g	5