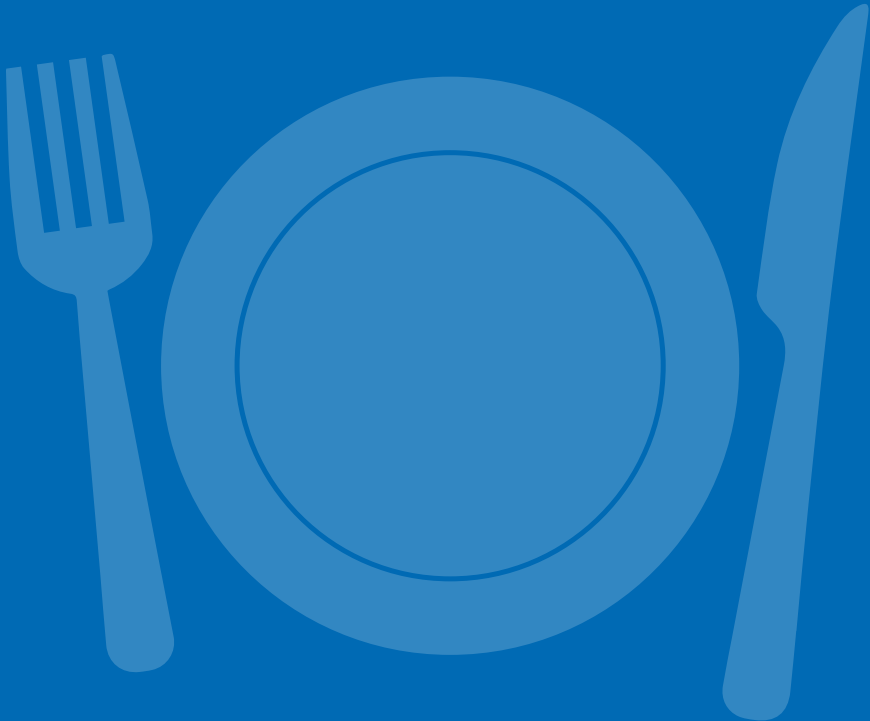




University
Hospitals Sussex
NHS Foundation Trust

Dietary Awareness

An introduction to British
cuisine and diet culture



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Introduction

This guide has been developed in response to research conducted by dietetic students at Teesside University. Research findings indicated a need to share knowledge of the British diet and raise awareness of cultural food stores within the UK.

This booklet was designed to hopefully make your transition as an international recruit in the UK a little smoother. It was created by dietetic students on a leadership placement in the West Yorkshire AHP Faculty and adapted by University Hospitals Sussex NHS Foundation Trust International AHP Recruitment Educator.

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The importance of vitamin D

From about late March/early April to the end of September, the majority of people should be able to make all the vitamin D they need from sunlight on their skin. During the autumn and winter the sun is not strong enough to provide sufficient Vitamin D and it is difficult to get enough vitamin D from food. It is therefore recommended that everyone should consider taking a supplement containing 10 micrograms of Vitamin D.

People with darker skin tones such as from African, African Caribbean or South Asian backgrounds may not be able to make enough Vitamin D from sunlight and should consider taking a daily supplement of 10 micrograms for the entire year. You can easily find Vitamin D to purchase from pharmacies and larger supermarkets. You can find out more about Vitamin D on the [NHS website](#).

Eatwell Guide



The Eatwell Guide is a nutritional tool designed and used by the British government to define government guidelines on eating healthily and achieving a balanced diet.

Fruit and vegetables

These should make up just over a third of your diet each day. The government advises for you to aim to eat at least 5 portions per day which can be fresh, frozen, tinned, dried or juiced.

Starchy carbohydrates

Meals should be based on potatoes, bread, rice, pasta and other sources of starchy carbohydrates. These should make up just over a third of what you should consume each day. Starchy carbohydrates high in fibre or wholegrain alternatives such as wholewheat pasta and brown rice are advised.

Beans, pulses, fish, eggs, meat and other proteins

These foods are also good sources of vitamins and minerals. You should aim for at least 2 portions of fish every week with at least 1 oily e.g. salmon or mackerel. Lean cuts of meat and mince are advised with less red and processed meat consumed.

Dairy

This includes milk, cheese, yoghurt and fromage frais. It is a good source of protein, vitamins and minerals such as calcium which keeps bones healthy. Use low-fat and low-sugar products such as semi-skimmed or skimmed milk, reduced-fat cheese or plain low-fat yoghurt where possible.

Choose unsaturated oils and spreads

Unsaturated fats are healthier fats that include vegetable, rapeseed, olive and sunflower oils. These should be consumed in small amounts.

High in fat

These foods should be consumed less often and in small amounts. These foods include chocolate, biscuits, cakes, sugary soft drinks, butter and ice-cream.

Fluid

It is recommended to drink 6 to 8 cups or glasses of fluid a day. This can include water, low fat milk, sugar free drinks such as tea or coffee. Fruit juice and/or smoothies should be limited to 150ml a day.

On average women should consume 2,000 calories a day and men should consume around 2,500 calories a day.

The South Asian Eatwell Guide



SOUTH ASIAN EATWELL GUIDE KEY

The Eatwell Guide is based around the five main food groups and illustrates the different varieties of what you should eat from each group. You can use the Eatwell Guide to help you make healthier choices whenever you are deciding what to eat, at home, cooking, out shopping for groceries, eating out in a restaurant, cafe or canteen, or choosing food on the go. Aim to fill your trolley with a healthy balance of a variety of food.

Foods high in fat, salt and sugar are placed outside of the main rings, or outside of the Eatwell Guide. These types of foods are not essential in the diet and most of us need to cut down on these to achieve our healthy balance.

You may notice that not only is food included, but also fluid intake. Aim to drink 6-8 glasses of fluid every day. Water, lower fat milk and sugar-free drinks including tea and coffee all count.

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The Eatwell Guide is not suitable for children less than 2 years old as they have different nutritional needs. From the ages of 2 to 5 years old, it is expected that children should gradually move to eating the same foods as the rest of the family in the proportions shown in the Eatwell Guide.

Anyone with specific dietary requirements or medical needs should also check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs.

Fruits & vegetables
There are various types of fruit and vegetables that can be eaten as part of a varied diet. Eat at least five portions a day.

1. Papaya
2. Kaniwa, Bitter Melon
3. Aubergine
4. Okra
5. Spinach
6. Startfruit, Guava, Tropical Fruit
7. Mango
8. Bokchoy, Broccoli, or White Radish
9. Cabbage
10. Pumpkin, Lychee
11. Jackfruit
12. Carrots
13. Cauliflower
14. Leeks
15. Green Beans, Green Bean Curry

Beans, Pulses, Fish, eggs, Meat and other Alternatives
These foods are good sources of protein. Eat more of beans, pulses, sustainably sourced fish and less red or processed meat.

1. Chickpea curry
2. Dried Lentils, Legumes
3. Fish Curry
4. Dhul
5. Kaniwa, Mixed Lamb Curry
6. Nuts & Seeds
7. Tofu
8. Eggs
9. Red Snapper
10. White Fish
11. Prawns, Tiger Prawns, Crabmeat
12. Lamb, Lamb Curry

Dairy & Alternatives
Dairy & dairy alternatives are good sources of protein, calcium and vitamins. Choose lower fat and lower sugar varieties.

1. Milk & Non-Dairy Alternatives
2. Paneer
3. Lassi
4. Low Fat / Plain Yoghurt
5. Raita, Greek Yoghurt / Yoghurt Sauce

Outside of the Eatwell Guide
These foods should be eaten less often and in small amounts as they contain high amounts of fat, salt and sugar.

1. Jalebi, Deep Fried Indian Sweets
2. Condensed Milk
3. Bombay Mix
4. Doodhpaak, Khores, Sweetened Rice Pudding
5. Chocai (Shai)
6. Barks, Milk Based Sweets & Confectionery
7. Bunk Cakes, Sweet Cakes
8. Fried Samosas

Starchy Carbohydrates
Choose a wholegrain or higher fibre variety with less added salt and eat in moderate proportions.

1. Badi / Nuan
2. White, or Brown Rice
3. Saag Aloo, Potato Curry, Potatoes
4. Dosa (Breakfast Crepe)
5. Samosa
6. Wheat / Wholegrain Cereals
7. Pritheeta
8. Wholemeal Chappal
9. Noodles

Oils & Spreads
Choose unsaturated oils or lower fat spreads to reduce your saturated fat intake and use in small amounts.

1. Sunflower Oil
2. Low Fat Spread

Similar to the UK's Eatwell Guide, the [South Asian Eatwell Guide](#) follows a similar guide. It is based around 5 main food groups and recommends individuals to make healthier food choices.

Fruit and vegetables

These should make up just over a third of your diet each day. The government advises for you to aim to eat at least 5 portions per day which can be fresh, frozen, tinned, dried or juiced.

Starchy carbohydrates

Choose wholegrain or high fibre starchy carbohydrates with less added fat, salt and sugar. Eat them in moderate proportions.

Beans, pulses, fish, eggs, meat and other proteins

Protein rich foods are recommended for the diet as they are also good sources of vitamins, and minerals. Small portions of red and processed meat are recommended.

Dairy

This is a good source of protein, calcium and vitamins. Low fat and low sugar choices are recommended.

Oils and spreads

Unsaturated oils or low-fat spreads are advised to reduce saturated fat intake. These should be used in small amounts.

Foods high in fat, salt and sugar

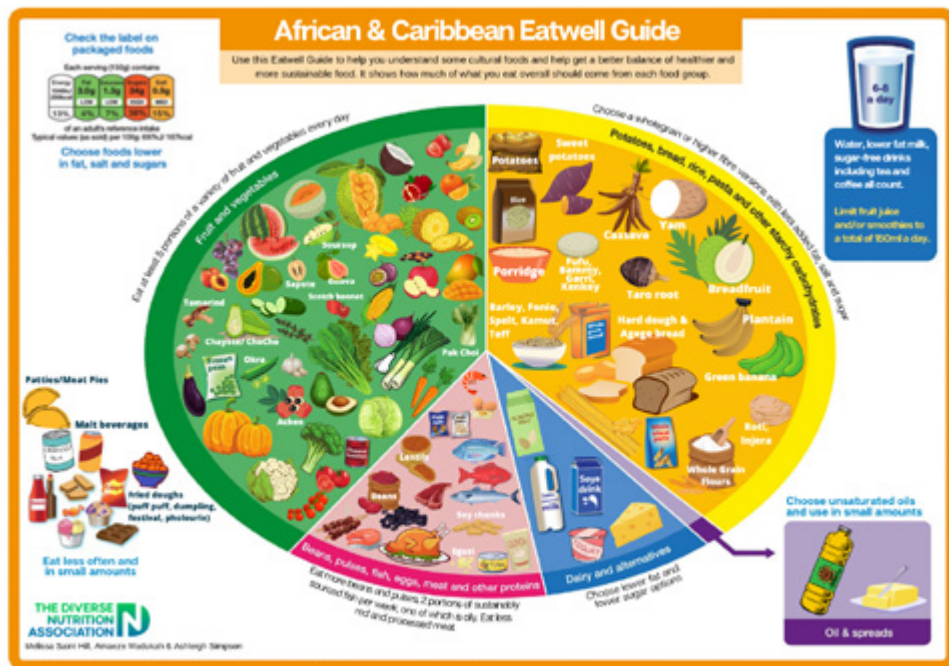
These foods should be eaten less often and in small amounts. These include deep fried Indian sweets, Bombay mix, onion bhaji, fried samosas, rusk cake, etc.

Fluid

It is recommended to drink 6 to 8 cups or glasses of fluid a day. This can include water, low fat milk, sugar free drinks such as tea or coffee. Fruit juice and/or smoothies should be limited to 150ml a day.



African and Caribbean Eatwell guide



The [African and Caribbean Eatwell guide](#) is also based around 5 main food groups and recommendations for healthy food choices.

Fruit and vegetables

It is recommended for individuals to consume at least 5 portions of these per day. These can be fresh, frozen, tinned, dried or juiced.

Starchy carbohydrates

Choose wholegrain or high fibre starchy carbohydrates with less added fat, salt and sugar. Eat them in moderate proportions.

Beans, pulses, fish, eggs, meat and other proteins

Protein rich foods are recommended for the diet as they are also good sources of vitamins, and minerals. Small portions of red and processed meat are recommended.

Dairy

This is a good source of protein, calcium and vitamins. Low fat and low sugar choices are recommended.

Oils and spreads

Unsaturated oils or low-fat spreads are advised to reduce saturated fat intake. These should be used in small amounts.

Foods high in fat, salt and sugar

These foods should be eaten less often and in small amounts. These include patties and meat oies, malt beverages and fried dough such as puff puff or dumplings etc.

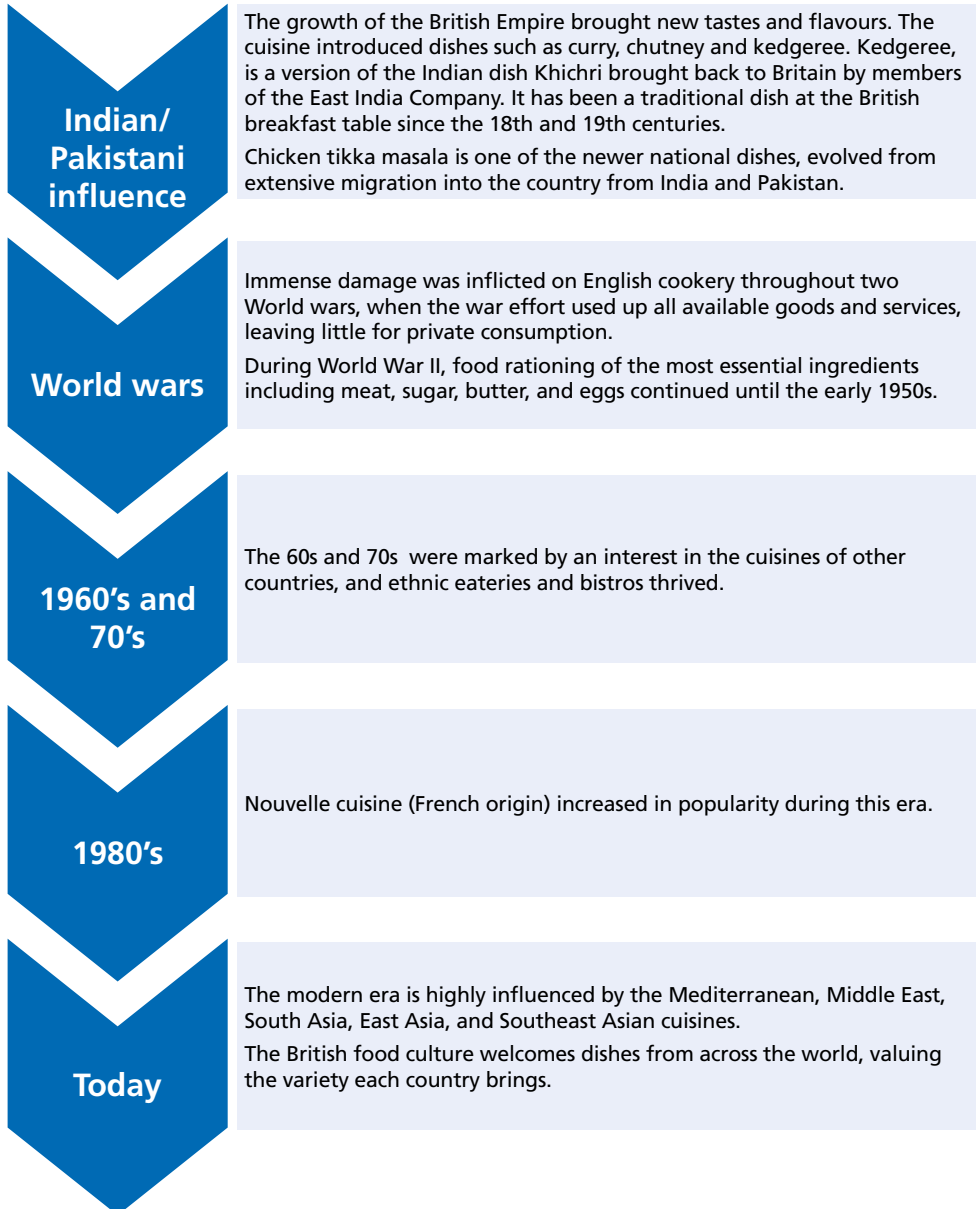
Fluid

It is recommended to drink 6 to 8 cups or glasses of fluid a day. This can include water, low fat milk, sugar free drinks such as tea or coffee. Fruit juice and/or smoothies should be limited to 150ml a day.



The history of the British diet

The current British diet has been greatly influenced throughout time by the many cultures from across the world.



What do British people typically eat in a day?

This next section will introduce you to ingredients that you may not have heard of, as well as common breakfast, lunch, dinner and snack items that British people tend to consume throughout the day.



British ingredients

This is a small introduction to some of the commonly used condiments/ingredients that you may not have seen or used before.



Mint sauce

A common sauce applied as a marinade/condiment to poultry, fish or meat, most notably lamb.



Pickled onions

Incorporated into stews, gratins, casseroles and braises, used to flavour soups and stocks, glazed and served alone, or added to roasted meats and vegetables as a hearty side dish.



Branston Pickle

Usually used in cheese sandwiches.



Marmite

Has a strong salty taste and is eaten on toast with butter or added to stews.



Worcestershire sauce

Use to spice up dishes, soups or vegetable juices.



Mustard

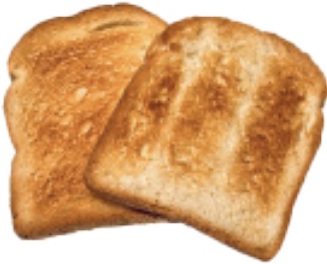
Used to accompany ham in sandwiches or mixed with honey as a salad/roasted vegetable dressing.

Typical breakfast



Full English breakfast

This is eaten as a special treat and includes, sausages, egg, baked beans, black pudding, hash browns, bacon, mushrooms and tomatoes.



Toast

Topped with spreads like marmalade/jam, Marmite, Nutella and butter.



Crumpets

Unsweetened small griddle bread, toasted and topped with either sweet or savoury toppings.



Cereal

Served with milk.



Porridge

Made with milk and oats, topped with fruits, nuts, jam or honey.



Cereal bars

Popular on-the-go breakfast, or midday snack.

Typical lunch sandwiches



Ploughman's

Typically a cheese sandwich with pickled onions. Additional items can be added such as ham, green salad, hard boiled eggs or apple.



Tuna

Tuna is mixed with mayonnaise and served with either sweetcorn or cucumber.



Ham and mustard



Egg and cress

The filling is made with egg mayonnaise and cress.



Crisps

These are usually eaten alongside a sandwich or used as a sandwich filling.



Coronation chicken

Chicken in a spiced mayonnaise sauce. It is eaten as a salad or as a filling for sandwiches.

Easy packed lunch ideas



Pasta salad

Easy to prepare and eaten cold, pasta is a good carbohydrate base to add your own choice of vegetables (raw or cooked) and sauce (e.g., pesto, tomato, olive oil).

Chicken, tinned fish or beans is often added to provide protein.



Couscous

Similar to pasta salad.



Tupperware boxes

These can be bought online or from most supermarkets. They are a great way to take leftovers into work for lunch.



Burritos

A wrap filled with rice, vegetables beans and/or meat. These are a good way to use up leftovers from the fridge.

British snacks



Scotch egg

A boiled egg wrapped in sausage meat, coated in breadcrumbs and baked or deep fried.



Cheese straws

A traditional flaky puff pastry with melted cheddar cheese. These can be bought in bakeries across the UK.



Biscuits

A British favourite to have with a cup of tea!



Jaffa Cakes

Light sponge cakes with dark chocolate and a tangy, orange flavoured centre.



Hummus and vegetable sticks

A healthy snack, which can be bought in supermarkets.



Fruit

Clementines, apples and bananas are the most popular snack fruit in the UK.

British dinner recipes

While there are many traditional British dishes there is preference for dishes that originate from other countries. Pizza, pasta and curries are commonly eaten every day.

It is much less common now for families to eat 'traditional' roast dishes. A traditional Sunday dinner consists of various vegetables, meat and gravy.



Sausage casserole

Serves 6

Preparation time: 30 mins

Cooking time: 30 mins–1 hour



Ingredients

- 1–2 tbsp oil
- 12 pork sausages
- 6 rashers bacon, cut into 2.5cm/1in lengths
- 2 onions thinly sliced
- 2 garlic cloves, crushed
- ½–1tsp hot chilli powder
- 400g tin chopped tomatoes
- 300ml/10fl oz chicken stock
- 2 tbsp tomato purée
- 1 tbsp Worcestershire sauce
- 1 tbsp brown sugar
- 1 tsp dried mixed herbs
- 2 bay leaves
- 3–4 fresh thyme sprigs
- 400g tin butter beans or mixed beans
- Salt and pepper
- Rice or rustic bread to serve



tbsp = tablespoon



tsp = teaspoon

Method

Heat 1 tbsp of the oil in a large non-stick frying pan and fry the sausages for 10 minutes until nicely browned all over. Transfer to a large saucepan or a flameproof casserole dish and set aside.

Fry the bacon in the frying pan until starting to brown and crisp and then add to the dish with the sausages.

Add the onions to the frying pan and fry over a medium heat for 5 minutes until they start to soften, stirring often. You should have enough fat in the pan, but if not, add a little more oil. Add the garlic and cook for 2–3 minutes until the onions turn pale golden brown, stirring frequently.

Sprinkle over the chilli powder and cook together for a few seconds longer.

Stir in the tomatoes, stock, tomato purée, Worcestershire sauce, brown sugar and herbs. Bring to a simmer.

Tip the tomato mixture carefully into the pan with the sausages and bacon and return to a simmer. Reduce the heat, cover the pan loosely with a lid and leave to simmer very gently for 20 minutes, stirring from time to time, add a little water if it looks dry.

Stir the beans into the casserole, and continue to cook for 10 minutes, stirring occasionally, until the sauce is thick.

Season to taste with salt and freshly ground black pepper and serve with rice or slices of rustic bread.

Shepherd's pie

Serves 4

Preparation time: 15 minutes

Cooking time: 1 hour



Ingredients

- 1 tbsp sunflower oil
- 1 large onion, chopped.
- 2-3 medium carrots, chopped.
- 500g pack lamb mince
- 2 tbsp tomato purée
- Large splash Worcestershire sauce
- 500ml beef stock
- 900g potatoes, cut into chunks
- 85g butter
- 3 tbsp milk

Method

Heat the sunflower oil in a medium saucepan, add the onion and carrots and fry until softened on a medium heat.

When soft, turn up the heat, add the lamb mince and fry until brown, tipping off any excess fat.

Add the tomato purée and a large splash of Worcestershire sauce, then fry for a few minutes.

Pour over the beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.

Meanwhile, heat the oven to 180C/ fan160C /gas 4, then make the mash. Boil the potatoes in salted water for 10-15 mins until tender. Drain, then mash with the butter and milk.

Put the mince into an ovenproof dish, top with the mash and ruffle with a fork.*

Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges. Flash under the grill to brown, if you like.

Leave to stand for 5 mins before serving.

*The pie can now be chilled and frozen for up to a month at this stage if you wish.

To bake from frozen, cook at 160C/fan 140C/ gas 3 for 1 hr–1 hr 20 mins until piping hot in the centre.

Lasagne

Serves: 6

Preparation time: 20 minutes

Cooking time: 1 hour 40 minutes



Ingredients:

2 tbsp olive oil, plus a little for the dish

750g lean beef mince

90g pack of prosciutto

800g passata

200ml hot beef stock

a little grated nutmeg

300g pack fresh lasagne sheets

130g white sauce (shop bought or home-made)

125g ball mozzarella, torn into thin strips

Method

To make the meat sauce, heat the olive oil in a frying pan and cook the lean beef mince in two batches for about 10 mins until browned all over.

Finely chop 4 slices of prosciutto from the pack then stir through the meat mixture.

Pour over the passata and hot beef stock. Add a little grated nutmeg, then season.

Bring up to the boil, then simmer for 30 mins until the sauce looks rich.

Heat oven to 180C/ fan160C /gas 4 and lightly oil an ovenproof dish (about 30 x 20cm).

Spoon one third of the meat sauce into the dish, then cover with some fresh lasagne sheets. Drizzle over some of the white sauce.

Repeat until you have 3 layers of pasta. Cover with the remaining white sauce, making sure you can't see any pasta poking through.

Scatter the torn mozzarella over the top.

Arrange the rest of the prosciutto on top.

Bake for 45 mins until the top is bubbling and lightly browned.

Chili con carne

Serves: 6

Preparation time 20 minutes.

Cooking time: 1 hour 40 minutes.



Ingredients:

1 large onion

1 red pepper

2 garlic cloves

1 tbsp oil

1 heaped tsp hot chilli powder (or 1 level tbsp if you only have mild)

1 tsp paprika

1 tsp ground cumin

500g lean minced beef*

1 beef stock cube

400g can chopped tomatoes.

½ tsp dried marjoram

1 tsp sugar

2 tbsp tomato purée

410g can red kidney beans, drained and rinsed

Plain boiled long grain rice, to serve

*Make this vegetarian by replacing the meat with your choice of vegetables; mushrooms work really well.

Method:

Dice the onion and chop the red pepper and peel and finely chop 2 garlic cloves.

Add 1 tbsp of oil to a pan on medium heat and wait until hot.

Add the onion and cook, stirring frequently, until the onion is soft.

Stir in the garlic, red pepper, hot chilli powder, paprika and cumin, then leave it to cook for another 5 minutes, stirring occasionally.

Add the meat to the pan and break it up with your spoon or spatula. The mix should sizzle a bit when you add the mince. Keep stirring until the mince is in uniform clumps and you can no longer see any pink bits.

To make the sauce, crumble 1 beef stock cube into 300ml hot water. Pour this into the pan with the mince mixture.

Add the can of chopped tomatoes. Add the marjoram, sugar, salt and pepper and 2 tbsp tomato purée and stir the sauce well.

Bring the mixture to the boil, give it a good stir, turn down the heat and gently simmer for 20 minutes with the lid on until thick, moist and juicy.

While simmering make sure the sauce doesn't catch on the bottom of the pan or is starting to dry out. If it is, add a couple of tablespoons of water and make sure that the heat really is low enough.

Add the red kidney beans to the chilli pot. Bring to the boil again, and then gently simmer without the lid for another 10 minutes, adding a little more water if it looks too dry.

Now replace the lid, turn off the heat and leave your chilli to stand for 10 minutes allowing the flavours to mingle.

Serve with rice.

Mac and cheese

Serves: 8-10

Preparation time 20 minutes

Cooking time: 35 minutes



Ingredients

500g small elbow macaroni

80g butter, plus extra for tossing through the pasta

3 tbsp plain flour

600ml whole milk

170g can evaporated milk

700g extra mature cheddar (500g coarsely grated, 200g chopped into small chunks)

1 tbsp mustard powder

large pinch cayenne pepper

1 tbsp yeast extract

Splash of malt, cider or red wine vinegar

50g grated parmesan (or vegetarian alternative)

50g fresh white breadcrumbs

50g panko breadcrumbs

Method

Heat oven to 220C/ 200C fan /gas 8. Cook the macaroni in salted water for 2 mins less than the stated cooking time, so it still has plenty of bite. Drain well and toss with a small knob of the butter to stop it from sticking together.

In a heavy-bottomed saucepan, heat the remaining butter until frothy and nut-brown. Pour off 1 tbsp into a small bowl and place the pan back on the heat, then scatter over and whisk in the flour and cook for 3 mins until you have a sandy paste.

Add the milk, a splash at a time, simmering and whisking until smooth between each addition. Once all the milk has been added, drizzle in the evaporated milk, then add the grated cheddar, a handful at a time, until you have a thick, cheesy sauce. Stir through the mustard powder, cayenne, yeast extract and vinegar and taste for seasoning, adding salt and pepper as needed.

Remove from heat, stir in the macaroni, then stir through the chunks of cheese. Tip the contents of the saucepan into a large, buttered baking dish.

In a small bowl, mix together all the breadcrumbs, the parmesan, another small pinch of cayenne and some crunchy sea salt if you want. Scatter the crumbs over the macaroni, drizzle with the reserved brown butter and bake for 30–35 mins until lightly browned, crunchy all over and bubbling around the edges.

Leave to stand for 10 mins before serving straight from the dish.

Spaghetti Bolognese

Serves: 6

Preparation time: 25 mins

Cooking time: 1 hr and 50 min



Ingredients

- 1 tbsp olive oil
- 4 rashers of bacon finely chopped
- 2 medium onions finely chopped
- 2 carrots trimmed and finely chopped
- 2 celery sticks finely chopped
- 2 garlic cloves finely chopped
- 2-3 sprigs rosemary leaves picked and finely chopped
- 500g beef mince

For the bolognese sauce

- 2 x 400g tins plum tomatoes
- Small pack basil leaves picked, $\frac{3}{4}$ finely chopped and the rest left whole for garnish.
- 1 tsp dried oregano
- 2 fresh bay leaves
- 2 tbsp tomato purée

1 beef stock cube
125ml red wine
6 cherry tomatoes sliced in half

To season and serve

75g parmesan grated, plus extra to serve
400g spaghetti
Crusty bread to serve (optional)

Method

Put a large saucepan on a medium heat and the olive oil.

Add the finely chopped bacon rashers and fry for 10 mins until golden and crisp.

Reduce the heat and add the onions, carrots, celery, garlic and the leaves from 2-3 sprigs rosemary, all finely chopped, then fry for 10 mins. Stir the veg often until it softens.

Increase the heat to medium-high, add the minced beef and cook stirring for 3-4 mins until the meat is browned all over.

Add the tinned plum tomatoes, the finely chopped leaves from $\frac{3}{4}$ small pack basil, oregano, bay leaves, tomato purée, stock cube, red wine and 6 halved cherry tomatoes. Stir with a wooden spoon, breaking up the plum tomatoes.

Bring to the boil, reduce to a gentle simmer and cover with a lid. Cook for 1 hr 15 mins stirring occasionally, until you have a rich, thick sauce.

Add the grated parmesan, check the seasoning and stir.

When the bolognese is nearly finished, cook the spaghetti following the pack instructions.

Drain the spaghetti and either stir into the bolognese sauce or serve the sauce on top. Serve with more grated parmesan, the remaining basil leaves and crusty bread, if you like.

Food modification

British food may be quite bland, so don't be afraid to add your own spices/flavours to make dishes more interesting for you.

Instead of adding more salt, try adding:

- Pepper
- Spices
- Herbs



Where to source your cultural food and ingredients

The hierarchy of supermarkets in the UK

In the UK, there are several options to choose from when it comes to doing your food shopping. However, we know it's not always easy to figure out where to go for what items and which are the cheapest options. Below is a list of the most common supermarkets in the UK. These have been listed in order of how expensive they can be (most expensive to cheapest):

- Waitrose
- Marks and Spencer's Food Hall
- Co-op
- Morrisons
- Tesco
- Asda
- Aldi
- Lidl

You are free to shop where you wish but it's always good to know these things.

Larger supermarkets (superstores) such as Asda, Tesco, Sainsbury's and Morrisons do have World food sections in them, so you may find something here that is a taste of home.

All supermarkets have mobile phone applications (apps) with rewards schemes* so it is worth downloading them as you can often save money by using these apps in store.

*Aldi has an app but does not have a reward scheme.

International foodstores in Sussex

We are lucky to have a variety of International Food Stores across the region of Sussex. These stores stock a variety of different food items from countries all over the world. If you are after something more specific from your home country, these would be a great option to go and visit. Some of these are listed below:



[Taj the Grocer](#)

There are 3 stores in total. 2 located in Brighton and 1 in Crawley. Use the link to be directed to their website for store location and details.



[Emmanual International Grocers](#)

A smaller supermarket based in Brighton. Although they do not have a website, click the link to be redirected to their dedicated Facebook page for store location and details.

[Fortune Supermarket Brighton](#)

38-40, 28 Preston Street, Brighton, BN1 2HP
Asian supermarket

[Yum Yum Oriental Market](#)

22-23 Sydney St, Brighton, BN1 4EN
Asian supermarket

[Global Food Market](#)

Based in Worthing and offers Asian and African food items. This is a small store and therefore does not have a website. The address is: Unit 1 Chapel Rd, Worthing, BN11 1EY.

There are of course many other options available to you. Please do ensure that you utilise Google Maps to find others. If you do find more stores, please do share them with the team and the other members of the International Community and University Hospitals Sussex NHS Foundation Trust.

Online international foodstores



Asian Online Superstore

Although named Asian Online Superstore, this online supermarket offers food from all over the world including African and Indian specialties.

This store is online only and delivery costs £6.50 for up to 15kg of shopping dropping it right at your doorstep.



Eating out and take-aways

For information on restaurants and cafes please look at the listings on the [Restaurants Brighton website](#).

Or have a look at the most popular delivery services:

- [Deliveroo](#)
- [Dinner2Go](#)
- [JustEat](#)
- [UberEats](#)

Remember, many restaurants offer NHS Discount so please do ask your server about this on arrival.

If you are interested in finding local food suppliers and learning more about food culture, food events and food related activities in Brighton see [The Brighton and Hove Food Partnership website](#)