



## 1. Hindu organisations

Federation of Indian Communities of Queensland	PO Box 157, Spring Hill, Qld, 4004 Ph: 0413 004 100 Email: <a href="mailto:ficq@ficq.org.au">ficq@ficq.org.au</a> Website: <a href="http://ficq.info">http://ficq.info</a>	Peak body for Indian community organisations in Queensland. Member organisations include Hindu societies and associations.
Ganesha Temple Sri Selva Vinayakar Koyil	4915-4923 Mt Lindesay Highway South Maclean, Qld, 4280 Phone: 07 5547 7302 Email: <a href="mailto:info.ssvk@gmail.com">info.ssvk@gmail.com</a> Website: <a href="http://www.sriselvavinayakar.org">www.sriselvavinayakar.org</a>	Hindu temple serving the South East Queensland region.
Brisbane Hare Krishna Temple	95 Bank Rd, Graceville, Qld, 4075 Ph: 07 3379 5455 Website: <a href="http://www.iskcon.org.au">www.iskcon.org.au</a>	Temple serving the Hare Krishna community of Queensland.
North Queensland Hindu Community	3 Benton Court, Douglas, Qld, 4814 Ph: 07 4755 2550 Email: <a href="mailto:nqhctsv@gmail.com">nqhctsv@gmail.com</a>	Hindu temple serving the community of North Queensland.
Ramakrishna Vedanta Centre of Queensland	181 Burbong Street, Chapel Hill, Qld, 4069 Ph: 07 3720 0228 Email: <a href="mailto:vedantabrisbane@gmail.com">vedantabrisbane@gmail.com</a> Website: <a href="http://www.vedantabrisbane.org">www.vedantabrisbane.org</a>	Hindu temple serving the community of Brisbane.
For a listing of Hindu priests in Brisbane go to: <a href="http://www.indiantimes.com.au/index.php?page=38&amp;ssid=38&amp;mid=6">www.indiantimes.com.au/index.php?page=38&amp;ssid=38&amp;mid=6</a>		



## 2. Queensland Health resources and contacts

- Australian Charter of Healthcare Rights [www.health.qld.gov.au/cpic/hlthcr\\_exp\\_improve/australiancharter.asp](http://www.health.qld.gov.au/cpic/hlthcr_exp_improve/australiancharter.asp)
- Multicultural Clinical Support Resource folder [www.health.qld.gov.au/multicultural/support\\_tools/mcsr.asp](http://www.health.qld.gov.au/multicultural/support_tools/mcsr.asp)
- Queensland Health Guideline on Medicines/Pharmaceutical Products of Animal Origin (Queensland Health staff only) [http://qheps.health.qld.gov.au/medicines/documents/general\\_policies/prods\\_anim\\_origin.pdf](http://qheps.health.qld.gov.au/medicines/documents/general_policies/prods_anim_origin.pdf)
- Queensland Health Multicultural Policy Statement [www.health.qld.gov.au/multicultural/policies/multicul.pdf](http://www.health.qld.gov.au/multicultural/policies/multicul.pdf)
- Translated health information [www.health.qld.gov.au/multicultural/public/language.asp](http://www.health.qld.gov.au/multicultural/public/language.asp)
- Ward Communication Tool [www.health.qld.gov.au/multicultural/support\\_tools/WCT.asp](http://www.health.qld.gov.au/multicultural/support_tools/WCT.asp)

### Queensland Health Multicultural Services

Ph: 07 3328 9873

Email: [multicultural@health.qld.gov.au](mailto:multicultural@health.qld.gov.au)

Website: [www.health.qld.gov.au/multicultural](http://www.health.qld.gov.au/multicultural)

### Queensland Transcultural Mental Health Centre

Ph: 1800 188 189

Email: [QTMHC@health.qld.gov.au](mailto:QTMHC@health.qld.gov.au)

Website: [www.health.qld.gov.au/pahospital/qtmhc](http://www.health.qld.gov.au/pahospital/qtmhc)

### Queensland Health Interpreter Service

Email: [multicultural@health.qld.gov.au](mailto:multicultural@health.qld.gov.au)

Website: [www.health.qld.gov.au/multicultural/interpreters/QHIS\\_home.asp](http://www.health.qld.gov.au/multicultural/interpreters/QHIS_home.asp)

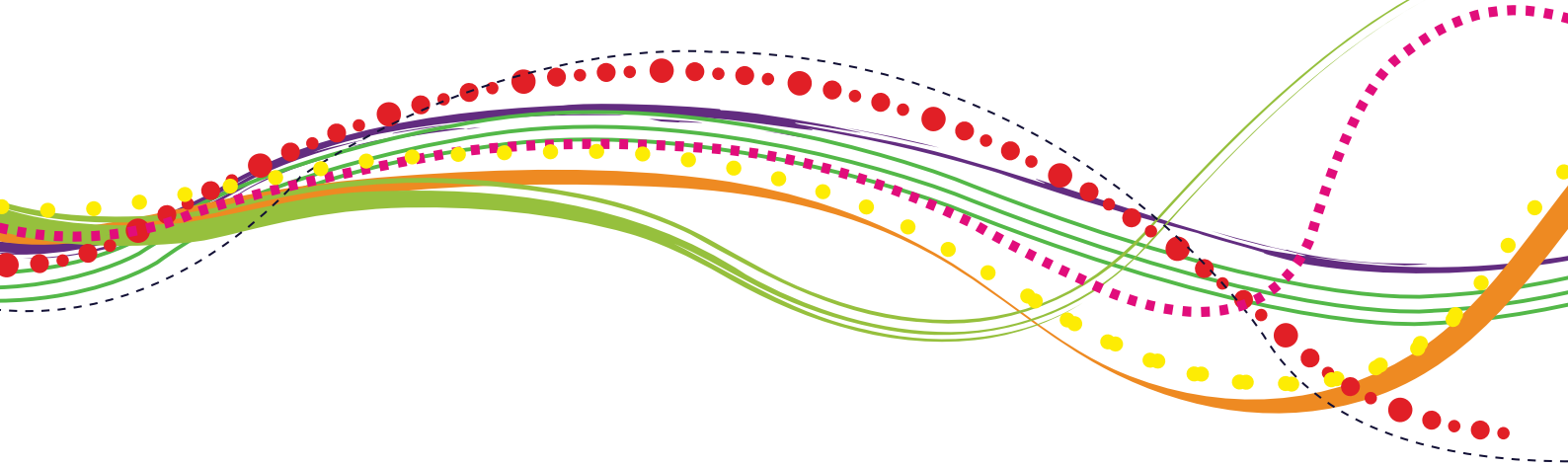
Ph: For a list of Health District Interpreter Service Coordinator contact details, go to: [www.health.qld.gov.au/multicultural/interpreters/QHIS\\_contact.asp](http://www.health.qld.gov.au/multicultural/interpreters/QHIS_contact.asp)

### 3. Foods suitable for vegetarian Hindus

Many Hindus follow a strict vegetarian diet. The following table outlines foods which are suitable for vegetarian Hindus, as well as many common non-vegetarian additives and ingredients that may be found in these food groups. These non-vegetarian additives need to be identified as they would make these seemingly vegetarian foods unsuitable.

Most non-vegetarian Hindus do not eat beef or pork, and may choose to follow a vegetarian diet on particular days of the week, or during festivals and celebrations.

Foods suitable for vegetarian Hindus	Ingredients and additives that may be found in these foods that would make them unsuitable if present (food becomes non-vegetarian)
Milk and milk products	
<ul style="list-style-type: none"> <li>• Cream</li> <li>• Cheese</li> <li>• Yoghurt</li> <li>• Butter</li> <li>• Coconut milk and other milk substitutes</li> <li>• Ice cream</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Gelatine</li> <li>• Animal based thickener (e.g. chitin)</li> <li>• Animal-based emulsifiers (e.g. animal or egg-based lecithin)</li> <li>• Animal-based food colouring (e.g. cochineal/carmine)</li> <li>• Enzymes (e.g. lipase, pepsin, animal rennet)</li> </ul>
Fruits and vegetables	
All fruits and vegetables including beans, lentils and nuts	<ul style="list-style-type: none"> <li>• Fruits and vegetables prepared with animal fats, gelatine or tallow</li> </ul>
Bread and cereals	
<ul style="list-style-type: none"> <li>• Bread, cakes, biscuits and cereal products made without egg or animal fats</li> <li>• Pasta and pastry made without egg</li> <li>• Noodles made without egg</li> <li>• Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Pastry brushed with egg whites</li> <li>• Animal-based emulsifiers (e.g. animal or egg-based lecithin)</li> </ul>
Fats and oils	
<ul style="list-style-type: none"> <li>• All vegetable oils</li> <li>• Butter</li> <li>• Margarine made using vegetable oil</li> <li>• Mayonnaise made without egg</li> <li>• Ghee</li> </ul>	<ul style="list-style-type: none"> <li>• Animal fats</li> <li>• Lard dripping</li> <li>• Suet</li> <li>• Egg</li> <li>• Fish oils</li> </ul>
Beverages	
<ul style="list-style-type: none"> <li>• Juices and cordials</li> <li>• Tea and coffee</li> <li>• Soft drinks, mineral and soda water</li> </ul>	<ul style="list-style-type: none"> <li>• Gelatine</li> <li>• Animal-based food colouring (e.g. cochineal/carmine)</li> </ul>



Soups and sauces	
<ul style="list-style-type: none"> <li>All soups and sauces made with vegetables and vegetable stock</li> </ul>	<ul style="list-style-type: none"> <li>Animal stock/fats</li> <li>Fish sauce</li> <li>Worcestershire sauce</li> </ul>
Desserts	
<ul style="list-style-type: none"> <li>All desserts made without eggs or other animal products</li> </ul>	<ul style="list-style-type: none"> <li>Animal fats</li> <li>Animal based emulsifiers</li> <li>Eggs</li> <li>Gelatine</li> </ul>
Other	
<ul style="list-style-type: none"> <li>Spices, pickles, chutney</li> <li>Jam, honey, sugar</li> <li>Vegetable-based gelatine</li> </ul>	<ul style="list-style-type: none"> <li>All desserts made with alcohol, lard, dripping and other animal fats</li> <li>Desserts containing gelatine or vanilla essence</li> </ul>





## 4. References

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