### Common Foods & Flavors of the ASIAN HERITAGE DIET

**Vegetables & Tubers**
- Bamboo shoots, bean sprouts, bitter melon, bok choy, broccoli, cabbage, carrots, daikon, eggplant, leeks, lettuce, lotus root, kale, kombu, mushrooms, mustard greens, peppers, seaweed, snow peas, spinach, sweet potatoes, taro root, turnips, water chestnuts, yams

**Fruits**
- Apricots, bananas, cherries, coconut, dates, dragon fruit, grapes, kiwifruit, kumquat, lemons, limes, longan, lychee, mandarins, mangoes, mangosteen, melons, milk fruit, oranges, papaya, pears, pineapple, plums, pumpkin, rambutan, tangerines, yuzu

**Nuts, Seeds, & Legumes**
- Almonds, cashews, hazelnuts, peanuts, sesame seeds, beans (adzuki, edamame, mung, soy), lentils, miso, tempeh, tofu

**Grains**
- Barley, breads (dumplings, chapatis, mantou, naan, roti), buckwheat, millet, noodles (rice, soba, somen, udon), rice

**Fish & Seafood**
- Abalone, bonito, clams, cockles, crab, eel, king fish, mussels, octopus, oysters, roe, salmon, scallops, sea bass, shrimp, squid, tuna, whelk, yellowtail

**Herbs & Spices**
- Amchoor, asafoetida, basil (Thai), cardamom, chiles, clove, coriander, curry leaves, fennel, fenugreek, galangal, garlic, ginger, ginseng, lemongrass, makrut lime leaves, masala, mint, parsley, pepper, scallion, star anise, turmeric, wasabi

**Poultry, Eggs, & Dairy**
- Chicken, duck, quail, chicken eggs, duck eggs, quail eggs, ghee, paneer, yogurt (chaas, lassi), non-lactose: almond milk, rice milk, soy milk

**Sweets**
- Treats made with fruits, nuts, whole grains, and minimal sugars, Chinese mooncakes, Indian rice pudding, Japanese sugared sweet potatoes, Thai mango-coconut pudding

**Meats**
- Beef, pork

**••• eat most often**

**•• eat moderately**

**• eat less often**