



# OLDWAYS ASIAN HERITAGE DIET

GOODNESS REDISCOVERED through the healthy and delicious cultural eating traditions of Asia.

## TO YOUR GOOD HEALTH!

There are many scientifically-proven reasons to follow the Asian Heritage Diet, including:

- Lower risk of certain cancers
- Lower risk of type 2 diabetes (low glycemic load)
- Lower risk of cardiovascular diseases (high fiber intake)
- Lower risk of obesity
- Longer lifespan
- Healthier brain function (lower risk of Alzheimer's disease)

## EASY HERITAGE RECIPES

Try healthy Asian-style meals with easy and delicious recipes such as:

- Asian Shiitake and Kale Bowl with Brown Rice
- Fish Pho with Buckwheat Noodles
- Teriyaki Chicken and Edamame Rice Bowl
- Chana (Chickpeas) with Sweet Potatoes
- Kimchi Soba
- Red Curry with Kabocha Squash and Brown Rice

For detailed recipes and additional resources on the Asian Heritage Diet, visit [OldwaysPT.org](http://OldwaysPT.org)

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266 Beacon Street, Suite 1  
Boston, MA 02116 USA  
617-421-5500  
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## ASIAN HERITAGE DIET PYRAMID

Here's how to follow this visual guide to the Asian Heritage Diet, from the bottom (most important!) on up. Base your meals mostly on the foods near the bottom of the pyramid.

- A healthy lifestyle is about more than just food. Be active and prepare your meals in the company of friends and family.
- Wholesome plant foods are the base of Asian-style meals. Eat a variety of fruits, vegetables, legumes, seeds, and nuts daily.
- Make your grains whole grain by choosing brown rice and other colored rices, millet, barley, soba (buckwheat) noodles, or whole wheat flatbreads (like roti).
- Include healthy fats like canola, peanut, sesame, or olive oil in cooking.
- Include fish, shellfish, and soy foods as a regular component of your daily meals.
- Eggs, poultry, and some dairy foods (like yogurt) are included often, but in small amounts.
- Eat red meats and sweets sparingly once a week or at special meals in small portions.
- Hydrate with tea and water. If you choose to drink alcohol (like sake, beer, or wine), do so in moderation.



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CULTURAL FOOD TRADITIONS

*Enjoy a healthier, longer life  
through delicious Asian traditions.*



## 8 STEPS TO BETTER HEALTH THROUGH ASIAN TRADITIONS

### ASIAN HERITAGE DIET

With a geographical base including countries as diverse as Bangladesh, Cambodia, China, India, Indonesian, Japan, Laos, Malaysia, Mongolia, Myanmar, Nepal, North Korea, South Korea, Philippines, Singapore, Taiwan, Thailand, and Vietnam, the Asian Heritage Diet covers a lot of territory in a geographical and culinary sense.

Although Asian diets vary from country to country in terms of flavors and cooking styles, they have many common characteristics, such as:

- many vegetables, fruits, beans, legumes, and nuts
- common use of herbs and strong spices
- rice and noodles as staple foods
- seafood in island nations and along the coasts
- frequent use of tofu and other soy products

### *What to eat... how often... and how much!*

Oldways can help you get started with the Asian Heritage Diet with these easy steps.

#### 1. Make Vegetables the Star of Your Plate.

Though sauces and seasonings vary, Asian diets all have one thing in common—vegetables play a central role at each meal. Try different styles of preparation for a variety of flavors and textures, like a vegetable stir fry paired with a side of pickled vegetables.

#### 2. Use Meat as a Garnish.

Historically, meat was very expensive, so it is consumed in very small portions per meal—just enough to provide a boost of protein and flavor. Fish and seafood are more commonly eaten than meat in many coastal communities and are great sources of heart- and brain-healthy omega-3s.

#### 3. Enjoy Soy.

Throughout Asia, soy foods (such as tofu, edamame, or tempeh) are enjoyed by all eaters, not just vegetarians. Try replacing one meat-based meal with one soy-based meal each week. When one meal feels comfortable, try two meals per week.

#### 4. Drink to Your Health.

Science has shown many health benefits of tea, especially green tea, such as lower risk of obesity and chronic disease. For the biggest nutrition boost, pass on adding cream, sugar, or other sweeteners.

#### 5. Fill Up with Hot Soups.

Sometimes, our bodies confuse thirst for hunger. Rather than filling up on heavy appetizers at lunch or dinner, start your meals with a warm cup of broth-based soup. In most Asian countries, this common practice is believed to improve digestion and control the appetite.

#### 6. Eat Mindfully.

In traditional Asian cultures, people enjoy their food with gratitude rather than multitasking, stuffing themselves, or counting calories. Make mealtime a happy time by being present: slowly savor the flavors of your dish and honor your body's natural hunger and fullness cues.

#### 7. Share Meals with Others.

Put away your phone; turn off the TV and computer. Every meal is an opportunity to bond with friends and family and to enjoy good food, companionship, and shared experiences.

#### 8. Be Physically Active.

A healthy lifestyle is about more than just food. Traditional Asian exercises such as Tai Chi, Qigong, or yoga offer physical activity for building strength, flexibility, and other health benefits.

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