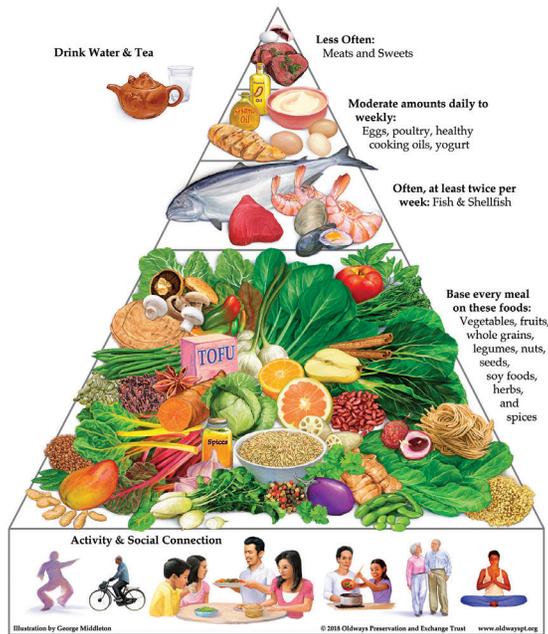


Traditional Asian Diet Pyramid



Here is how to follow the Traditional Asian Diet pyramid, from the bottom (the most important!) to the top:

- ◆ A healthy lifestyle is about more than just food. Look for ways to be more active, and prepare your meals in the company of friends and family.
- ◆ Wholesome plant foods are the base of each meal. Eat a variety of fruits, vegetables, legumes, seeds, and nuts daily.
- ◆ Make more of 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.
- ◆ Red meats and sweets are eaten sparingly for special occasions, and only in small portions.
- ◆ Hydrate with tea and water. If you choose to drink alcohol (like sake, beer, or wine), do so in moderation.

To Your Good Health

There are many scientific reasons to follow a traditional Asian 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 Recipes to Follow the Asian Diet

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

- ◆ Asian Shitake and Kale Bowl with Brown Rice
- ◆ Fish Pho with Buckwheat Noodles
- ◆ Teriyaki Chicken and Edamame Rice Bowl
- ◆ Chana (Chickpeas) with Sweet Potatoes
- ◆ Kimchi Soba



For detailed recipes and additional resources on the Traditional Asian Diet, visit the Asian Diet section of the Oldways website at:

oldwayspt.org



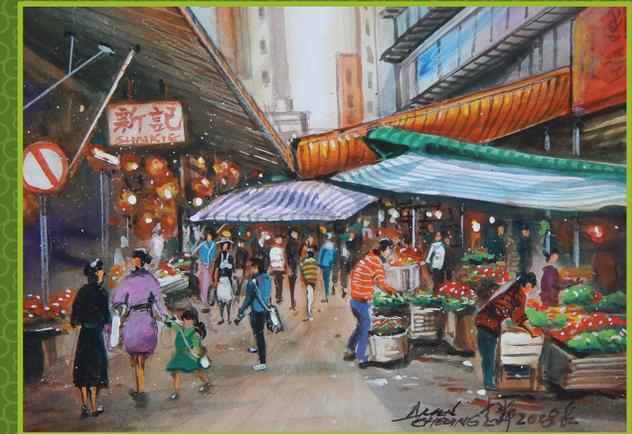
OLDWAYS
HEALTH THROUGH HERITAGE

266 Beacon Street
Boston, MA 02116 USA
617-421-5500

© 2018 Oldways Preservation and Exchange Trust

Welcome to the Traditional Asian Diet

Enjoy a healthy, longer life through
delicious Asian traditions



Afternoon in the Market - Hong Kong © 2008 AmenCheungPaintings at Etsy.com



Brought to you by

OLDWAYS
HEALTH THROUGH HERITAGE

8 Steps to Better Health Through Asian Traditions



1) 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, savoring the flavors, and honoring your body's natural hunger and fullness cues.



2) Make vegetables the star, not the supporting actor. Though sauces and seasonings vary, Asian diets all have one thing in common—lots of vegetables at each meal.

3) Use meat as a garnish. Because meat was traditionally very expensive, 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.



4) 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, then work your way up.



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 practice is believed to improve digestion and control the appetite.



6) Drink tea and water. 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 any added cream or sugar.



7) Share meals with others. Every meal is an opportunity to bond with friends and family and enjoy the pleasures of the table.

8) Be physically active. A healthy lifestyle is about more than just food. Try some traditional Asian exercises, such as Tai Chi or yoga.



Traditional Asian 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 traditional Asian Diet covers a lot of territory, in both a geographical and a culinary sense. Although Asian diets vary from country to country in terms of flavors and cooking styles, they have many common characteristics, such as:

- ◆ Lots of 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 of the main land mass
- ◆ Frequent use of tofu and other soy products

