



Common Foods and Flavors of the Asian Diet Pyramid



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, Pumpkin, Seaweed, Snow Peas, Spinach, Sweet Potatoes, Taro Root, Turnips, Water Chestnuts, Yams

Fruits

Apricots, Bananas, Cherries, Coconut, Dates, Dragon Fruit, Grapes, Kiwifruit, Kumquat, Lemon, Lime, Longan, Lychee, Mandarins, Mangoes, Mangosteen, Melon, Milk Fruit, Oranges, Papaya, Pears, Pineapple, Rambutan, Tangerines

Grains

Barley, Breads (Examples include: Dumplings, Chapatis, Mantou, Naan, Roti) Buckwheat, Rice, Millet, Noodles (Examples include: Soba, Somen, Rice, Udon)

Nuts, Seeds, & Legumes

Almonds, Cashews, Hazelnuts, Peanuts, Sesame Seeds

Beans (Adzuki, Edamame, Mung, Soy), Lentils, Miso, Tofu, Tempeh

Herbs & Spices

Amchoor, Aasafoetida, Basil (Thai), Cardamom, Chilis, Clove, Coriander, Curry Leaves, Fennel, Fenugreek, Galangal, Garlic, Ginger, Ginseng, Lemongrass, Lime Leaves, Masala, Mint, Parsley, Pepper, Scallion, Star Anise, Turmeric, Wasabi

Fish & Seafood

Abalone, Clams, Cockles, Crab, Eel, King Fish, Mussels, Octopus, Oysters, Roe, Scallops, Sea Bass, Shrimp, Squid, Tuna, Whelk, Yellowtail

Poultry

Chicken, Duck

Eggs

Eggs (Chicken, Quail, and Duck)

Dairy (if tolerated)

Cheeses and Butter (Ghee, Paneer)

Yogurt (Chaas, Lassi)

Meats & Sweets

Pork, Beef

Sweets (Examples Include: Chinese mooncakes, Indian Rice Pudding, Japanese sugared sweet potatoes, Thai mango-coconut pudding)

Beverages

Drink plenty of water and tea

All alcohol in moderation