

# Common Foods & Flavors of the ASIAN HERITAGE DIET

••• eat most often

•• eat moderately

• eat less often

## 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

## 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

## 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

## 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

## Meats •

beef, pork

## Nuts, Seeds, & Legumes •••

almonds, cashews, hazelnuts, peanuts, sesame seeds  
beans (adzuki, edamame, mung, soy), lentils, miso, tempeh, tofu

## 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