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OLDWAYS
CULTURAL FOOD TRADITIONS

Asian Heritage Diet DEMO KIT





Asian Heritage Diet Demo Kit

USE THIS KIT TO:

- **Talk** about the Asian Heritage Diet at a health fair
- **Host** an Asian Heritage Diet cooking demonstration

THIS KIT INCLUDES:

Event Sign

Pyramid Handout for Participants

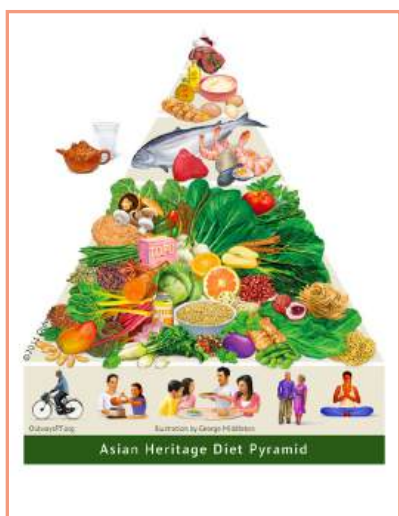
Key Speaking Points:

- Introduction to Asian Heritage Diets
- Walk through of The Asian Heritage Diet Pyramid food groups
- Recipe speaking points

3 Demo-Friendly Recipes

- Vietnamese Spring Rolls
- Masoor Dal
- Spicy Stir Fried Greens with Peanuts

Enhance your Asian Heritage diet demo with a *poster, trifold brochures, and more resources!*



CELEBRATE ASIAN HERITAGE DIETS

Cooking Demo featuring Oldways' Traditional Recipes



**Asian Heritage Diets are not only healthy, they're
DELICIOUS and AFFORDABLE too.
Come watch – and taste – as we make simple dishes
your whole family will enjoy.**

on _____

at _____

Asian Heritage Diet Pyramid



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WATCH TO LEARN MORE:



How to embrace healthy Asian Heritage Diets



How to reduce sodium with traditional Asian Heritage Diets



How heritage diets outside of the Mediterranean diet are linked to good health





Speaking Points

KEY POINTS ABOUT THE ASIAN HERITAGE DIET

Introduce the Asian Heritage Diet Pyramid and explain why this pattern of eating is so important.

- The Mediterranean Diet is not the only path to good health and wellbeing. Asian Heritage Diets have a lot to teach us about nutrition, wellness, and flavor. People of all racial and ethnic backgrounds can benefit from the traditional wisdom of Asian Heritage diets.
- The Asian Heritage diet is not a restrictive “diet,” but rather it is a time-tested pattern of eating based on the traditional, healthy foods and flavors of East, Southeast, and South Asia.
- Although specific food traditions vary widely between and within countries, cities, and households, many traditional Asian diets share a common eating pattern of vegetables; vegetarian protein sources like tofu, legumes, or nuts; whole grains such as millet and barley; and fermented foods.
- Oldways’ Asian Heritage Diet Pyramid, which was first introduced at the 1995 International Conference on the Diets of Asia in collaboration with the Harvard School of Public Health and Cornell University and then updated in 2018 following input from the Oldways Asian Diet Scientific Advisory Committee, illustrates the substantial variation of foods and flavors within the broader Asian heritage diet.

ASIAN HERITAGE DIET PYRAMID WALK-THROUGH

Have a visual of the Asian Heritage Diet Pyramid at your table, and be sure to point out these important points of the Pyramid:

- Eat mostly from the bottom of the Pyramid and less of the foods as you travel to the top.
- Don’t forget about physical activity: our ancestors traditionally led very active lives. Try to incorporate simple movements into your day: walking, jogging, dancing, marching in place -- in fact, any activity that gets your heart going.
- Fruits and vegetables should be featured in all of our meals, making up about half of the plate.
- Enjoying traditional foods is an expression of who we are and where we come from. Sharing healthy heritage meals with friends and family invites all to celebrate culture, history, family, and good health.



Speaking Points

ASIAN HERITAGE DIET PYRAMID WALK-THROUGH CONTINUED

- The Asian Heritage Diet has an abundant variety of **colorful fruits and vegetables**, from leafy greens to tropical fruits to hearty root vegetables, and more.
- **Beans** and **soy foods** have nourished our ancestors for centuries and remain a staple of healthy Asian Heritage diets today. Try substituting bean-based dishes for meat-based dishes at least one day per week. Lentil dal, tofu or tempeh stir fry, edamame, mung bean soup, and chana masala are all delicious ways to get more protein and fiber in your diet through beans and soy foods.
- The Asian Heritage diet is filled with delicious **whole grain** foods like soba noodles, whole grain chapatti or roti, millet, black rice, and brown rice. A whole grain is a grain that has all three edible parts of its original kernel: the bran, germ, and endosperm. Looking for the gold and black Whole Grain Stamp on food products is an easy way to find whole grains. The different gram amount on each Stamp tells you how many grams of whole grain are in one serving of the product.
- **Nuts and seeds**, such as peanuts, sesame seeds, cashews, and walnuts, play an important role in the Asian Heritage diet. They are filled with nutrients, including heart healthy fats, and may reduce your risk of heart disease, diabetes, and some cancers. A few tablespoons contain a lot of calories, but this small amount will give you a long-lasting full feeling. To control salt, buy unsalted nuts and seeds and add your own seasonings at home.
- **Herbs, spices, and aromatics** are a great way to add flavor to food without relying on the salt shaker. With so many regional cuisines to choose from—Szechuan to Goan to Hokkaido, and more—you’ll meet lots of flavors with the Asian Heritage diet as your guide. Ginger, garlic, lemongrass, scallions, turmeric, basil, and chile peppers are all traditional ways to add fabulous flavor to grains, beans, vegetables, and seafood.
- Asian heritage cuisine features grilled and stir-fried **seafood**, sushi or sashimi, tom yum goong, vinegar fish, macher jhol, and steamed mussels, and you can enjoy them too! A high-fiber traditional diet of fruits, vegetables, and whole grains, combined with fish twice a week, has been linked to lower rates of obesity, heart disease and diabetes around the world.

TELL YOUR AUDIENCE WHERE THEY CAN LEARN MORE ABOUT THE ASIAN HERITAGE DIET:

- Search for Asian Heritage recipes and resources on *OldwaysPT.org*.
- Subscribe to Oldways’ biweekly email newsletter, *Fresh Fridays*
- Cook from *Whole Grains Around the World: An Oldways 4-Week Menu Planning Book*

RECIPE: VIETNAMESE SPRING ROLLS

Vietnamese cuisine has a particular genius when it comes to wrapping foods. With fresh or dried and rehydrated rice wrappers, called *banh uot*, many meals are put together by each person wrapping little bits of food with other little bits of food, and then dipping these wrapped foods into a sauce. Our rolls are filled with fruits and vegetables, but it is not uncommon to add shrimp inside the roll as well. Serve with a dipping sauce such as Nuoc Cham or a Peanut Sauce. **An Oldways recipe**



Yield: 24 rolls

Ingredients

- 24 sheets dried rice paper (*banh uot*)
- 1 large head Boston, Bibb, or tender leaf lettuce
- 1 cup bean sprouts (the commonly available mung bean sprouts are frequently used in Vietnam)
- ½ pound packed thin dried rice noodles (rice sticks)
- 2 large tomatoes
- ½ small fresh pineapple or 4 kiwi fruits
- ½ cup fresh cilantro
- ½ cup fresh mint leaves
- ½ cup basil leaves

Peanut sauce

- 1 tablespoon minced fresh ginger
- 1 small garlic clove
- 1/3 cup peanut butter
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon fresh lime juice
- 1 teaspoon (packed) brown sugar
- ¼ teaspoon crushed red pepper flakes
- 2 tablespoons water, as needed

Instructions

1. Moisten a sheet of rice paper wrapper in warm water and then place it on a plate.
2. Select ingredients for rollup (lettuce, herb mixture, pineapple, rice noodles, bean sprouts, etc. It is customary to place on the paper some mint and/or cilantro and/or basil leaves, a piece of fruit, and a tomato slice or two. Add a small bundle of rice noodles and some bean sprouts.
3. Roll up the wrapper and repeat.
4. For Sauce: Add all ingredients to a small bowl and whisk to combine. Makes about ½ cup sauce total.

Calories: 110, Total Fat: 1.5g, Saturated Fat: 0g, Sodium: 170mg, Carbohydrate: 21g, Fiber: 1g, Total Sugar: 3g (Added Sugar: 0g), Protein: 2g

* Nutrition per spring roll (sauce not included)

For more Asian Heritage Diet recipes and tips, visit [OldwaysPT.org](https://www.oldwayspt.org)



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RECIPE: MASOOR DAL

A dal is a comforting lentil or pea soup served in Indian cuisine. Masoor is the name for red lentils, but other types of lentils and split peas can also be used. Tempering spices in oil before adding them to the dal is a traditional Indian cooking technique (sometimes called tadka or chhunk) that enhances the aroma and richness of the dish. For serving, it is brought to the table piping hot with fresh chapattis and a cupful of yogurt.

An Oldways recipe



Serves 8

Ingredients

- 2 cups dried red lentils
- 1 ½ teaspoons salt
- 6 cups water
- 2 tablespoons canola oil
- 2 medium onions, finely chopped
- 2 tablespoon finely minced fresh ginger
- 4 cloves of garlic, peeled and finely chopped
- 2 teaspoons ground cumin
- 1 ½ teaspoons ground turmeric

Instructions

1. In a large pot, add the red lentils, salt and water and bring to a boil. Reduce heat to a lower simmer and cook, covered, until the lentils are tender.
2. After about 15 minutes, when the lentils are nearly done, heat a large skillet over medium heat. Add the oil to coat the pan, then add the onion and cook until soft and translucent, about 5 minutes.
3. Add the ginger and garlic to the onions and stir for about 30 seconds, until fragrant. Add the cumin and turmeric to the onions and stir for an additional 30 seconds.
4. Carefully pour the spiced onion mixture into the dal and stir to combine.

Calories: 80, Total Fat: 1.5g, Saturated Fat: 0g, Sodium: 220mg, Carbohydrate: 13g, Fiber: 2g, Total Sugar: 1g (Added Sugar: 0g), Protein: 5g

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RECIPE: SPICY STIR FRIED GREENS WITH PEANUTS



This recipe is a recreation of a delicious dish we enjoyed while traveling with other nutrition researchers to China. Sichuan cuisine is known for dried spicy red peppers. Here, we use red pepper flakes as they are more widely accessible at many supermarkets. You can use as little or as much as you'd like, depending on your heat preference.

An Oldways recipe

Serves 8

Ingredients

- 4 bunches greens (such as chard, kale, or spinach), washed
- 4 cloves garlic, minced
- 1 tablespoon low sodium soy sauce
- 2 teaspoons red pepper flakes
- 2 teaspoons sesame oil
- 2 tablespoons canola or peanut oil
- 1/2 cup roasted, unsalted peanuts

Calories: 130, Total Fat: 10g, Saturated Fat: 1g, Sodium: 90mg, Carbohydrate: 8g, Fiber: 5g, Total Sugar: 1g (Added Sugar: 0g), Protein: 5g

Instructions

1. Remove the leaves from the stems of the greens and compost or discard the stems. Roughly chop or tear the leaves into bite-sized pieces.
2. In a small bowl, whisk together the soy sauce, red pepper flakes, and sesame oil and set aside.
3. Heat a wok or large, deep skillet over medium-high heat for about 30 seconds. Add the canola or peanut oil and swirl to coat the pan. Add the garlic and stir for about 2 minutes.
4. Add the greens, trying not to crowd the pan too much. You may work in batches if the wok is not big enough to accommodate all of the greens. Cook, stirring often, until the greens start to wilt.
5. Add the soy sauce mixture and peanuts and cook for an additional minute, tossing to combine.
6. Remove from heat and serve immediately.

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Recipe Speaking Points

VIETNAMESE SPRING ROLLS

- Vietnamese cuisine has a particular genius when it comes to wrapping foods. With fresh or dried and rehydrated rice wrappers, called banh uot, many meals are put together by each person wrapping little bits of food with other little bits of food, and then dipping these wrapped foods into a sauce.
- Our rolls are filled with fruits and vegetables, but it is not uncommon to add shrimp inside the roll as well.
- This is a fun recipe to get the whole family involved in. Kids can help select their favorite fruit and vegetable fillings and help assemble the rolls.
- Serve with a dipping sauce such as Nuoc Cham or a Peanut Sauce. Peanut sauces can be found throughout South-east Asian Cuisine, including Thailand and Vietnam.

MASOOR DAL

- A dal is a comforting lentil or pea soup served in Indian cuisine. Masoor is the name for red lentils, but other types of lentils and split peas can also be used.
- Tempering spices in oil before adding them to the dal is a traditional Indian cooking technique (sometimes called tadka or chhonk) that enhances the aroma and richness of the dish.
- Split peas and lentils cook more quickly than whole beans and peas, so they're a great staple food to be flavored as you like.
- Lentils are one of the Future 50 Foods recommended by the World Wildlife Fund due to their low environmental footprint and high nutritional value.

SPICY STIR FRIED GREENS WITH PEANUTS

- Sichuan cuisine is known for dried spicy red peppers. Here, we use red pepper flakes as they are more widely accessible at many supermarkets. You can use as little or as much as you'd like, depending on your heat preference.
- Stir frying, where foods are quickly cooked over high heat in a large wok, or rounded skillet, is a popular cooking method throughout China.
- This dish is also a great example of how nuts, like peanuts, are incorporated into creative seafood, meat, and vegetable dishes throughout China.

