

Common Foods and Flavors of The Asian Diet Pyramid

Vegetables & Tubers	Bamboo Shoots, Bean Sprouts, Bitter Melon, Bok Choy, Broccoli, Cabbage, Carrots, Chiles, Daikon, Eggplant, Galangal, Kumquats, Leeks, Lemons, Lemongrass, Lettuce, Lime, Lotus Root, Peppers, Kale, Kombu, Mushrooms, Mustard Greens, Peppers, Pineapple, Pumpkin, Scallions, Seaweed, Snow Peas, Spinach, Sweet Potatoes, Taro Root, Turnips, Water Chestnuts, Yams
Fruits	Apricots, Bananas, Cherries, Coconut, Dates, Dragon Fruit, Grapes, Kiwifruit, Longan, Lychee, Mandarins, Mangoes, Melon, Mangosteen, 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)
Fish & Seafood	Abalone, Clams, Cockles, Crab, Eel, King Fish, Mussels, Octopus, Oysters, Roe, Scallops, Sea Bass, Shrimp, Squid, Tuna, Whelk, Yellowtail
Poultry, Eggs, Cheese, & Yogurt	Chicken, Duck Eggs (Chicken, Quail, and Duck) Cheeses and Butter (Ghee, Paneer) Yogurt (Chaas, Lassi)
Nuts, Seeds, & Legumes	Almonds, Beans (Adzuki, Edamame, Mung, Soy), Cashews, Hazelnuts, Lentils, Miso, Peanuts, Sesame Seeds, Tofu, Tempeh
Herbs & Spices	Amchoor, Asafoetida, Basil (Thai), Cardamom, Chiles, Clove, Coriander, Curry Leaves, Fennel, Fenugreek, Garlic, Ginger, Ginseng, Kafir Lime Leaves, Masala, Mint, Parsley, Pepper, Scallion, Star Anise, Tumeric, Wasabi
Meats & Sweets	Pork, Beef Sweets (Examples Include: Chinese mooncakes, Indian Rice Pudding, Japanese sugared sweet potatoes, Thai mango-coconut pudding)
Water & Alcohol	Drink Plenty Of Water All alcohol in moderation