



The Healthy Plate (ASIAN DIET)

How much food should I eat per meal?

Starch: 1 cup cooked noodles or cooked rice

Meat or other protein: 2-4 ounces chicken, beef, pork, or fish; 2 eggs; 4 ounces calcium-fortified tofu; ¼ cup nuts, or 2 tablespoons peanut butter

Vegetables: unlimited

Fruit: 1 medium (apple, pear, orange), ½ large (mango, papaya, banana), 15 grapes, or 1 cup cubed fruit (melon)

Calcium-rich food: 1 cup calcium-fortified soy milk, 1 cup milk, 8 ounces yogurt, 1-1/2 cups cooked greens or broccoli, ½ cup calcium-set tofu, or 1/3 cup soy nuts

Breakfast

- 1 cup cooked rice, 2 eggs or 1-2 ounces of meat, chopped vegetables, fruit slices, and 1 cup soy milk
- 1 cup cooked oatmeal topped with chopped fruit or berries, ¼ cup nuts, and sweetened with a little honey, cinnamon, and vanilla extract

Lunch/Dinner

- 1 cup cooked rice or noodles, 2-4 ounces of meat, vegetables (bok choy, carrots, mushrooms, broccoli), ½ mango, tea
- 2 cups soup made with meat and 1 cup noodles, topped with fresh vegetables

Snacks

- 1 medium potato and pea samosa and a cup of tea
- 1 cup cooked oatmeal with scallions and sesame oil
- 1 cup hot whole milk or unsweetened soy milk with 4 crackers or ¼ cup of almonds
- 1 cup yogurt topped with fruit and nuts
- 1 medium fruit with ¼ cup nuts or 2 tablespoons of peanut or almond butter
- Smoothie made with condensed milk and avocado

