

# VN DPG Culture Plates: East Asian Cuisine

## Vegetarian Nutrition

a dietetic practice group of the  
**eat right.** Academy of Nutrition and Dietetics  
Experts in Plant-Based Nutrition

### Dairy Substitute



### Grains & Tubers



### Protein



### Vegetables



### Fruit



Fill ½ of your plate with vegetables and eat fruits. Vary your veggies and focus on whole fruits. Fruits can be consumed as dessert.

- Vegetable choices: bok choy, Chinese cabbage, carrot, celery, corn, tomato, leafy greens, peppers, eggplant, cucumber, string beans, cauliflower, onions, green peas, radish, luffa, mushrooms, lotus root, bamboo shoots, and others
- Fruit choices: apple, oranges, bananas, pears, plums, papaya, melons, cherries, pineapple, kiwi, grapes, peach, pomegranate, mango, and others

Fill ½ of your plate with grains, tubers, and protein. Make half your grains whole grains. Vary your protein routine.

- Whole grain choices: rice, wheat (noodles, steamed buns, Chinese pancake), millet, Job's tears, barley
- Tuber choices: potato, yams, taro, squash
- Protein choices: tofu, tempeh, peas, beans, edamame, peanuts, tree nuts, seeds

Get adequate hydration (6-8 cups/day) from unsweetened beverages such as: water, green tea, white tea, oolong, jasmine, soymilk, and others

### Sample Menu for Mainland Chinese

#### Breakfast choices

- Steamed buns
- Rice congee or millet congee
- Scallion pancake
- Vegetable omelet
- Soymilk or lactose-free milk

- Served with cucumber salad, celery with boiled peanut, preserved vegetables, boiled eggs
- Noodle soup

#### Lunch and dinner choices

- Stir-fry dishes paired with steamed rice or buns
  - Mapo tofu, tofu with vegetables*
- Cold dishes (cucumber salad, seaweed salad, tofu skin salad)
- Vegetable dumplings (Gyoza/Pot stickers) or buns
- Noodle dishes
  - Noodle soup*
  - Veggie Lo mein*
  - Dried mixed noodle with soy sauce, sesame oil, and vegetables*
- Stews and soups
  - Braised tofu and mushroom casserole*

#### Snack choices

- 1 medium fruit or 1 cup of fresh cut fruit medley
- ¼ cups of nuts or seeds (roasted walnuts, sunflower seeds, pumpkin seeds)
- Rice crackers or rice rolls
- Popcorns
- Dried tofu

### Sample menu for Taiwanese

#### Breakfast choices

- Vegetable pancakes
- Soy milk
- Rice milk
- Scallion pancake
- Roasted sesame flatbread
- Sticky rice roll
- Turnip cake
- Steamed bao
- Congee and side vegetable dishes

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## Lunch and Dinner Choices

- Soup
  - Herbal soup*
  - Mixed vegetables soup*
- Rice dishes
  - White rice, brown rice or purple rice*
  - Oil rice*
- Stir fried and stew vegetables with pumpkin squash and mushrooms
- Boiled kelp
- Lu Rou Fan (made with braised tofu and mushrooms) served with rice
- Noodle dishes
  - Spicy sesame cold noodles*
  - Thin noodles soup*
- Crispy vegetables pocket
- Pan fried vegetables bun

## Snack choices

- Soybean curd with ginger syrup
- Fermented tofu aka Stinky tofu
- Fried sweet potatoes ball
- Papaya milk
- Bamboo rice dumplings
- Grilled mochi
- Herbal jelly

## Sample menu for Hongkongers

### Breakfast choices

- Hong Kong soymilk tea
- Macaroni vegetable soup
- Congee
- Vegetable dim sum
- Taro puffs
- “Pineapple bun”
- Steamed rice roll
- Turnip cake
- Whole wheat Toast

## Lunch and Dinner Choices

- Noodle dishes
  - Tofu Dandan noodle soup*
  - Vegetables “cart” noodle*
  - Wonton noodles with vegetables*
  - Hong Kong style crispy noodles with mixed vegetables (e.g. zucchini, broccoli, carrots), tofu, and mushrooms*
  - Cantonese soy sauce pan fried noodles*
- Bitter melon stir fried with scrambled tofu
- Steamed vegetable bun
- Vegan dumplings (e.g. chives dumplings, mushrooms and cilantro dumplings)
- Rice dishes
  - Paired with stir fried vegetables (e.g. eggplants, chinese broccoli)*
  - Claypot rice with mushrooms and vegetables (e.g. bok choy)*
  - Tofu fried rice*
  - Mapo tofu with rice*
- Soup
  - Watercress soup*
  - Hong Kong style Borscht soup*

## Snack choices

- Peanut butter on Whole Wheat Toast
- Red bean bowl pudding cake
- Soft tofu pudding with syrup or ginger syrup
- Grilled pineapple and tofu skewer
- Roasted chestnuts
- Fried bread sticks (you tiao)

## Common spices and seasonings:

salt, sugar, garlic, chili pepper, ginger, Sichuan pepper, star anis, sesame oil, soy sauce, oyster source, vinegar, rice wine, chili bean paste

## Common beverages:

tea, juices, soft drinks, fermented dairy beverages, coconut milk

## Commonly Eaten Food Examples in Each Food Group

Regions	Vegetables	Fruits	Grains	Tubers	Protein
Northern China	Bok Choy   Mushrooms Cabbage   Potato String beans Radish Cucumber	Apple   Bananas Pear   Melons Peach Grapes	Wheat (noodles, steamed buns, Chinese pancakes) White rice Millet	Potato Yams Squash	Tofu   Beans Peanuts   Peas Seeds Soybean milk
Southern China	Bok Choy   Leafy greens Eggplant   Lotus root Bamboo shoots Mushrooms	Oranges   Bananas Cherries   Pineapple Mango   Papaya	White rice Wheat (noodles, steamed buns, Chinese pancakes) Purple rice   Barley Job’s tears	Yams Taro Squash	Tofu   Beans Peanuts   Tree nuts Peas Soybean milk
Taiwan	Bamboo shoot   Spinach Sweet potato leaves Eggplant Taiwanese cabbage	Banana   Papaya Guava Dragon Fruits Java apple	White rice   Purple rice Brown rice Barley Wheat	Yams Taro Squash	Tofu   Tofu curd Soybean sheets Red beans Edamame
Hong Kong	Watercress   Pea tips Bitter melon   Amaranth Sweet potatoes	Starfruit   Pear Lychee   Mango Persimmon	White rice Wheat Brown rice Barley	Yams Taro Squash	Sesame seeds   Soybean milk Chestnut   Tofu Soybean sheets