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

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
Vietnamese Culture Plates: East Asian Cuisine

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 Hong Kongers

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 sauce, vinegar, rice wine, chili bean paste

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

Regions Vegetables Fruits Grains Tubers Protein

<table>
<thead>
<tr>
<th>Northern China</th>
<th>Bok Choy</th>
<th>Mushrooms</th>
<th>Apple</th>
<th>Bananas</th>
<th>Wheat (noodles, steamed buns, Chinese pancakes)</th>
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<tbody>
<tr>
<td></td>
<td>Cabbage</td>
<td>Potato</td>
<td>Pear</td>
<td>Melons</td>
<td>White rice</td>
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<td>String beans</td>
<td>Radish</td>
<td>Peach</td>
<td>Grapes</td>
<td>Millet</td>
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<td>Cucumber</td>
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<thead>
<tr>
<th>Southern China</th>
<th>Bok Choy</th>
<th>Leafy greens</th>
<th>Oranges</th>
<th>Bananas</th>
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<tbody>
<tr>
<td></td>
<td>Eggplant</td>
<td>Lotus root</td>
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<td>Pineapple</td>
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<td>Bamboo shoots</td>
<td>Mushrooms</td>
<td>Mango</td>
<td>Papaya</td>
<td>Purple rice</td>
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<th>Bamboo shoot</th>
<th>Spinach</th>
<th>Sweet potato leaves</th>
<th>Eggplant</th>
<th>Taiwanese cabbage</th>
<th>Banana</th>
<th>Papaya</th>
<th>Guava</th>
<th>Dragon Fruits</th>
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<th>Pea tips</th>
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<th>Amaranth</th>
<th>Sweet potatoes</th>
<th>Starfruit</th>
<th>Pear</th>
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References: References for this resource are available at www.VNDPG.org
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