

# Common Foods & Flavors of the Asian Heritage Diet

## Vegetables & Tubers:

bamboo shoots, bean sprouts, bitter melon, bok choy, broccoli cabbage, carrots, daikon, eggplant, leeks, lettuce, lotus root, kale, kombu, mushrooms mustard greens, peppers, seaweed, snow peas, spinach, sweet potatoes, taro root, turnips, water chestnuts, yams

## Grains:

barley, breads (dumplings, chapatis, mantou, naan, roti), buckwheat, millet, noodles (rice, soba, somen, udon), rice

## Fish & Seafood :

abalone, bonito, clams, cockles, crab, eel, king fish, mussels, octopus, oysters, roe, salmon, scallops, sea bass, shrimp, squid, tuna, whelk, yellowtail

## Fruits:

apricots, bananas, cherries, coconut, dates, dragon fruit, grapes, kiwifruit, kumquat lemons, limes, longan, lychee mandarins, mangoes, mangosteen, melons, milk fruit, oranges, papaya, pears, pineapple, plums, pumpkin, rambutan, tangerines, yuzu

## Herbs & Spices :

amchoor, asafoetida, basil (Thai), cardamom, chiles, clove, coriander, curry leaves, fennel, fenugreek, galangal, garlic, ginger, ginseng, lemongrass, makrut lime leaves, masala, mint, parsley, pepper, scallion, star anise, turmeric, wasabi

## Meats :

beef, pork

## Nuts, Seeds & Legumes:

almonds, cashews, hazelnuts, peanuts, sesame seeds beans (adzuki, edamame, mung, soybeans), lentils, miso, tempeh, tofu

## Poultry, Eggs, & Dairy :

chicken, duck, quail, chicken eggs, duck eggs, quail eggs, ghee, paneer, yogurt (chaas, lassi), non-lactose: almond milk, rice milk, soy milk

## Sweets :

treats made with fruits, nuts, whole grains, and minimal sugars, Chinese mooncakes, Indian rice pudding, Japanese sugared sweet potatoes, Thai mango-coconut pudding



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