

Celebrating Heart-Healthy Asian Heritage Cuisine

Asian heritage food traditions vary widely between and within countries, cities, and households yet share a common pattern of vegetables, plant-based proteins, whole grains, and fermented foods. Reduce your risk of heart disease with these traditions from Asian Heritage Diets:



East Asia

- Soy-based proteins, seafood and poultry
- Dark green vegetables and fresh produce
- Healthy cooking methods including steaming, boiling, stewing, roasting and sautéing

Southeast Asia

- Healthy cooking methods such as grilling, stir-frying and braising
- Lean proteins like poultry and fish
- Dishes that include vegetables and citrus juices

South Asia

- High fiber plant-based dishes featuring lentils, peas, and beans
- Spices like turmeric, cloves, and cardamom

Oldways Asian Heritage Diet Pyramid

A contemporary approach to delicious, healthy eating.

- Seafood and poultry
- Fruits and vegetables
- Whole grains, such as brown rice, black rice, whole grain roti, millet and soba noodles
- Plant-based proteins like beans, lentils and soy foods
- Herbs, spices, and aromatics (like lemongrass or ginger root)
- Nuts and seeds



Be physically active, engage with others daily.

5 Heart-Healthy Cooking Tips from Asian Heritage Diets

Nourish your heart and soul with the flavors of East, Southeast, and South Asia.



Chinese Chicken Stir-Fry

This Chinese-inspired stir-fry can be adapted with whatever vegetables you prefer. We recommend bell peppers, water chestnuts, and mushrooms, but carrots, snow peas, baby corn, bok choy, or bamboo shoots are all tasty additions that pair well too.

TIP
1

TIP
2

Kimchi Soba Noodles

This East Asian noodle dish can be served cold, making it a delicious and convenient meal-prep option for easy weekday lunches.



Adobo-Inspired Vegetables

This sweet and sour sauce gets its zing from lime juice and vinegar, along with savory qualities from other Filipino staples like garlic and chilies. Smart use of seasonings and opting for low-sodium soy sauce increases depth of flavor while keeping sodium content lower.

TIP
3

TIP
4

Spring Vegetable Rolls with Shrimp

These fresh, no-fry, Vietnamese-inspired spring rolls are well worth the time they take to prepare. Make extra sauce and chopped vegetables to save time and add a boost of flavor and nutrients to meals and snacks later in the week.



Masoor Dal

Masoor dal is a traditional Indian soup made from red or pink (masoor) lentils. Plant-based proteins like lentils, beans, and soy foods pack a big nutritional punch, offering both protein and fiber.

TIP
5



[Heart.org/eatsmart](https://heart.org/eatsmart)

For more information and additional tips,
visit these organizations.

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