



# Add Some Global Wisdom to Your Diet

**Take a look around the world, and you'll find that certain eating patterns are linked to lower rates of heart disease, cancer and other health conditions.**

In China and Japan, for example, obesity rates are below eight percent. Asian cuisine typically includes plenty of green leafy vegetables, soy, tofu, noodles and rice. Asian diets are often loaded with plant-based foods and contain limited amounts of dairy and poultry. Fish is a mealtime regular, while red meat is a rarity. Indian cuisine emphasizes vegetables and legumes, and dishes often include turmeric, a spice that appears to have anticancer properties.

## Take these steps for a globally inspired healthy diet:

- ✓ Eat more fruits and vegetables, aiming for 2.5 cups of vegetables and two cups of fruit a day.
- ✓ Consume legumes (beans and peas), nuts and seeds. Legumes are rich in fiber and protein. Most nuts and seeds contain healthy polyunsaturated oils and vitamin E.
- ✓ Cook with olive oil rather than butter and other solid fats.
- ✓ Eat less processed and red meat, substituting with other sources of protein, such as seafood, lean poultry and legumes.
- ✓ Avoid consumption of high-fat dairy foods. Nonfat and low-fat milk and yogurt have less saturated fat and sodium.
- ✓ Choose whole-grain breads and cereals containing fiber as well as iron, folate, magnesium, vitamin B6 and other nutrients.
- ✓ Season food with herbs and spices instead of salt to keep sodium levels low.

*Sources include U.S. Department of Health and Human Services; U.S. Department of Agriculture; American Heart Association; Food and Agriculture Organization of the United Nations; Centers for Disease Control and Prevention and National Heart, Lung, and Blood Institute/National Institutes of Health.*

*Developed by StayWell*

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