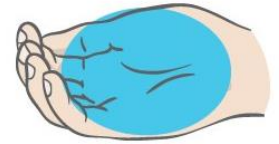


Asian Region Balanced Plate



vegetables, fruit
1 or 2 fists



starch
1 handful

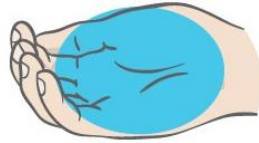


protein
1 palm

The continent of Asia is very diverse in culture, population, and cuisine. The most populous countries include: China, India, Indonesia, Pakistan, Japan, Thailand, Bangladesh, the Philippines, and Vietnam.



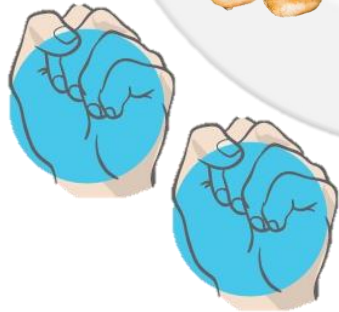
Balanced Plate Example



soba noodles
1 handful

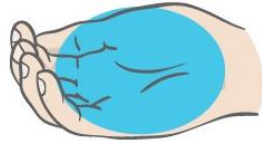


shrimp
1 palm



broccoli, mushrooms, scallions
1 or 2 fists

Balanced Plate Example



naan or rice
1 handful



tomato and onions (plus spices)
1 or 2 fists



chickpeas
1 palm

Chana Masala



Balanced Plate Example



Mapo Tofu

+



Smashed Cucumber Salad

+



Rice

