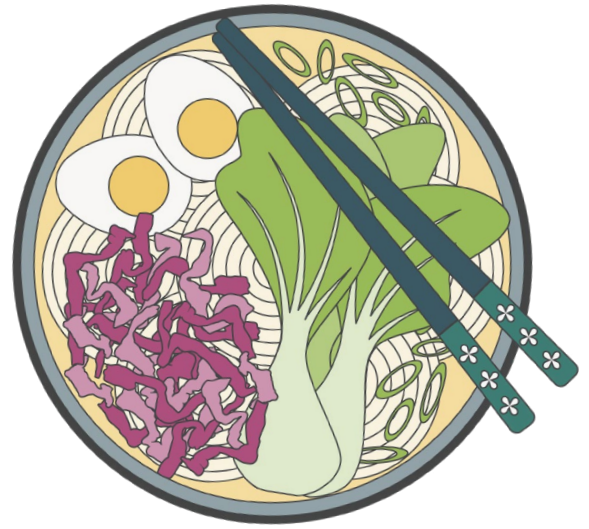


# 10 tips for healthy eating, inspired by Asian cuisine

“Have you eaten?” In China, this common greeting is similar to “How are you?” That’s because food is so important in Asian cultures. It’s also very healthy!



## 1 Make plants the star.

Load up on veggies, whole grains, soy and legumes in stir-fries and soups.

## 2 Eat meat as a treat.

Prioritize protein from fish and plant-based soy products like tofu and edamame.

## 3 Sip smarter.

Hydrate with antioxidant-rich green tea, barley tea or warm water with lemon.

## 4 Eat mindfully.

Use small portions and chopsticks to slow down and savor your food.

## 5 Do the “Hara hachi bu.”

Or, as Confucius once said: “Eat until 80 percent full” for good health and longevity.

## 6 Build a better gut.

Fermented foods like kimchi, miso and pickled veggies boost digestion and flavor.

## 7 Stay naturally sweet.

Fresh fruit, red bean treats or a touch of honey do the trick without the crash.

## 8 Soup up first.

Start meals with a light broth-based soup to help fill you up.

## 9 Get spicy, not salty.

Ginger, garlic, turmeric and lemongrass add flavor and boost immunity.

## 10 Small changes, big impact.

Adopt a few of these habits, and you’re on your way to eating well!