



asian women for health
 Vì Sức Khỏe Phụ Nữ Châu Á
 亚洲健康女性

AWFH is a peer-led, community-based network dedicated to advancing Asian women's health and wellness through education, advocacy, and support.



Dietary Recommendations

We've created this guide so that AAPI's can find balance in their diet and understand how we can better manage our increased risk factors and prevent other common health conditions with culturally relevant foods!


Diabetes

Diabetes is a chronic health condition that affects how your body turns insulin into energy.

It is the 5th leading cause of death in the Asian American community.

Management of Diabetes

At least half of your plate in your meal should include non-starchy vegetables!

 **TIP:** Most types of fatty fish would be great!

Here are some examples already commonly found in Asian cuisine:

Vegetables

- Chinese Spinach
- Bamboo shoots
- Chayote
- Leeks
- Okra

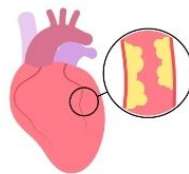
Protein

- Whole Eggs
- Edamame
- Lentils
- Tofu
- Tilapia



High Cholesterol

Cholesterol is a waxy, fat-like substance that's found in our blood stream. High cholesterol is having a total of **200+ mg/dL**.



However, for any given level of cholesterol, heart disease risk among South Asians is

double

that of other ethnic groups.

Management of High Cholesterol

The key is to **limit** foods high in saturated fat and **choose** foods low in trans fat, sodium, and added sugars.

Unhealthy Fats

- Potato Chips
- Butter
- Ice Cream
- Red Meat
- Coffee Creamer



Healthy Fats

- Sweet Potato Fries
- Extra Virgin Olive Oil
- Avocado
- Fatty Fish
- Coconut Milk

Tips for Cancer Prevention

Did you know

Cancer is the **#1** leading cause of death for Asian Americans?



Research has shown that soy foods may actually reduce the risk of certain cancers and reduce cancer recurrence risk among women who eat 1-2 servings per day

Cruciferous Vegetables

are known for its high fiber content and can significantly lower cancer risk!

- Broccoli
- Watercress
- Bokchoy
- Cauliflower
- Daikon
- Cabbage

