

Niaria



SECRETS OF A HEALTHY ASIAN DIET

BY LINH LE





DISCLAIMER

This content does not promise to cure, treat, diagnose or prevent any condition. Rather, it provides advice for educational and informational purposes based on Linh Le's studies and experiences. Before beginning any new diet or major lifestyle change, always consult your doctor first.

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IS THE SUCCESS IN YOUR CAREER TAKING A TOLL ON YOUR HEALTH?



Your CV shows that you're very successful in your career. You're an ambitious person and a high achiever when it comes to your job. You might not even give yourself sufficient credit for what you've achieved. In your position, your job demands a lot of thought and responsibility and by the end of a work day, you feel drained so that you only want to sit back with convenient food that doesn't require much thinking or preparation. The thought of grabbing a book to dive deeper into health-related topics is not even close to feasible with your busy schedule and the low energy level you feel. This would seem to you as if you were taking on an extra job. In this area of your life, you feel as if you've failed and you dislike being powerless here in this vicious cycle. But no need to blame yourself! There are good reasons for that. Also let me assure you: you've achieved so much already and with the right guidance at your side, you are able to successfully bring your health to its best level, too.





WHO I AM

I'm Linh, born and raised in Berlin as a daughter of Vietnamese immigrants. Sadly, I could observe how my mother, who adapted quickly to the Western cuisine, later on suffered from so-called chronic lifestyle diseases, whereas my traditional dad remained free from such conditions. During my first career as an engineer, I curiously witnessed more of such correlations between what my colleagues ate and what they suffered from. I myself realised that my body did not tolerate the foods, that I've been exposed to all my life. Furthermore, my health was compromised by doing a job I didn't enjoy. Today, I'm more than convinced that not only Asians can profit from the secrets of a healthy Asian diet. And that's what I'm here for: to give you the exciting idea that food can be tasty and healthy at the same time and that you can live a healthy and happy lifestyle.





NIARIA'S MISSION

MAKING YOU FEEL *healthy and happy :)*





WELCOME

...to your journey on finding out how to live a healthier lifestyle, starting with what you have on a daily basis: food. Know that you don't need to count calories, starve, go on a crazy regime or buy innumerable supplements in order to achieve and maintain optimal health.

WHAT YOU NEED IS MOTIVATION AND GUIDANCE.

Everyone is individual, but there are some fundamentals that we all need to understand in order to stay in balance and not get sick. Instead, if you incorporate these fundamentals into your daily life, you might not only stop hearing those background noises from minor health conditions, but you could even experience higher energy levels, productivity, and a better mood.



Recipe @NIARIA's blog



PURPOSE

Ever wondered why most Asians are healthy and rarely overweight? With this booklet, you'll not only be initiated into the secrets of a healthy Asian diet, but you will be introduced to the nutritional fundamentals, which we unfortunately haven't learned in school, but are essential to not only grow old – but more importantly to grow old in a healthy way. I encourage you to regard the upcoming information and recommendations as a palette of possibilities and take out only what works for. You don't need to apply all at once, but please enjoy this journey and keep having fun.



Recipe @NIARIA's blog

CONTENT



1 Asian wisdom: how to eat



2 Fundamentals: what to eat



3 Summary: putting into practice





PART I

SECRETS OF A HEALTHY ASIAN DIET





PART I

Take your time



Treat a meal like a ceremony, not a duty – starting from preparation to consumption

Meal time with the family is sacred in Asia. It's also very common to prepare the food together. You would neither want to rush through a meal, nor would you look at any screen or any other electronic device during a meal. Inhale and exhale three times before starting a meal in order to set yourself into a calm mood. Be mindful, focus on your food, and chew thoroughly. Drink only at least 30 minutes before a meal, but not during a meal. In Asia, this is not very common as it would slow down your digestion.

PART I

Mind your portion size





Asian dishes and cutlery

If you look at Asian dishes, you'll notice that small bowls are used, which can prevent you from overeating. Also chopsticks help you having adequate bite sizes and slowing down. With regard to the quantity of animal protein: the amount of meat served for one person in a Western meal would rather be shared with several people at a table in Asia. You would also not see a huge amount of carbs in Asian meals as you might know from Western dishes like pizza or pasta. Additionally, you want to determine the amount that ends up in your tummy by the end of a meal not when you already feel totally full, but just shortly before at 70-80%. No, it's not for the dessert. Note: Asians traditionally don't have sweet desserts after their meals for a good reason. But you want to stop shortly before full satiation because the feeling of satiation kicks in a tad later.





PART I

Variety is key



Shared dishes

In Asia, it's very common to share a variety of dishes at one meal — sharing is caring, right? This way, you won't get bored of eating the same few foods. The foods vary from cooked & raw vegetables, liquid & solid food, plant-based & animal protein. There are so many diets and food trends nowadays, you won't know what to believe. With a variety of foods in your diet that you alternate, you would minimise the risk of missing out on vital nutrients and getting bored from certain foods. It should be enjoyable and fun in the end, remember? ;) And one outstanding feature of the Vietnamese cuisine is that there is always a variety of fresh herbs with every meal.





PART II

FUNDAMENTALS

PART II

Eat natural foods





What are **NO** natural foods?

Processed food – that is engineered to make us overeat, become addicted, and alter our taste buds – provide a low nutrient density but instead lots of additives and preservatives. Examples are soft drinks, baked goods, candies, convenience food, basically anything that comes in packaging.

This is no longer natural food, which usually doesn't come in packages with ingredient lists. As a rule of thumb: products you buy should contain less than five ingredients and preferably only those that you can pronounce. Also genetically modified organisms (GMO) are no longer foods as nature has intended.



Now, let's have a look at natural food

Natural foods are a matter of definition. There are so many food trends nowadays. While one movement states that we should eat like our Stone Age ancestors – which would include meat – another movement is convinced that animal protein should be excluded from the diet entirely.

Some think that raw food is best for our health, while others heat up literally everything. Well, I'm not a fan of extrema. It's a matter of balance. But we are overexposed to certain foods that we tend to have more of than we should to stay healthy. One group of food you cannot do much wrong: vegetables.



PART II

Eat plant-based foods

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Make the major part of your dish based on plants

Going on a plant-based diet doesn't necessarily mean to go vegan. It merely suggests you to reconsider if you actually need to have such a big amount of meat in every single meal. Plant-based foods are high in fibre. Eating fibre with each meal, doesn't only make you feel satiated more easily, but it also improves your digestive functions, thus helps eliminate toxic waste from your body. If your digestive system is not working properly, unwanted waste will reside in the body and nutrients cannot be optimally absorbed – eventually leading to disease. Have vegetables and fruits along with water as a foundation of your diet.

The more colourful they are, the more antioxidants they provide, and thus the healthier they are. Include legumes, whole grains, nuts and seeds. These foods have been proven to be preventative against many chronic diseases such as cardiovascular diseases.



Recipe @NIARIA's cookbook



PART II

No need to cut out any group of macronutrients

Recipe @NIARIA's blog



PART II

Carbs, fats, and proteins are all welcome to the party

Recipe @NIARIA's cookbook



Recipe @NIARIA's blog

Carbohydrates

Don't be scared of carbs! Carbs are essential for energy. But the kind of carbs you choose will influence how you feel. The least processed or refined, i.e. complex carbs, are the best choice, such as whole grains, vegetables, and fruits. Simple carbs, i.e. highly processed refined grains in e.g. baked goods, candies, and soft drinks are not so good carbs.

Proteins

Proteins are crucial for the health of the muscles, blood, skin, hair, nails, and organs. They help us feel satiated. Choose a variety of plant-based protein sources (e.g. legumes and nuts) and animal protein.

Fats

Good fats are vital for producing hormones, protecting organs, absorbing vitamins, and managing inflammation. Avoid trans fats found in e.g. fried and packaged foods. Have healthy fats and oils instead, such as extra virgin olive oil, nuts, or avocados.

EXAMPLES OF HEALTHY FOODS

Vegetables

cucumber, tomatoes, bell pepper, spinach, arugula, zucchini, eggplants, broccoli, cauliflower, green beans, carrots, bok choy, onions

Herbs

chive, ramsons, parsley, (Thai) basil, cilantro, oregano, thyme, peppermint, dill weed

Pick at least one food of each field in a meal!

Carbohydrates

whole grain rice, quinoa, rye, millet, sweet potatoes, oat

Proteins

lentils, chickpeas, beans, peas, tofu, free-range poultry & eggs, grass fed beef, wild caught fish & seafood

Fats & Oils

ABC nuts (almond, brazil cashew), seeds (flaxseed, sesame), avocado, olive oil, coconut



PART III

SUMMARY



IN A NUTSHELL



1

**READ THE
INGREDIENT LIST
(MAX.5 ITEMS)**

2

**CHOOSE FRESH,
WHOLESOME,
NATURAL FOODS**

3

**HAVE A DIET
BASED ON PLANTS**

4

**EAT COMPLEX
CARBS, A VARIETY
OF PROTEINS, AND
HEALTHY OILS &
FATS**

5

**TAKE YOUR TIME
AND BE MINDFUL
DURING YOUR
MEALS**

6

**HAVE ADEQUATE
PORTION SIZES**

7

**VARY YOUR
FOODS**





Congratulations!

This is the end of "Secrets of a Healthy Asian Diet". And with this, you've made the first step towards a healthier diet and lifestyle. Prioritising your health is the foundation of everything you want to be or build. Every time you grab something to eat you can choose to do something for or against your body. But remember: your body will always work for you. It has the amazing ability to heal itself. If you listen to it carefully and give it the possibility to heal, you'll feel so thankful for the astonishing work of your body. I genuinely hope you could get something out of this booklet.



Recipe @NIARIA's blog



Loved this? Excited to reclaim your health with my guidance?

Hop on a free discovery call with me!

 info@niaria.com

 <https://niaria.com>

 <https://recipes.niaria.com>

yours Linh

