

NOURISHMENT

FOUNDATION DIETS FROM AROUND THE GLOBE

Traditional eating patterns observed around the world can provide inspiration and guidance for those looking to form more healthful eating patterns. The many commonalities in the examples below can serve as foundations for balanced, flavorful, and sustainable diets and lifestyles.

- **Mediterranean Diet:** Focuses on vegetables, fruit, legumes, whole grains, seafood, and olive oil, with smaller amounts of fermented dairy and red meat. Fruit is often preferred over desserts. Social connections and physical activity are key components.
- **African Heritage Diet:** Combines African staple foods with influences from the Caribbean, South America, and the American South. Emphasizes leafy greens, beans, starchy tubers, whole grains, and uses bold flavors from spices, garlic, citrus, and herbs.
- **Asian Heritage Diet:** Highlights vegetables in every meal, with soy as a central plant-based protein in East Asia. Rice and noodles are staple starches, complemented by smaller portions of meat. Focuses on mindful eating and physical activity.
- **Latin American Heritage Diet:** Merges traditions from indigenous South and Central American cultures with Spanish, Portuguese, and African influences. Core staples include corn, beans, squash, quinoa, and potatoes, alongside tropical fruits and vibrant flavors from chili peppers and citrus.



Scan the QR Code or visit
WeEatLiveDoWell.com/RA-Forlife/
#**RAFORLIFE**

FORLIFE
Cultivating wellbeing practices for life