



## Add Some Global Wisdom to Your Diet

**Take a look around the world, and you'll find that certain eating patterns are linked to lower rates of heart disease, cancer and other health conditions.** In China and Japan, for example, obesity rates are below eight percent. Asian cuisine typically includes plenty of green leafy vegetables, soy, noodles and rice with limited amounts of dairy and poultry.

### Take these steps for a globally inspired healthy diet:

- ✓ Eat more fruits and vegetables
- ✓ Consume legumes (beans and peas), nuts and seeds
- ✓ Cook with olive oil rather than butter and other solid fats
- ✓ Eat less processed and red meat
- ✓ Avoid consumption of high-fat dairy foods
- ✓ Choose whole-grain breads and cereals
- ✓ Season food with herbs and spices instead of salt to keep sodium levels low

Sources include U.S. Department of Health and Human Services; U.S. Department of Agriculture; American Heart Association; Food and Agriculture Organization of the United Nations; Centers for Disease Control and Prevention and National Heart, Lung, and Blood Institute/National Institutes of Health.