

ONE ASIA LECTURE SERIES

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– THE SECRETS OF –

# Asian Diets

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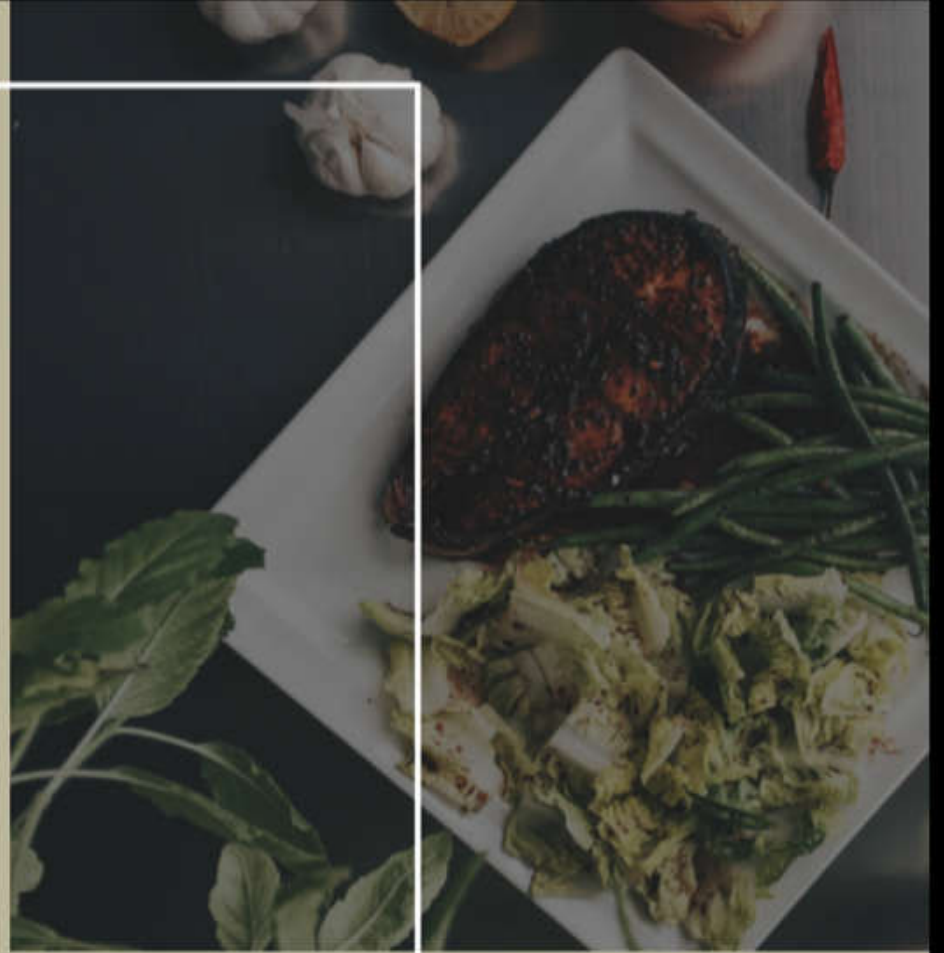
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# The benefits of Asian diets

Reducing the risks of type 2 diabetes, heart disease and cancer

# Asian diets and Diabetes



Green tea, various vegetables and fruits, whole grain intake, fruits as desserts, bean and nuts for snacks

# How to reduce the Diabetes risk?

fruits for desserts  
beans and nuts for  
snacks

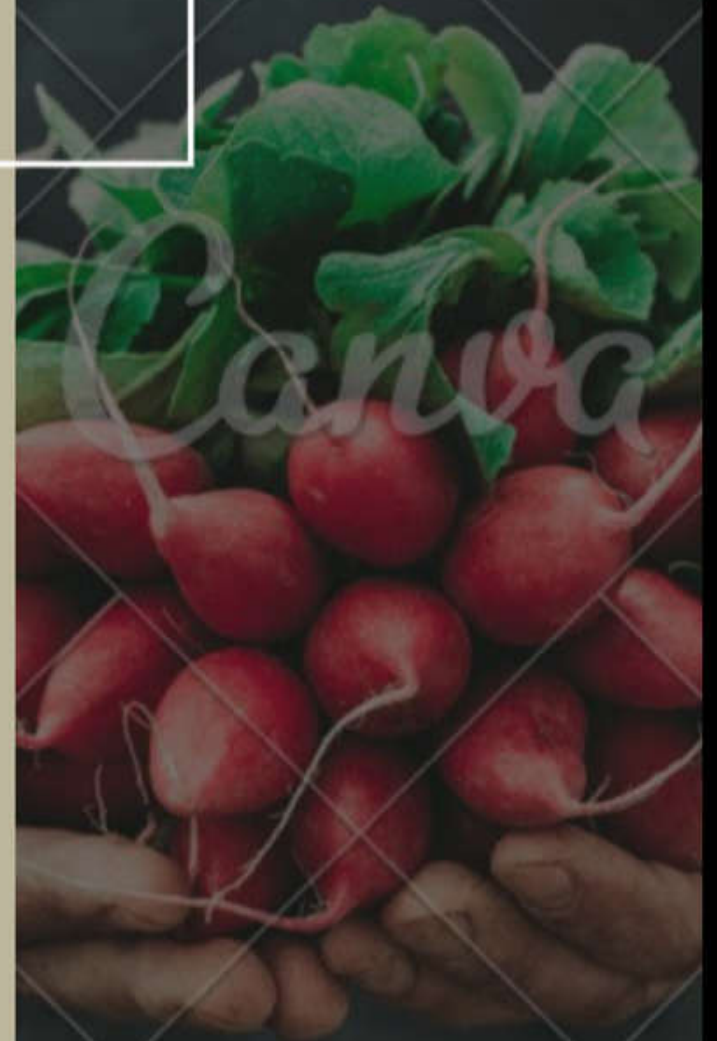
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whole grain like  
brown rice has  
lower glycemic  
index

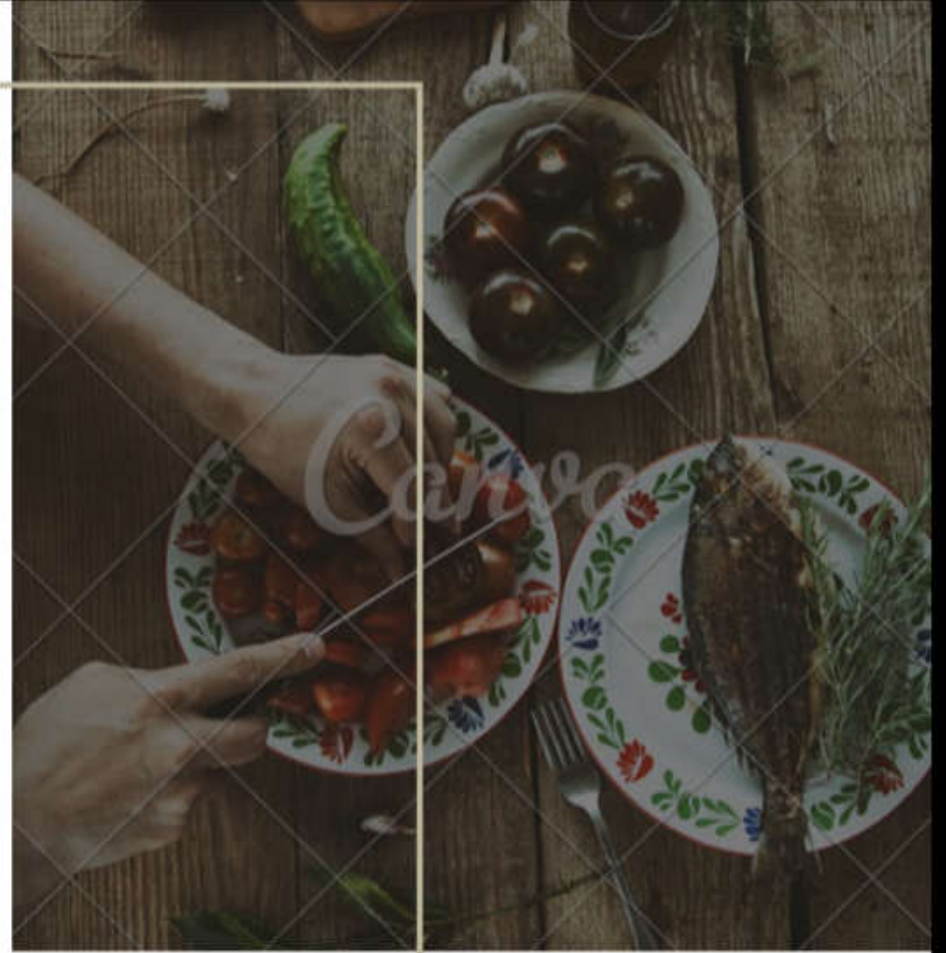
unsweetened  
green tea can  
reduce the risk of  
type 2 diabetes

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2 servings of whole  
grain intake per  
day reduce the risk  
of diabetes up to  
21%



# Asian diets and Heart disease



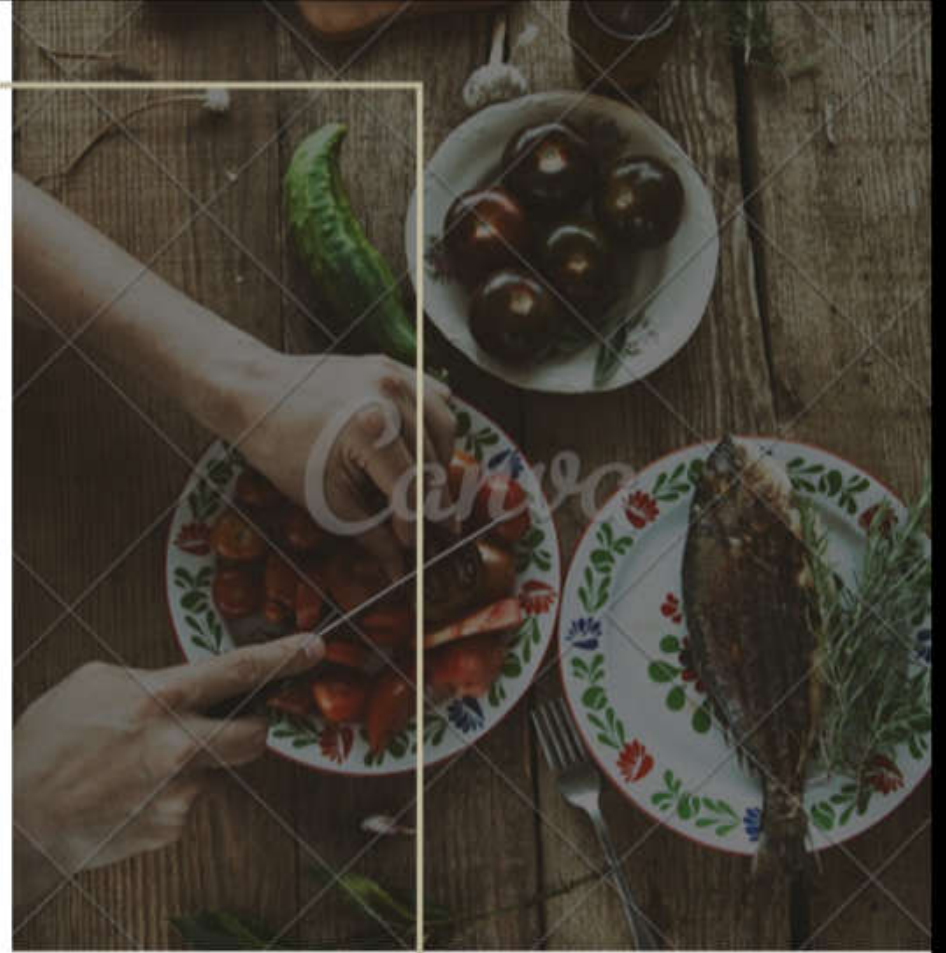
soy consumption, low consumption of red meat and dairy products, fish for omega 3 fatty acid, crunchy veggies and green leafy vegetables



# How Asian diets reduce heart disease risk?

- Soy consumption as protein source can reduce red meat consumption
- Crunch veggies are all known for reducing many degenerative diseases
- 3 or more servings of green leafy vegetables per week benefit on lowering risk of heart disease
- fish for omega 3 fatty acid

# Asian diets and cancer



soy products, fish, green tea, colourful fruits and  
veggies, lower red meat consumption



# How it helps reducing the risk of cancer

phytoestrogens isoflavones on whole soy products, omega 3 fatty acid to inhibit cancer growth, unsaturated fat, antioxidants, polyphenol potent antioxidant in green tea



# The risks of Asian Diets

White rice

Animal fat and palm oil

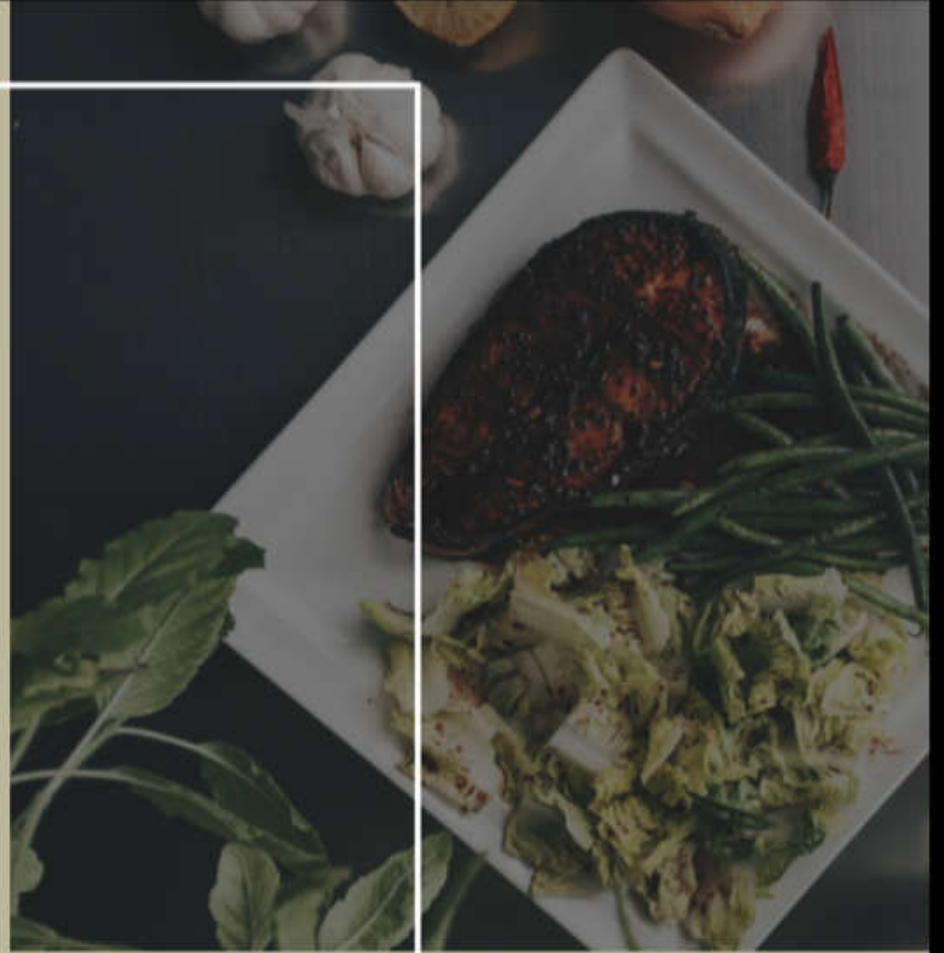
Unhealthy trans fats unlabelled

Sweets and snacks high in sugar

Sugar addition on tea and coffee

Too much salt

Excessive consumption of preserved foods



# Why?

White rice high  
Glycemic index  
doubled the risk  
of type 2 diabetes

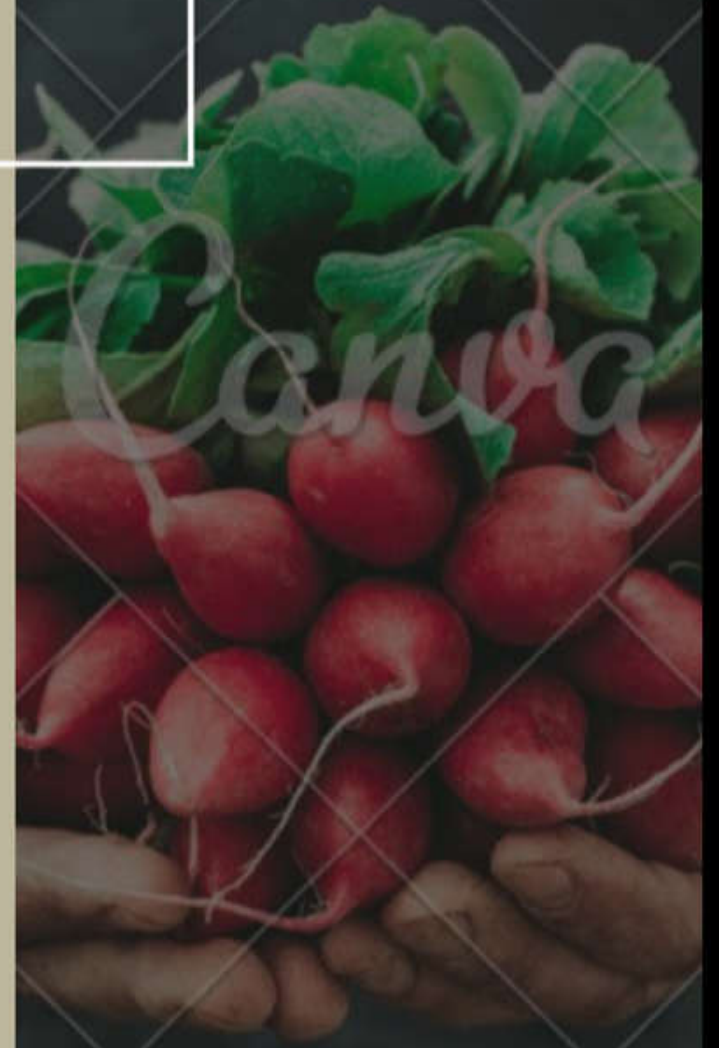
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Salt for additional  
taste and to  
preserve food can  
make the blood  
pressure higher

high intake of  
trans fat causing  
weight gain, heart  
disease and  
insulin resistance

too many calories  
and big serving of  
sugary drink

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# THE TREND OF WESTERN FAST FOOD

IT LOOKS COOL,

However....

Red meat and processed meat

High fructose corn syrup and added sugar

Sugary drinks

Fried foods (French fries, chicken, etc.)

Large portion size

Unhealthy food to children

Unregulated trans fats



# Interesting facts on Asian diets

- Small plates and chopsticks
- Hot tea before meals
- All about soup
- We don't do dessert that much
- Fish and fish and fish

A person's hands are visible, holding a rustic wooden tray. On the tray sits a bunch of fresh, vibrant red radishes with their green leafy tops. The background is a soft-focus green, suggesting an outdoor setting. The entire image is framed by a white border.

**ASIAN DIETS OFFER OPPORTUNITIES  
CHOOSE IT WISELY  
FOR YOUR HEALTH INVESTMENT**

ONE ASIA LECTURE SERIES NOVEMBER 2017

# References

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