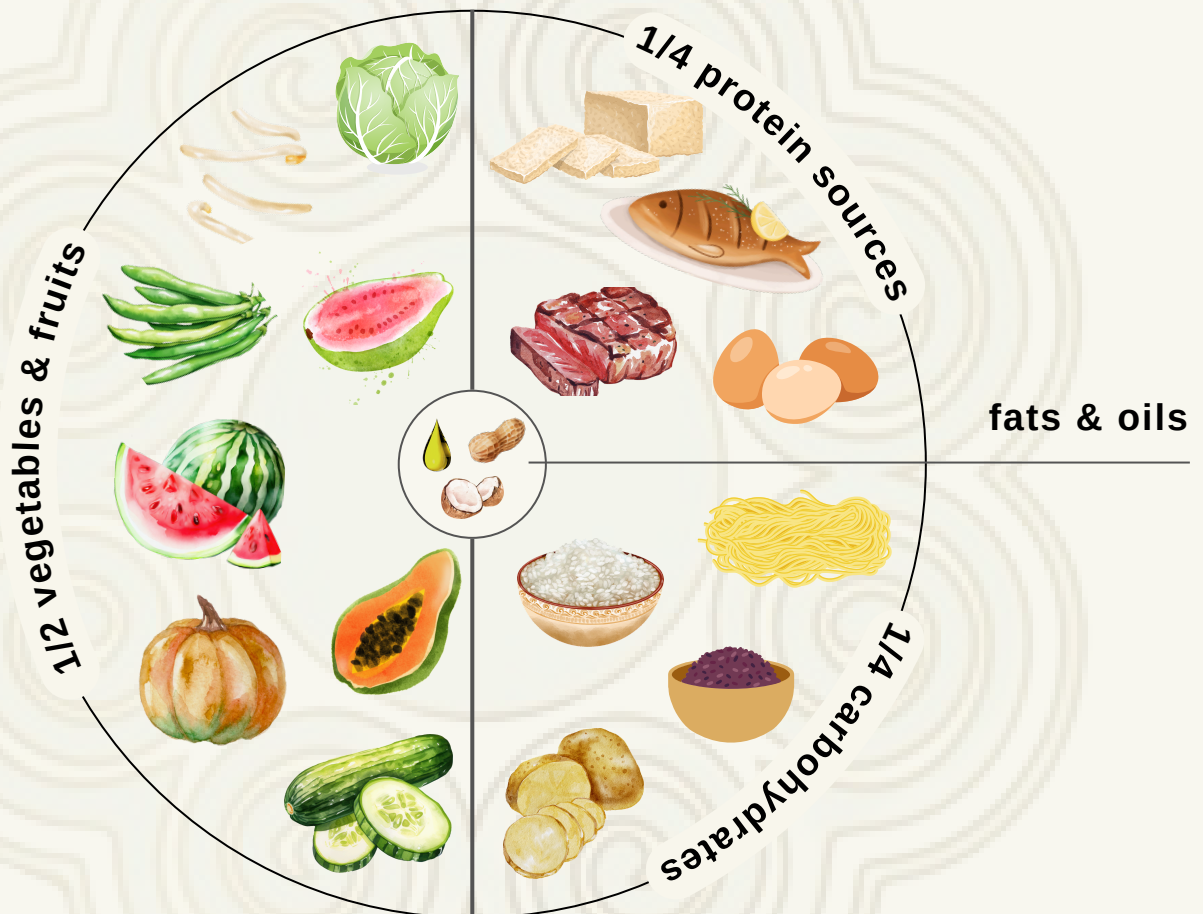


HMONG BALANCED PLATE

your guide for creating balanced meals



CARBOHYDRATES

Noodles, White Rice, Brown Rice, Purple Rice, Potatoes, Yam, Sweet Potatoes, Corn, Bread, Tapioca, Mung Bean, Mochi

PROTEIN

Chicken, Turkey, Beef, Salmon, Tofu, Soybeans, Edamame, Shrimp, Eggs, Tuna, Pork, Deer, Duck, Game Meats

VEGETABLES & FRUITS

Pumpkin, Guava, Cucumber, Green beans, Beans Sprout, Bok Choy, Cabbage, Corn, Taro, Bitter Melon, Squash, Paypaya, Mustard Greens, Lettuce, Lychee, Jackfruit

FATS & OILS

Nuts, Coconut, Peanut, Tree Nuts, Avocados, Vegetable Oils, Sesame Seed Oil

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