

Start Date : _____ End Date : _____








*Serving size guide next page

Okinawan diet foods	M	T	W	R	F	Sa	Su	Daily avg.
 Sweet potato/grains 10+								
 Vegetables 8+								
 Fruit 1+								
 Calcium-rich foods tofu/ soy milk/fortified juice 3								
 Omega 3 foods walnuts/ flax or chia seeds/Fatty fish  2								
 Flavonoid foods soy/beans/  tea/onions/apples/cocoa  3								
 Eggs, poultry/meat  1								
 Sweets 3/week								/wk
 alcohol  rarely, or never								/mo

The Okinawan diet restricts types of foods, but typically includes a great variety of vegetables (mushrooms, bitter melon, seaweed, leafy greens) as well as nutritious herbs and spices like mugwort and turmeric.

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Serving sizes:

 Vegetables (50%+)	Non-leafy: 1 cup/4oz.; Leafy greens: 2 cups/3 oz.
 Sweet potato/grains (30%+)	½ cup/4 oz.; (1 oz. dry rice, 2 T. unpopped popcorn; ½ cup cooked cereal; 1 slice bread)
 Fruit ↓	Berries/Melon: 1 cup/4 oz/115 g.; Dried: ¼ cup; Whole fruit: 1 small
 Beans/legumes (soy)	Cooked: ½ cup; Refried: ¼ cup; Tofu: 5 oz/150 g.; Soy milk: 1 cup/8 oz.
 Nuts/seeds ↓	Nuts: 1 oz.; Seeds: 2 T. sesame or sunflower; Nut Butter: 1 T.
 Fats Omegas 3 and 6	Oil: 1 Tablespoon; Light Dressing: 2 T.; Avocado: ⅓ or 50 g.
 Fish/Poultry/Meat (1% of total calories!)	3 oz.