

# Ingredients list

# Asian Diet

## Drinks

Acai Berry  
 Burdock  
 Coffee  
 Dandelion  
 Ginseng (Korean)  
 Ginseng (Siberian)  
 Green Tea  
 Rooibos (Red Bush Tea)  
 Tea

## Meat/Poultry

Beef  
 Chicken  
 Duck  
 Goat  
 Lamb  
 Pork  
 Turkey

## Fish/Shellfish

Abalone  
 Cod  
 Crab  
 Cuttlefish  
 Haddock  
 Herring  
 Lobster  
 Mackerel  
 Mussel  
 Oyster  
 Plaice  
 Prawn (Shrimp)  
 Salmon  
 Scallop  
 Sole  
 Trout  
 Tuna

## Grains

Barley  
 Buckwheat  
 Corn (Maize)  
 Gluten (Gliadin)  
 Hops

Millet  
 Oat  
 Rice  
 Rye  
 Spelt  
 Wheat

## Nuts/Seeds

Almond  
 Brazil Nut  
 Cashew Nut  
 Coconut  
 Hazelnut  
 Peanut  
 Rapeseed  
 Sesame Seed  
 Sunflower Seed  
 Walnut

## Herbs/Spices

Anise Seed  
 Basil  
 Bayleaf  
 Cardamom  
 Cassia  
 Chilli Pepper  
 Cinnamon  
 Clove  
 Coriander  
 Cumin  
 Curry Leaves  
 Curry Powder  
 Dill  
 Garlic  
 Ginger  
 Juniper  
 Mint  
 Mustard Seed  
 Nutmeg  
 Paprika  
 Parsley  
 Peppercorn  
 Saffron  
 Sage

Thyme  
 Vanilla

## Vegetables/Pulses

Asparagus  
 Aubergine (Eggplant)  
 Avocado  
 Bean Sprouts  
 Beetroot  
 Bok Choy (Pak Choi)  
 Broccoli  
 Brussels Sprouts  
 Cabbage  
 Carrot  
 Cauliflower  
 Celery  
 Cucumber  
 Haricot Bean  
 Kale  
 Kidney Bean  
 Lentils  
 Lettuce  
 Lotus Root  
 Mushroom  
 Okra  
 Onion  
 Pea  
 Peppers (Capsicum)  
 Potato  
 Pumpkin  
 Soya Bean  
 Spinach  
 String Bean  
 Sweet Potato  
 Turmeric  
 Water Chestnut

## Fruit

Apple  
 Apricot  
 Banana  
 Bilberry  
 Blackberry  
 Blackcurrant  
 Cantaloupe

Cherry  
 Cranberry  
 Grape  
 Grapefruit  
 Honeydew  
 Kiwi  
 Lemon  
 Lime  
 Lychee  
 Mango  
 Mulberry  
 Olive  
 Orange  
 Papaya  
 Peach  
 Pear  
 Pineapple  
 Plantain  
 Plum  
 Pomegranate  
 Raspberry  
 Rhubarb  
 Strawberry  
 Tomato  
 Watermelon

## Other

Agar Agar  
 Bamboo  
 Carob  
 Chickpea  
 Cocoa Bean  
 Cola Nut  
 Cow's Milk  
 Egg White  
 Egg Yolk  
 Goat's Milk  
 Hemp  
 Jasmine  
 Lemongrass  
 Seaweed  
 Sheep's Milk  
 Sugar Cane  
 Tamarind  
 Yeast