The Project – Healthy “Vegetarian Asian” Diet

Your team is to design a complete meal pattern for a healthy American individual either man or woman, aged 25-55 years, who follows a vegetarian/pescatarian dietary pattern with Asian heritage or influences. The meal pattern is to deliver complete nutrition for that individual over a period of 2 weeks (meals and snacks for 14 days). The idea is that of a household setting in which people will prepare meals and consume them within their daily schedule, with options for in between meals that can be carried outside of home/office.

You are to design a diet that meets nutritional principles and reflects traditional Asian influences on cuisine within a vegetarian/pescatarian diet. There are many ways you can interpret this goal and your first task is to decide how you want to tackle it (and get instructor approval). You need to understand what that traditional diet is or what the influences are, what the hallmark features of the diet are, and how it needs to be adapted to be “healthier”, which means meeting the nutritional goals of the exercise. There is a literature on various adaptations of traditional Asian Heritage diets that would help you in this task. An excellent resource for you is found at the website listed here: https://oldwayspt.org/traditional-diets/vegetarian-vegan-diet and https://oldwayspt.org/traditional-diets/asian-diet

Your meal pattern should accomplish the following objectives:
1) Be true/representative of the dietary pattern and culturally appropriate;
2) Be appealing to a panel that constitutes an appropriate audience;
3) Provide options (selections);
4) Be creative and thematic;
5) Meet the DRI’s for major macro- and micro-nutrients;
6) Meet energy requirements; the goal is weight maintenance rather than weight change;
7) Meet the US Dietary Guidelines (or you should understand why it doesn’t!);
8) Be reasonable in terms of cost.

To complete the report, you will need to:
1) Learn about the pattern, the concept and the important principles of the Asian and vegetarian culture
2) Develop/identify foods/recipes: what does a meal look like?
3) Create meal/snack menus (be creative and provide names to the foods/meals being offered based on your understanding of the culture and history around food)
4) Conduct energy and nutrient analysis for meal selection options for the 14 day plan. Please have each member of the group contribute to meal plans and adjustment of recipes – do not have one person design everything! Make sure to identify in your report the contributions of each member to this section.

The written report should include sections devoted to each of these components. While no report length is specified, it is envisioned that the report exclusive of appendices would be about 20 pages. A sample outline would be:

Title Page
Introduction
The food and cultural history, its patterns, its principles
The process of the creating the meal pattern
The Menus
Summary report of nutritional analysis
Appendix: Links to recipes, recipes, modifications made to recipes and other materials.

In terms of both the report and the presentation, please be creative in your presentation of menus/meal plan.