



THE TIBETAN FOOD PYRAMID

© SNOWLAND CHILDREN FOUNDATION



6 G's: GO GROW GLOW
AND YOU WILL



GAIN

→ STRENGTH, HEIGHT, POWER, ENDURANCE

GET

→ HEALTHY, SMART, SUCCESSFUL

GATHER

→ KNOWLEDGE, PATIENCE, WISDOM

1. GO

ENERGY GIVING: CARBOHYDRATES (FAST ENERGY) + FATS (ENERGY RESERVE)

a) **FAST Energy: Simple sugars (sweet)**

Sources: Regular sugar, glucose, fresh fruits, dried fruits, etc.

b) **SLOW Energy**

Sources: rice, noodles, cereals and flours, maize, millet, potatoes, **TSAMPA** etc.

c) **LONG LASTING Energy: FATS**

Sources: Soybean oil, olive oil, rapeseed oil, butter, nuts, avocado, cheese

2. GROW

BODY BUILDING: PROTEIN & MINERALS E.G. CALCIUM, PHOSPHORUS, IRON, ZINC

Sources: **ANIMAL** (high protein quality): milk & milk products like paneer or curd, yoghurt or dahi, lassi, etc meat, fish, sea food, eggs

Sources: **PLANT** (lower protein quality): Tofu (soy protein) and other soybean products, peas & beans (Pulses) like different lentils, kidney beans, chick peas, goa beans, red beans, etc, nuts, mushrooms

3. GLOW

PROTECTIVE AND REGULATORY - AS COLORFUL AS POSSIBLE

Sources: Vegetables as colourful as possible like tomatoes, peppers, all green leafy vegetables, cauliflower, broccoli and other cabbage, carrots and other roots. All kinds of fruits.

Eggs (especially egg yolk contain ADEK vitamins and iron)
Cheese contains lots of Calcium

SAVOURY FOODS – ENJOY

But: Empty Energy
SUGAR & SALT & bad fats
(e.g. candies, cookies, khapsey, chips, soft drinks, etc.)

Pleasure with measure

CHIPS are empty energy with bad fats + heaps of salt
SOFT drinks are empty calories (sugar)
INDIAN SWEETS contain heaps
of (bad) fat and calories

FATS AND OILS

(ENERGY AND LONG CHAIN UNSATURATED FATTY ACIDS)

Oils (esp. Soybean oil or Canola oil), butter, ghee / nuts
(No Vanaspati Ghee!)

2-3 spoonful Oils, mainly Soybean oil or Canola oil, 20g nuts,
1 spoonful butter (10g)
(Cocos and palm fat for deep frying only)
(Mustard oil and palm fat only rarely, bad fats)

PROTEIN (STRUCTURE)

Eggs, milk and milk products, firm cheese, paneer, dahi, lassi
Lentils and other peas & beans = Pulses (Dal Bhat), **TSAMPA**
Tofu / meat, poultry and fish / mushrooms

1 g/kg body weight and day!
3 portions per day (one with every main meal)
(1 portion = 100g non-liquid pulses, 200 ml milk, 100g paneer
or dahi or lassi, 2 eggs or 100 g meat, poultry, fish or tofu
(**ONLY** milk delivers enough CALCIUM for growth)

VITAMINS & MINERALS (GLOW)

All kinds of Vegetables and Fruits, **TSAMPA**
- as colourful as possible for best vitamin and mineral supply
(Fruit juices belong here!)

All kinds of Vegetables and Fruits (not after 4 pm)
Dried fruits, onions, ginger, garlic
5 portions per day (1 portion = 1 handful) (3 x veg. / 2 x fruits)
(Add lemon juice to all vegetables for better Calcium and Iron
absorption)

CARBOHYDRATES (ENERGY) AND FIBERS

Rice (also dresil), grains, seeds, pulses, potato,
Wheat like Tingmo, Thukpa, Chapati,
Batsa Markhu, Sha Balap, Tibetan bread, Veg Momos, **TSAMPA** etc.
(if possible **WHOLE GRAIN** products)

With each main meal,
as variable as possible
TSAMPA as often as possible
Don't overeat (weight gain!)

LIQUIDS (BEVERAGES)

preferably NON sweetened beverages like water or tea
(only very little salt in butter tea or little sugar in Chai;
SOFT DRINKS are SAVORY Drinks, no thirst quenchers!)

1.5 – 2 l per day
throughout the whole day,
Liquids help keeping hydrated and refreshed
(in summer or with sport, you might need more)

