THE TIBETAN FOOD PYRAMID

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, yogurt, 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, pea 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.)

FATS AND OILS
(ENERGY AND LONG CHAIN UNSATURATED FATTY ACIDS)
Oils (esp. Soybean oil or Canola oil), butter, ghee / nuts
(No Vanaspati! Ghee!)

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

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

CARBOHYDRATES (ENERGY) AND FIBERS
Rice (also d席执行官), grains, seeds, pulses, potato,
Wheat like Tingmo, Thukpa, Chapati,
Batsa Markhu, Sha Balap, Tibetan bread, Veg Momos, TSAMPA etc.
(d possible WHOLE GRAIN products)

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 quencher!!)

GAIN
→ STRENGTH, HEIGHT, POWER, ENDURANCE
GET
→ HEALTHY, SMART, SUCCESSFUL
GATHER
→ KNOWLEDGE, PATIENCE, WISDOM

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

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)

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)

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)

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

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)

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