

How to have a healthy Chinese New Year

Creating Healthy
Asian American Communities
in Michigan



Focus on high fiber
vegetables, low-fat dishes,
and low sugar sauces

Instead of fried appetizers:

Cheese wontons
Spring rolls
Fried wonton



Have this:
Steamed dumplings
Egg drop soup
Baked spring rolls
Steamed bok choy



Instead of fried meats:

Orange chicken
Salt pepper fried fish
Ginger beef



Have this:
Hunan chicken
Ginger soy steamed fish
Pepper steak
Beef with broccoli



Instead of high fat desserts:

Sesame balls
Crispy peanut dumplings



Have this:
Fresh fruit
Mochi
Black sesame Tang Yuan
Baked egg cake
Eight Treasure Rice Pudding



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