

# WORLDS OF HEALTHY FLAVORS — ASIA® —



## STRATEGIC CALORIE DESIGN



Menu design guided by the Principles of Healthy Menu Research and Development, developed by The Culinary Institute of America & Harvard School of Public Health, Department of Nutrition to assist chefs in creating more healthful menu offerings.



CUT  
CALORIES  
FROM ANY  
MEAL  
OR DISH  
WITHOUT  
SACRIFICING  
TASTE  
AND  
CONSUMER  
APPEAL

KCAL	Food Item		KCAL	Food Item	KCAL Savings
131	white rice, cooked	vs.	22	cabbage	109
161	plain pasta, cooked	vs.	117	cooked lentils	44
110	rice noodles	vs.	39	papaya strips	71
176	ground beef, 90% lean	vs.	22	white mushrooms	154
227	battered, fried chicken thigh with skin	vs.	110	skinless chicken breast	117
204	lean lamb leg sirloin	vs.	118	lean white fish (pollock)	86
143	whole egg	vs.	52	egg white	91
365	heavy cream	vs.	26	cauliflower, cooked	339
180	Alfredo sauce	vs.	49	Tomato/marinara sauce	131

## SELECTED PRINCIPLES

Swap out high-calorie ingredients for healthier options	Focus on presentation and overall dish proportions	Use healthier cooking applications and techniques	Reduce portion sizes	Think strategically about long-term culinary traditions and flavor trends in terms of maximizing flavor in healthful ways
Focus on fruits and vegetables first	Leverage small indulgences for maximum impact	Roasting Grilling Steaming Poaching Baking Braising	Change portion sizes	
Increase options for healthy protein choices	Consider plating options for eye appeal		Offer a range of portion sizes	