

TIPS FOR ADAPTING CHINESE CUISINE TO A REDUCED CARBOHYDRATE LIFESTYLE

Chinese cuisine, known for its diverse flavours and rich culinary traditions, can easily be adapted to a lower carbohydrate eating approach. By focusing on traditional ingredients and cooking methods, you can enjoy the delicious and varied dishes of Chinese cuisine while reducing carbohydrate intake. This approach not only preserves the authenticity of Chinese food but also promotes a healthier lifestyle, allowing you to savour the cultural essence of each meal without compromising on your dietary goals.

Embrace Traditional Ingredients

1. **Use Low Carbohydrate Proteins:** Incorporate proteins like chicken, pork, beef, and seafood into dishes. Tofu and tempeh are also great options that are lower in carbohydrates.
2. **Incorporate Leafy Greens:** Use traditional Chinese greens such as bok choy, Chinese broccoli (gai lan), and mustard greens in stir-fries and soups. These greens are low in carbohydrates and highly nutritious.

Traditional Cooking Methods

1. **Stir-frying and Steaming:** Prepare dishes using stir-frying or steaming methods. Use plenty of low carbohydrate vegetables like bell peppers, mushrooms, and courgette and cook with healthy oils like sesame or peanut oil.
2. **Soups and Broths:** Make nutritious and flavourful soups using bone broth as a base, adding in lean proteins and non-starchy vegetables like napa cabbage, spinach, and tofu.

Vegetable Substitutes

1. **Cauliflower Rice:** Substitute regular rice with cauliflower rice in dishes like fried rice or as a base for stir-fries. Cauliflower rice absorbs the flavours of sauces and is a great lower carbohydrate alternative.
2. **Courgette noodles:** Use spiralised courgette or shirataki noodles as a substitute for traditional wheat noodles in dishes like lo mein and chow mein, providing a lower carbohydrate option.

Flavour with Traditional Spices and Herbs

- **Ginger and Garlic:** Use traditional spices like ginger, garlic, and star anise to flavour dishes. These spices are low in carbohydrates and provide health benefits.

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- **Soy Sauce and Vinegar:** Use soy sauce, tamari, or coconut aminos for seasoning, and incorporate rice vinegar or black vinegar to add depth to flavours while keeping carbohydrates low.

Traditional Preservation Techniques

- **Pickling and Fermenting:** Utilise traditional preservation methods such as pickling with low carbohydrate vegetables like radishes and cucumbers. Fermenting vegetables like kimchi can enhance flavour without adding carbohydrates.
- **Drying:** Use traditional drying techniques for fish or meats, which can be incorporated into lower carbohydrate snacks and meals.

Traditional Bread and Staples

- **Low Carbohydrate buns:** Create a lower carbohydrate version of bao (Chinese steamed buns) using almond flour or coconut flour, maintaining the traditional preparation methods.
- **Side dishes:** Replace high-carbohydrate sides like rice and noodles with stir-fried or steamed vegetables such as bok choy, broccoli, and cabbage.

By integrating these culturally centred approaches, you can enjoy the rich traditions of Chinese cuisine while maintaining a lower carbohydrate eating approach.