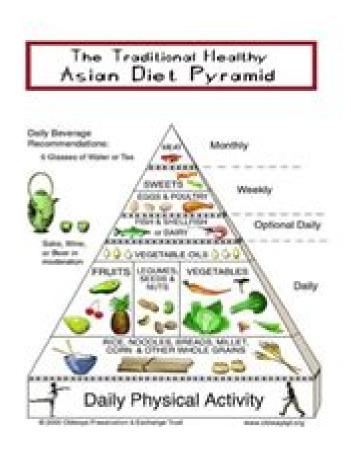
# Ethnic/Cultural Food Pyramids



### Chinese:

- Typically low in protein, calcium, vitamin D
- Vegetarian & lactose intolerance common
- Meat and milk limited
- Yin (cool) and Yang (hot)

## **Ethnic And Cultural Food Guide Pyramids**

**Roman Wölfel** 

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