

# Cultural Meal Adaptation Route Card

## Keep Tradition Visible

Meal Element	What Matters
Staple	
Flavor base	
Shared meal role	
Ritual or timing	
What should not change	

## Change One Variable

Choose one:

- Portion
- Side dish
- Ingredient form
- Cooking method
- Sauce or topping on the side
- Meal timing

## Rebuild

After the quiet phase, plan reintroduction and personalization. The goal is not permanent restriction. The goal is a wider pattern that fits symptoms and food identity.

## Help Needed

Ask for dietitian or clinician support if your food list keeps shrinking, you are losing weight without trying, eating feels frightening, or nutrition adequacy is uncertain.