

Lucky Foods for Chinese New Year

By Lillian Bridges

As you prepare for your celebrations for the Chinese New Year, and look forward to the good fortune that 2017 brings, be sure to add some extra luck by incorporating these lucky foods into your diet every day!

Abalone	definite good fortune
Apple	wisdom, peace
Apricot	dried – gold, wealth
Arrowhead Roots	a good life
Bamboo Pith	long life
Bamboo Shoots	wealth, a new start, long life
Banana	brilliance at school or work
Bean Curd / Dried or Pressed Tofu	fulfillment of wealth and happiness
Bean Curd Sticks / Dried / Tofu Skin	blessings on the house
Bean Sprouts	positive start for the New Year, get your heart's desire
Black Moss	growing wealth
Napa Cabbage	much prosperity and luck
Carrots	good luck and money
Cashew Nut	gold, money
Celery	good hard work

Chinese Chives / Garlic Chives	something good lasts forever, longevity
Cilantro / Coriander Leaves	serendipity
Chicken	happiness in marriage and togetherness
Chicken, Whole	prosperity, togetherness of the family, joy
Chinese Garlic Chives	long life
Clams / Scallops	opening of new horizons, wealth
Coconut	promotes togetherness
Corn	growth
Daikon Radish	good omens
Daylily Buds / Golden Needles	wealth
Duck	creativity and fertility
Dumplings	wealth and abundance. Steamed and boiled are silver, fried are gold. Round Dumplings mean togetherness and heavenly blessings.
Eggs	creativity and fertility
Egg Rolls / Spring Rolls	money, wealth and gold
Greens / Green Vegetables	abundance and longevity for parents

Lucky Foods for Chinese New Year

By Lillian Bridges

Fish, Whole	an increase in prosperity and an abundance of extra wealth. The head and tail symbolize a good beginning and end of the year	Lychees	close family ties
Fish Balls	reunion	Meatballs	close family ties and reunion of family members
Five Vegetable Stir Fry	gives the Five Blessings of Longevity, Riches, Peace, Wisdom and Virtue	Melon	family unity and when candied, it also means growth and good health
Gingko Nuts	wealth and good fortune	Mu'er / Tree Ear or Wood Mushroom	longevity
Glass Noodles / Bean Thread Noodles	silver chain	Mung Bean Thread Noodles	Long Life when served uncut
Grapes	wealth, abundance, fertility, creativity and family harmony	Wheat or Rice Noodles	long life when served uncut
Greens	abundance	Onion	cleverness
Jujubes / Chinese Dates	wealth, prosperity, fertility and creativity	Oranges and Tangerines	luck, wealth and gold. They are even better with the leaves attached, as this means longevity
Kumquat	gold, wealth and fortune	Oysters	receptivity to good fortune, good business and when dried, it means good things are coming and good luck
Leek	clever with money	Peach	immortality and brings increased beauty. A pair of Peaches means wealth, abundance, long healthy life and great fortune for many generations
Lettuce	prosperity and growing wealth, good for a fresh start. When used as a wrap, it means a baby may be conceived soon or creative inspiration will occur.	Peanuts	health, long life, birth of prosperity, continuous growth, multiplication in wealth, good fortune and stability
Longan	many good children or a lot of new creative ideas	Pineapple	wealth, luck, excellent fortune, gambling luck
Lotus Root	continuing wealth	Pomegranate	many offspring, increased creativity
Lotus Seeds	a lot of money in your wallet, many children		

Lucky Foods for Chinese New Year

By Lillian Bridges

Pomelo	continuous abundance, prosperity and status
Pork	strength, wealth, abundant blessing
Pumpkin	prosperity, abundance, descendant's luck, illustrious children, enchantment, fruit draws the earth energy to manifest gold
Radish Cake / Turnip Cake	Good Omens
Rice	abundance, fertility, luck, wealth. Rice symbolizes the link between Heaven and Earth and when sticky means the family will stick together
Rice Cakes (Sweet & Savory)	increasing prosperity every year and higher position
Scallions / Green Onions	brings intelligence
Seaweed	prosperity, good luck and increased wealth
Seeds	lotus seeds, watermelon seeds, sesame seeds – many children and more creative ideas
Shitake Mushrooms / Dried Black Mushrooms	longevity, seizing opportunities Shrimp – happiness and good fortune
Snow Peas	unity
Sweets	safety, good fortune and a sweet life in the New Year
Walnut	happiness for the entire family
Water Chestnuts	unity

NOTES:

To add a little something special to your Chinese New Year celebrations, try these handy tips:

- For fun, the Chinese will often add a small coin inside one of the New Year's Dumplings so that the person who finds it is showered with good fortune and wealth. If you decide to do this, warn everyone to bite into his or her dumplings carefully!
- Often 8 snacks are served together and called the Tray of Togetherness. Eight is a lucky number and also is symbolic of wealth.
- Tray of Togetherness – 8 snacks served together.
- Serve Bean Curd fried, dried or marinated so that is not white in color.
- Fresh Fruit symbolizes life and new beginning.
- The round shape of Chinese New Year's foods symbolizes family reunions.
- Seeds of any kind enhance fertility and creativity.

