

Asian Food Guide for Meal Planning

Carbohydrates

Carbohydrates are the main source of energy for your body. Foods with carbohydrate raise your blood glucose levels the most. Do include _____ carbohydrate choices (see list below) at each main meal (breakfast, lunch & dinner) and 1 carbohydrate choice for between meal snacking:

Starch/Bread group

1 slice (1oz) bread	1/3-cup glutinous rice
1/2-cup cooked oatmeal	1/2 small steamed bun
1/3-cup cooked rice	3oz (small) potato
1/3-cup noodle, macaroni	1/3-cup lotus or taro root
1/2-cup corn or peas	1/2-cup gingko seeds
1/3-cup rice noodles (fun)	1/2-cup mung bean
1 cup rice congee (jook)	3 graham crackers
1/2-cup cellophane noodles	2 fortune cookies
1/4-cup rice pudding	1 small eggroll
4 wonton	1/2-cup water chestnuts
2 dumplings	3 pieces California roll sushi
	2 Tbsp. cornstarch

Fruit group

1 small orange	1 cup strawberries
1/2 medium grapefruit	1/2-cup canned fruit
1 medium apple/pear/peach	2 tbsp. raisins
15 grapes	1/2 small mango
4 inches banana	5 kumquats
2 medium starfruit (carambola)	1/2 medium papaya
1/2-cup lichee	3/4-cup longan
1/2 persimmon	3/4-cup pummelo
1 medium guava	6 medium red dates

Milk Group

8oz milk	8oz soymilk
1 Tbsp condensed milk	1 cup yogurt, artificially sweetened

Protein

Protein helps build tissues and muscles. These do not raise blood glucose. Meats should be baked/broiled and visible fats removed.

Do include about 3oz lean meat into each main meal:

chicken	fish	tofu	
turkey	seafood	soybeans	cheese
sirloin beef	pork	eggs	nuts

Fats and Oils

These do not raise blood sugar.

butter	oil	margarine
mayonnaise	olives	avocado

Vegetables

Vegetables are usually high in fiber and have little effect on your blood glucose. Include in every meal:

broccoli	bamboo shoots
spinach	bitter melon
cabbage	celery
lettuce	eggplant
bok choy	black mushrooms
mustard green	turnip or daikon
hairy melon	wintermelon
bean sprouts	carrots
watercress	Napa cabbage
tomatoes	asparagus
mung bean sprouts	peapods
long green beans	