# 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
- ½-cup cooked oatmeal
- 1/3-cup cooked rice
- 1/3-cup noodle, macaroni
- ½-cup corn or peas
- 1/3-cup rice noodles (fun)
- 1 cup rice congee (jook)
- ½-cup cellophane noodles
- ¼-cup rice pudding
- 4 wonton
- 2 dumplings
- 1/3-cup glutinous rice
- ½ small steamed bun
- 3oz (small) potato
- 1/3-cup lotus or taro root
- ½-cup gingko seeds
- ½-cup mung bean
- 3 graham crackers
- 2 fortune cookies
- 1 small eggroll
- ½-cup water chestnuts
- 3 pieces California roll sushi
- 2 Tbsp. cornstarch

***Fruit group***

- 1 small orange
- ½ medium grapefruit
- 1 medium apple/pear/peach
- 15 grapes
- 4 inches banana
- 2 medium starfruit (carambola)
- ½-cup lichee
- ½ persimmon
- 1 medium guava
- 1 cup strawberries
- ½-cup canned fruit
- 2 tbsp. raisins
- ½ small mango
- 5 kumquats
- ½ medium papaya
- ¾-cup longan
- ¾-cup pummelo
- 6 medium red dates

***Milk Group***

- 8oz milk
- 1 Tbsp condensed milk
- 8oz soymilk
- 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
- spinach
- cabbage
- lettuce
- bok choy
- mustard green
- hairy melon
- bean sprouts
- watercress
- tomatoes
- mung bean sprouts
- long green beans
- bamboo shoots
- bitter melon
- celery
- eggplant
- black mushrooms
- turnip or daikon
- wintermelon
- carrots
- Napa cabbage
- asparagus
- peapods

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