

# 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 ginkgo 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	

# 中餐食品計劃指南

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## 澱粉質

澱粉質是您身體主要的能量來源。而使您血糖度數提高的最多的食品是含有澱粉質的食物。請在每早，午，晚三餐中包括以下所註的\_\_\_\_\_種澱粉質在內，並每餐之間的小吃食品中選擇其中一種澱粉質食物。

### 澱粉質/麵包類

1 塊(1 安士)麵包	1/3 杯糯米飯
1/2 杯煮熟麥片	1/2 個小蒸包
1/3 杯煮熟米飯	3 安士(小)馬鈴薯
1/3 杯麵條，通粉	1/3 杯蓮藕或芋頭
1/2 杯粟米粒或青豆	1/2 杯銀杏
1/3 杯米粉(粉)	1/2 杯綠豆
1 杯粥	3 塊甜麥餅乾
1/2 杯粉絲	2 塊幸運曲奇餅
1/4 杯西米布丁	1 條小春卷
4 粒雲吞	1/2 杯馬蹄(荸薺)
2 隻餃子	3 塊壽司(California Roll)
	2 茶匙鷹粟粉

### 水果類

1 個小橙子	1 杯士多啤梨(草莓)
1/2 個中等西柚	1/2 杯罐頭水果
1 個中等蘋果/啤梨/桃	2 茶匙葡萄乾(提子乾)
15 粒葡萄(提子)	1/2 個小芒果
4 吋香蕉	5 粒金橘
2 個中等楊桃	1/2 個中等木瓜
1/2 杯荔枝	3/4 杯龍眼
1/2 個柿子	3/4 杯柚子(西田柚)
1 個中等蕃石榴	6 粒中等紅棗

### 奶類

8 安士奶	8 安士豆奶
1 茶匙煉奶	1 杯代糖乾乳酪

## 蛋白質

蛋白質幫助加強建造纖維組織和肌肉。這些不會提高血糖。肉類應當烤/煮，並把脂肪去除。

請每主餐包括大約三安士無脂肉類

雞	魚	豆腐	豬肉
火雞	海鮮	豆類	芝士(乾乳酪)
牛腰肉(西冷肉)		雞蛋	花生

## 脂肪和油

此類食物不會提高血糖。

牛油	油	人造牛油(margarine)	
蛋黃醬(Mayonnaise)		橄欖	牛油果

## 蔬菜類

蔬菜一般比較高纖維並對您的血糖影響非常小。每餐要包括：

西蘭花	甘荀
菠菜	苦瓜(涼瓜)
耶菜花	芹菜
生菜	茄子(矮瓜)
白菜	冬菇
青菜	白蘿蔔
毛瓜	冬瓜
豆芽	紅蘿蔔
西洋菜	紹菜(大白菜)
蕃茄	蘆荀
小豆苗	青豌豆