

PROTEIN

Some processed protein products may contain carbohydrates. Read the label.

Beef
roast, steak, or ground
1 oz.

Cheese, hard
swiss, jack, cheddar, mozzarella, or american
1 oz.

Cheese, soft
cottage, ricotta, paneer
1/4 cup

Chicken or Turkey
1 oz.

Eggs
whole, 1
whites, 2

#Fish
snapper, sole, salmon
1 oz.

Ham
boiled or canadian
1 oz.

Lamb
1 oz.

Oysters
6 medium

Peanut Butter
natural
2 tablespoons

Pork Chop
thin, 1 oz.

Sardines
2 medium

Shellfish
crab, clams, lobster, or shrimp
1 oz.

Tofu
soybean curd
1/2 cup

Tuna, Chicken or Turkey
canned in water
1/4 cup

‡ Do not eat shark, swordfish, king mackerel, or tilefish because they contain high levels of mercury. Eat up to 12 ounces a week of a variety of fish and shellfish that are lower in mercury.

FATS

Some fat-free products may contain carbohydrates. Read the label.

Vegetable Fats (unsaturated)

✓ **Avocado**
2 tablespoons

■ **Mayonnaise**
reduced fat, 1 tablespoon
regular, 1 teaspoon

Margarine
reduced fat, 1 tablespoon
regular, 1 teaspoon

Nuts
✓ almonds, 6 whole
✓ peanuts, 10 whole
✓ pecans, 2 whole
✓ sesame seeds, 1 tbs
■ walnuts, 2 whole

✓ **Olives**
black, 8 large
green, 10 large

■ **Salad Dressing**
reduced fat, 2 tablespoons
regular, 1 tablespoon

Vegetable oils
✓ canola, olive, peanut, sesame,
corn, safflower, sunflower
1 teaspoon

Animal Fats (saturated)

Bacon
1 slice

Butter
1 teaspoon

Coconut Milk
1 tablespoon

Cream
2 tablespoon

Cream Cheese
reduced fat, 1 1/2 tablespoons
regular, 1 tablespoon

Sour Cream
reduced fat, 3 tablespoons
regular, 2 tablespoons

✓ Monounsaturated ■ Polyunsaturated

FREE FOODS

One serving = less than 20 calories & less than 5g total carbohydrates.

● **Bouillon Broth**

Chiles

Chinese Spinach

Cilantro Parsley

Decaf Coffee and Tea

◆ **Diet Soda**

● **Dill Pickle**

Drink Mix
sugar free

Garlic

◆ **Gelatin**
sugar free

Herbs
dill, basil, cumin, chives, oregano, etc.

Lemon

Lettuce Bok Choy

Mushroom

Mustard

Radish

Salsa
tomato, chile
1/4 cup

● **Vegetable Soup**
(do not use starchy vegetables like potato, corn, squash, etc.)

Soy Sauce

Vinegar
unsweetened

Water

◆ Discuss the use of artificial sweeteners with your dietitian, if you eat any of these foods in large quantities.
● These foods are high in sodium and may not be advised for some people.

SWEETS, DESSERTS & OTHER CARBOHYDRATES

Do not eat these foods unless you have talked to your dietitian. Read the label.

All Fruit Juice

Bagel

Condensed Milk

Candy

Canned Fruit
in syrup or juice

Cake, Cookies, or Pie

Coffee Creamer

Drink Mix

Flavored Milk

Honey

Oyster Sauce
Hoisin Sauce

Ice Cream
Frozen Yogurt

Instant Hot or Cold Cereal

Jam or Jelly

Pork Bun, Red Bean Bun

Pudding Custard

Rice Porridge
cooked, 3/4 cup

Soft Drink, Soda
juice drinks

Sugar

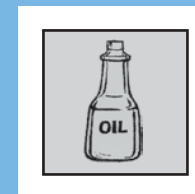
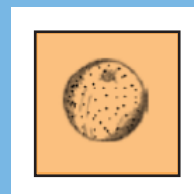
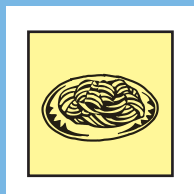
Syrup
corn, maple, molasses

Pasta or Pizza Sauce
white or red

Teriyaki Sauce
Peanut Sauce

FOOD GUIDE

Asian Foods



Breakfast Time		Total Carbs
Food Group	Number of Servings	Meal Ideas
Milk		
Starch		
Fruits		
Vegetables		
Protein		
Fats		

Snack Time	Carbs	Servings

Lunch Time		Total Carbs
Food Group	Number of Servings	Meal Ideas
Milk		
Starch		
Fruits		
Vegetables		
Protein		
Fats		

Snack Time	Carbs	Servings

Dinner Time		Total Carbs
Food Group	Number of Servings	Meal Ideas
Milk		
Starch		
Fruits		
Vegetables		
Protein		
Fats		

Snack Time	Carbs	Servings

Measure your food, use measuring cups and spoons:

1 cup 3/4 cup 1/2 cup 1/3 cup 1/4 cup 1 Tablespoon 1 Teaspoon

MILK

One Serving = 15g total carbohydrates. Read the label.

Evaporated Milk
low fat
1/2 cup (4 oz.)

Fluid Milk
fat-free, 1%
1 cup (8 oz.)

Plain Yogurt
fat-free or lowfat
no added sugar
3/4 cup (6 oz.)

Soy Milk, Calcium Enriched
no added sugar
lowfat
1 cup (8 oz.)

STARCH

One Serving = 15g total carbohydrates. Read the label.

Bread
100% whole wheat
1 slice

Bun, Hamburger or Hotdog
1/2 (1 oz.)

Corn on the Cob
1/2 large

Dinner Roll, 100% whole wheat
1 small

Hot Cereal
non-instant
cooked, 1/2 cup

Beans, dry
cooked, 1/2 cup

Corn Kernels
1/2 cup

Crackers
saltine type
6

English Muffin
1/2

Noodles or Macaroni,
wheat, egg, or rice
cooked, 1/3 cup

Peas, green
cooked, 1/2 cup

Potato, baked
1/2 medium or
1 small

Potato, mashed
cooked, 1/2 cup

Rice, white or brown
cooked, 1/3 cup

Squash
butternut, acorn,
winter, pumpkin
cooked, 1 cup

Tortilla
corn or flour
1 small (6 inch)

Yams, Sweet Potato
cooked, 1/2 cup

Won Ton Wrappers
3 squares (3.5 inches)

Taro
1/3 cup

Indicates foods high in vitamin A

FRUITS

One Serving = 15g total carbohydrates.

Apple
1 small

Apricots
dried, 7 halves

Apricots
fresh, 4 whole

Banana
1 small

Canned Fruit
unsweetened
1/2 cup

Cantaloupe
1 cup

Cherries
fresh, 12 large

Grapefruit
1/2 large

Grapes
17 small

Kiwi
1 large

Mango
1/2 cup

Nectarine
1 small

Orange
1 small

Papaya
1 cup

Peach
1 medium

Asian Pear
1 small

Persimmon, Japanese
1/2

Pineapple
fresh, 3/4 cup

Plums
fresh, 2 small

Prunes
3

Raisins
2 Tablespoons

Raspberries
1 cup

Strawberries
whole, 1 1/4 cup

Tangerines
2 small

Watermelon
1 1/4 cup

* Indicates foods high in vitamin C Indicates foods high in vitamin A

VEGETABLES

One serving is 1/2 cup cooked or 1 cup raw

One Serving = 5g total carbohydrates. Read the label.

Bittermelon

Carrot

Celery

Chinese Okra

Cucumber

Green Beans

Jicama
1/2 cup

*** Cabbage**

*** Cauliflower**

Chayote

Chinese Turnip

Eggplant

Onion

*** Parsley**

Cilantro

*** Pepper**
all varieties

*** Tomato**

*** Vegetable Juice**
1/2 cup

Summer Squash

Zucchini

Wintermelon (Wax Gourd)

Folate Rich Vegetables

Asparagus

*** Broccoli**

Greens
collards, turnip, mustard

Spinach

Indicates foods high in vitamin A

* Indicates foods high in vitamin C