Diabetes Meal Planning for the Korean American Client

Grains, Beans, Starchy Vegetables
(6 or more servings)
Fats, Sweets, and Alcohol
(use sparingly)
Fats
A serving can be:
1 tsp. vegetable oil, butter, margarine, or mayonnaise
1 tbsp. salad dressing
10 peanuts
1 oz. potato chips

Milk/Other Calcium-Rich Foods
(2-3 servings)
A serving can be:
1 cup cow's milk
1 cup calcium-fortified soy milk
1/4 c. dried fish

Vegetables
(3-5 servings)
A serving can be:
1 cup raw vegetables
1/2 cup cooked vegetables
1/2 cup vegetable juice
1/2 cup kimchi

Fruits
(2-4 servings)
A serving size can be:
1 small fresh fruit
1/2 cup canned fruit in juice
1/2 cup fruit juice
1/4 cup dried fruit
1 cup melon

Meat/Other Protein-Rich Foods
(2-3 servings)
A serving can be:
6 oz. soft/regular tofu
3 oz. firm tofu
2-3 oz. cooked lean beef, poultry, pork, fish or other seafood

1 egg

Sweets
A serving can be:
1/2 cup ice cream
2 small cookies

Serves
A serving can be:
1/3 cup cooked rice
1/3 cup cooked rice with barley
1/2 cup cooked beans
1 cup of squash/ pumpkin
1/3 cup of sweet potato

1 oz. rice cakes (dduk)
1 slice of bread
3/4 cup dry cereal (unsweetened)
1 small potato

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Eat meals and snacks at regular times every day.
Eat the same amount of food every day.
Try not to skip meals.
If you are trying to lose weight, cut down on your portion sizes.

FATS
- Eat less fat.
- Eat less saturated fat. Saturated fat is usually solid at room temperature. It is mostly found in meat and animal products, such as Kalbi, organ meat, bacon, butter, and pork fat. Saturated fat is usually solid at room temperature.
- Replace pork fat in cooking with vegetable oil.
- Choose products such as ramen without palm oil.
- Eat deep-fried foods less often such as tempura.
- Limit use of oil in cooking.
- Skim off fat and oil when cooking soups and stews.

SWEETS
- Eat sweets less often because they are high in sugar and often fat, too.
- When you eat sweets, substitute them for starches or fruits. Don’t eat them as extras.

ALCOHOL
- If you choose to drink alcohol, limit the amount and have it with a meal. Check with your health care professional about a safe amount for you.

MILK/CALCIUM-RICH FOODS
- Choose fat-free (skim) or 1% milk.
- If you drink soymilk, choose a brand that is fortified with calcium.
- Choose plain, unsweetened nonfat or low-fat yogurt.
- Tofu made with calcium sulfate is a good source of calcium.

MEAT/PROTEIN-RICH FOODS
- Choose fish and poultry more often, and remove the skin.
- Select lean cuts of beef.
- Trim all visible fat from meat.
- Cooked beans are a good source of low fat protein, but are counted as a starch serving.

VEGETABLES
- Choose fresh or frozen vegetables without added sauces, fats, or salt.
- Choose more dark-green and deep-yellow vegetables, such as spinach, carrots, chilies, and peppers.

GRAINS, BEANS, STARCHY VEGETABLES
- Use whole grain foods such as brown rice and barley often.
- Choose whole-grain foods such as whole-grain bread or crackers, bran cereal, or oatmeal.
- Limit use of packaged instant noodles such as ramen, as most of them are high in fat and salt.
- Be sure to spread your servings of starches throughout the day.
- If you choose to eat rice cakes, eat only a small portion.

TIPS TO INCREASE FIBER
- Mix barley, brown rice or beans in with white rice.
- Include bean sprouts in cooking more often.
- Eat whole fruits without peeling them.
- Choose more vegetables.
- Cooked beans are a good source of fiber.
- Include seaweed often.
- Try vegetables that are new to you such as baby bok choy and Chinese broccoli.

TIPS TO LIMIT SALT
- Limit salt, fish and shrimp sauce when making kimchi.
- Rinse kimchi with water before eating.
- Limit use of ramen and instant soups. Make your own soup more often.
- Add less soy sauce and fish sauce during cooking and at the table.
- Add less bean paste.