Diabetes Meal Planning for the Vietnamese American Client

Fats, Sweets, and Alcohol (use sparingly)

Fats:
A serving can be:
- 1 tsp vegetable oil, butter, or margarine
- 10 peanuts
- 1 tbsp coconut milk

Sweets:
A serving can be:
- 2 small cookies
- 1 tbsp sweetened condensed milk
- 1 small piece moon cake
- 2 tbsp vegetables or fish pickled with sugar

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

Grains, Beans, Starchy Vegetables (6 or more servings)
A serving can be:
- 1/3 cup cooked rice
- 1/2 cup noodles
- 1-1/2 " rice paper wrappers
- 1/2 cup mung beans (cooked)
- 1/3 French sandwich baguette
- 1/3 cup sweet potato or yam

Milk/Other Calcium-Rich Foods (2-3 servings)
A serving can be:
- 1 cup cow’s milk
- 1 cup calcium-fortified soy milk
- 1 cup yogurt
- 2 cups Chinese greens or Chinese broccoli
- 2-3 oz. canned sardines packed in water

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

Lài gai, Đậu, Rau nhiều chất tinh bột (6 phần ăn hoặc hơn):
Một phần ăn có thể là:
- 1/3 cái cơm
- 1/2 cái mì sợi
- 1-1/2 cái rưới bánh tráng cuốn loai 9 inch
- 1/2 cái đùa xanh (chín)
- 1/3 cái bánh mì Syrians Phêp
- 1/3 cái khoai lang hoặc củ sắn

Rice, whole grain, beans, vegetables, fruit, and protein-rich foods are important parts of the Vietnamese diet.
Eat meals and snacks at regular times everyday.

Eat about the same amount of food everyday.

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 Chinese sausage, beef, butter, eggs, chicken, and pork fat.
- Replace chicken or pork fat in cooking with vegetable oils such as canola, olive, and peanut oil.
- Coconut milk is also high in saturated fat.
- Choose products without palm oil or coconut oil. Choose ramen noodle products without palm oil.
- Bake, broil, or boil instead of deep-frying.
- 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.
- On occasion you may eat sweets in place of other starchy foods. Don’t eat them as extras.
- Limit use of sweetened condensed milk.
- Choose diet soda or other drinks with artificial sweetener instead of regular soda. Choose water, or water flavored with lemon, more often.
- Eat more fresh fruit.
- Limit consumption of che, meat and vegetable pickles containing sugar.
- Limit sweets such as moon cake, candied fruit, and dried fruit.
- Sweeten hot beverages with artificial sweetener instead of sugar.
- Limit use of “nuoc mam” (fish sauce) because of its sugar content.

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

- Sweetened soybean milk has added sugar and more calories. Add artificial sweeteners to unsweetened soybean milk if you prefer a sweet taste.
- Canned sardines packed in water and dried fish are good sources of calcium.
- Many Chinese greens (bok choy, Chinese broccoli, kale) are good sources of calcium.

MEAT/PROTEIN-RICH FOODS

- Select lean cuts of beef and pork.
- Steam, stir-fry with limited oil, or boil instead of deep-frying.
- Limit use of oil.
- Use high-fat meats such as Chinese sausage sparingly.
- Tofu is a good source of protein that is low in saturated fat.

VEGETABLES

- Eat plenty of vegetables.
- Use garlic, onions, peppers, ginger root and lemon grass to give flavor to your vegetables in place of salt or MSG.

FRUITS

- Choose whole fruits instead of fruit juice more often.
- Eat at least one fruit rich in Vitamin C each day, such as orange, grapefruit, and papaya.
- Use garlic, onions, peppers, ginger root and lemon grass to give flavor to your vegetables in place of salt or MSG.

GRAINS, BEANS, STARCHY VEGETABLES

- Choose brown rice for variety and higher fiber.
- Limit use of canned fruits, dried fruit, and fruits canned or packed in syrup.

Tips for Healthy Meal Planning