A Guide for Cambodian Patients

Foods that Affect Blood Sugar

By Julianne Williams
You are watching this presentation because your medical provider has told you that it is important for you to learn about how different foods affect your blood sugar. This presentation is to help you learn about many foods that will raise, lower or have little effect on a person’s blood sugar.
Foods that raise blood sugar more slowly are usually more healthful than foods that raise blood sugar quickly. If you have diabetes and especially if you take diabetes medicine, there may be times that you will need to eat certain foods that raise your blood sugar quickly.
These protein foods have little effect on blood sugar.

Dipping sauces, marinades and breading will raise blood sugar if they are made with sugar, honey, corn starch or flour.
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Breaded additions to protein raise blood sugar.

កំពឹសេចៀន fried shrimp បាំពងេធ្វើេ ែផ្អមេឡើងឆប់ fried fish ្របហិតេចៀន fried fish cake

Breaded additions to protein raise blood sugar.
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These foods have little effect on blood sugar.
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- **Chinese broccoli**
- **Radishes**
- **Eggplant**
These foods have little effect on blood sugar.
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These foods have little effect on blood sugar.

ប្រែស្តីស្តងសំរាប់ការបោះពុោងប៉ះពាន់មាន
ថ្មី

These foods have little effect on blood sugar.
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- pickled Cambodian greens
- sdao salad
- mixed vegetable (usually prepared for dipping)
These foods raise blood sugar.
These foods raise blood sugar.
These tropical fruits raise blood sugar.
These tropical fruits raise blood sugar.
នៅក្នុងបញ្ហាជាប់ប្រការក្នុងព្យាយារនេះមានប្រការបិតប្រការទាំងអស់។

Here is 1 cup of mango. Notice that 1 cup is about the size of your fist.
Here is what 1 cup of pineapple looks like. Ask your care provider about how much fruit to eat in one day.
A grain of rice has many layers. These outside layers contain materials that slow digestion.
Brown rice still has these outside layers attached, so it takes longer to digest and keeps you full longer. Brown rice causes a slower rise in blood sugar.
White rice no longer has the outside layers of protein and fiber attached, so it is digested faster and raises blood sugar more quickly than brown rice.
These foods raise blood sugar.

ម្ហូបទំងអស់េនះេធ្វើេមែផ្អមេឡើង

អនƞមែ ណ ម េ ឆ ន ំ្រគក់

sticky rice with coconut milk
wrapped in banana leaf and grilled

រេបរេបេរតេរេបេមែ សុេមែររេបរេមែឺហ៊ុឺជឺសេរេំឺ

pork and shrimp salad rolls

មួុងមែកេរេបេមែឺហ៊ុឺជឺសេរេំឺេមែនេ

rice flour cake
with sweet and sour sauce

These foods raise blood sugar.
This plate shows 1 cup of rice. For most people, this is the most rice to have at one meal. This amount should be the same for white or brown rice.
Here is another example of 1 cup of rice.
Here is another example of 1 cup of rice.
This plate shows the right amount of rice, protein and vegetable for one meal.
1 cup of rice is about the size of your fist. The bowl on the right shows 1 cup of rice.
This shows 4 cups of rice. This is too much rice for one meal. Limit rice to 1 cup per meal.
Here is an example of 1 cup of noodles. Limit noodles to 1 cup per meal.
These foods raise blood sugar.

- ប្រែធ្វើឈមែឡើង: rice cake w/coconut & roasted bean
- អនƞមេចកឬអនƞមដ: fortune cookies
- ូងម្ហូបទំងអស់េនះេធ្វើេ: sticky rice in banana leaves
These foods raise blood sugar.
These foods raise blood sugar.
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ឈមែផ្អមងយ្រសួល

សីងសំរាប់អនƞមដូងន ំេចកបុក

មាត់សីងំេរប់ប់មាសប់ប់ ំេខដូងដុត

These foods raise blood sugar.
These foods raise blood sugar.

sweet cone
sweet pretzel
sweet fried donuts
These foods raise blood sugar.
These foods raise blood sugar.

sweet sambusa taro cake
rice flour, sugar, coloring
mung bean sticky rice
These foods raise blood sugar.

sweet cassava
steamed rice flour cake
rice flour, sugar, coloring
These foods raise blood sugar.

- Mung bean cake
- Sticky rice flour, palm sugar, coconut
- Ice cream
Water or sugar-free drinks will not raise blood sugar.
These additions to coffee, tea or other foods will not raise blood sugar.
These drinks raise blood sugar.
These drinks raise blood sugar quickly.
These drinks raise blood sugar quickly.

- ប្រែខ្សែក់មើលតែត្រូវពាក្យមួយផ្អែកអំពីជីវភាព
- ឃើញូខ្សែក់មើលតែត្រូវពាក្យមួយផ្អែកអំពីជីវភាព
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These drinks raise blood sugar quickly.

- "Khmer Koolaid"
- Fresh watermelon and coconut juices
- Pineapple juice
These drinks raise blood sugar quickly.
These drinks raise blood sugar quickly.
Different kinds of alcohol, such as beer, wine, and whiskey affect your blood sugar differently. Please discuss this with your provider. Do not drink on an empty stomach.
ABOUT THIS PRESENTATION
This presentation is intended to be used by clinicians during discussion with patients about carbohydrates and blood glucose. It is culturally tailored to reflect foods commonly consumed by Cambodian Americans.

BACKGROUND
Harborview Medical Center (HMC) physician, J. Carey Jackson identified a need for a visual reference tool during conversations about diet with diabetic patients. Author Julianne Williams created this tool to fulfill practicum requirements for University of Washington School of Public Health, Nutritional Sciences. The project was coordinated by EthnoMed.org’s student-author program, Contribution Pathways.

METHODS
Resources for this project were provided by Harborview Medical Center, Seattle, WA. Dr. Carey Jackson served as clinical advisor. Meetings were held with dietitians and primary care providers who work with Cambodian patients. Time was spent with HMC’s Cambodian caseworker / cultural mediator Jeniffer Huong, learning about Cambodian food and visiting Cambodian grocery stores in the Seattle area. A literature review on nutrition, diabetes and cross cultural care was conducted.

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