Diabetes Meal Planning for the Cambodian American Client

Fruit

Vegetables

Grains, Beans, Starchy Vegetables

Meat / Other Protein-Rich Foods

Milk / Other Calcium-Rich Foods
Tips for Healthy Meal Planning

- 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
- Use less fat in preparing foods.
- Eat less fat, especially saturated fat. Saturated fat is usually solid at room temperature. It is found in animal products such as beef, chicken, pork, Chinese sausage, and butter.
- Coconut milk is also high in saturated fat.
- If you use oils when cooking, use small amounts of healthy oils, such as canola, olive, peanut, and sesame.
- Bake, broil, or steam foods more often, instead of frying.
- Skim off fat and oils when cooking soups and stews.

SWEETS
- Eat sweets less often because they are high in sugar and often fat, too.
- When you do eat sweets, make them a part of your meal. Don’t eat them as extras.
- Substitute low fat milk for sweetened condensed milk.
- Limit intake of soda, coconut juice and sweetened teas.
- Sweeten beverages with artificial sweeter instead of sugar.

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

MILK / CALCIUM-RICH FOODS
- Choose fat-free or low-fat soya milk that is fortified with calcium.
- Firm tofu made with calcium sulfate, canned sardines packed in water, and dry fish are good sources of calcium.
- Many leafy greens such as Chinese broccoli, bok choy, musturd, and kale are also good sources of calcium.
- Try adding new foods to your diet that are rich in calcium such as non-fat or low fat yogurt.

MEAT / PROTEIN-RICH FOODS
- Choose fish and poultry more often. Remove the skin before cooking.
- Select lean cuts of beef and pork and trim all visible fat before cooking.
- Cooked beans are a good source of low fat protein, but are counted as a starch serving.
- Tofu is a good source of protein that is low in saturated fat.

VEGETABLES
- Choose a variety of dark-leafy green and deep-yellow vegetables every day. These are rich in vitamin A and vitamin C.
- Choose fresh, frozen, or canned vegetables without added sauces, fats, or salt.
- Flavor vegetables with garlic, onions, peppers, ginger root, lemon grass and other herbs instead of salt or MSG.

FRUIT
- Choose whole fruits more often than fruit juices. Whole fruits have more fiber and less concentrated sugar than juices.
- Choose canned fruits without added sugars or syrups.
- Choose fruits that are high in Vitamin C such as grapefruit, oranges, papaya, lychee or guava.
- Fruits such as jackfruit, mango, and melon are rich in Vitamin A.
- Limit intake of coconut as it is high in both sugar and fat.

GRAINS, BEANS, STARCHY VEGETABLES
- Limit the portion size of rice and noodles at meals.
- Spread servings of starches throughout the day.
- Choose whole-wheat bread, crackers, and cereals.
- Choose beans as a good source of fiber.
- Limit use of packaged instant noodles such as ramen, as these can be high in fat and sodium.
- Choose whole-wheat or other whole-grain flours in cooking and baking.

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