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Diabetes Meal Planning for the Korean American Client
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.
Skin 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 healthcare 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.

FRUIT
Choose whole fruits often. They have more fiber than juices.
Choose fruits and fruit juices without added sweeteners or syrups.
Try to choose vitamin C rich foods such as oranges, tangerines, melons and persimmons.

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 starchy vegetables 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 bokchoy 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.