Diabetes Meal Planning for the Vietnamese American Client

Hình thảo Chí dân Thức ăn Việt nam
Tips for Healthy Meal Planning

**FATS**
- 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.
- 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, pork fat, and cheese.
- Replace chicken or pork fat with cooking oil, such as canola, olive, and peanut oil.
- Choose products with reduced or no added fat.
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- Take oil or fish oil in place of cooking oils.
- Skip oil and fat in deep frying.

**SWEETS**
- Eat sweets less often because they are high in sugar and often fat, too.
- Choose diet soda or other drinks with artificial sweetener instead of regular soda. Choose water or other drinks with artificial sweetener instead of regular soda.
- Eat more fresh fruit.
- Limit use of sweetened condensed milk.
- Choose products without palm oil or coconut oil. Choose ramen noodle products without palm oil or coconut oil.
- Baked, broil, or boil instead of deep-frying.

**SODIUM**
- Eat less salt.
- Eat less sodium. Sodium is mostly found in processed foods, such as canned foods, frozen foods, and fast foods.
- Choose products with reduced or no added sodium.
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- Use low-sodium or no-sodium-added cooking oils.
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- Limit use of“nuoc mam” (fish sauce) because of its high sugar content.

**SUGAR**
- Eat less sugar.
- Eat less added sugar. Added sugar is mostly found in sugary drinks, such as soft drinks, fruit juices, and sports drinks.
- Choose products without sugar.
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**ALCOHOL**
- If you choose to drink alcohol, limit the amount and have it with a meal.
- Limit use of“nuoc mam” (fish sauce) because of its high sugar content.
- Choose products without sugar.
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**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.
- Tofu made with calcium sulfate is a good source 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.
- Eat fish more often.
- Trim all visible fat from meat.
- 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**
- Enjoy most of the tropical vegetables (bittermelon, okra, bok choy) if available and not expensive.
- Choose more orange or dark-green leafy vegetables, such as squash, spinach, Chinese greens, and carrots.
- Use garlic, onions, peppers, ginger root, and lemon grass to give flavor to your vegetables in place of salt or MSG.

**FRUIT**
- 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.
- Limit use of candied fruits, dried fruit, and fruits canned or packed in syrup.

**GRAINS, BEANS, STARCHY VEGETABLES**
- Limit servings of rice. Choose brown rice for variety and higher fiber.
- Be sure to spread your servings of starches throughout the day.
- Choose whole grain bread with the first ingredient being whole-wheat flour.

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