Healthy cooking at home

Filipino Cuisine
"What can I cook for you?"

This is how we express love.
Why should I care?

- 1/3 of adult Americans have prediabetes. 84% do not know it.
- 10% of US population has Type 2 diabetes.
Why eat a balanced portion of carbohydrates?

Carbohydrates are an important part of a nutritious meal. However, in certain traditional dishes, there can be more carbohydrates than what your body might need.

Total carbs: 80 grams
What will I learn?

- How to make YUMMY and EASY food substitutions
Who would benefit from this information?

- People with Type 2 diabetes that are controlling blood glucose levels through dietary intervention, and not on insulin regimens
- People that have pre-diabetes
- People with a family history of diabetes
- People who are interested in reducing carbohydrate intake while maintaining healthy portions
How many grams of carb should I eat?

Since everyone has a different metabolism, taste preference, and health status we recommend you discuss with your healthcare provider to customize a meal plan to your needs.
If I am on insulin, how should I apply the information here?

We explain how many grams of carbohydrates are in traditional dishes and ideas for eating a balanced meal. This information can help you in selecting foods. However, insulin regimens and carbohydrate intakes should be individualized to keep blood glucose levels in a targeted range.

We recommend you talk with your healthcare providers to learn about matching your insulin dosage to your carb intake.
How do I count carbs?

Check out carb counting choices by the CDC

A simple way of counting carbs

1 teaspoon of sugar in sauce = 5g
1 cup of vegetable = 0g
1 cup of protein = 0g
1 cup of rice = 45g

Total = 50g
What is a size of a cup?

1 cup = 1 chén cơm for (For Vietnamese people, 1 cup ≈ 1 small bowl that we eat home to specifically serve rice. So most Vietnamese people know what 1 cup of rice is)

≈ size of a small fist
A simple way to count carb

Beef Tapa

1 teaspoon of sugar in meat = 5g

1 cup of protein = 0g

1 and 2/3 cup of rice = 75g

Total = 80g
A simple way to count carb

1 cup of vegetable = 0g

1 cup of rice = 45g

1 cup of protein = 0g

Total = 45g
Meal planning for the day

Breakfast

Lunch

Dinner
**Breakfast**

**Palabok**

Carbs: 80g
with 1 and 2/3 cup of noodle + 1 teaspoon of sugar

Reduce noodle & Add veggies/protein

**Carbs: 50g**
with 1 cup of noodle + 1 teaspoon of sugar
Breakfast

Congee

Carbs: 60g
with 1 and 1/3 cup of rice

Reduce rice & Add veggies/protein

Carbs: 30g
with 2/3 cup of rice
Breakfast

Palabok

- Add Protein
- Add Veggies
- Reduce noodles
Breakfast

Beef Tapa

- Add Veggies
- Add Protein
- Reduce Rice
Breakfast
Bangus

- Reduce Rice
- Add Protein
- Add Veggies
Drink

Halo Halo
437mL
Carbs: 90g

Avocado Smoothie
437mL
Carbs: 25g
Lunch

Easy replacements

- Oatmeal
- Pumpkin
- Roasted Cauliflower
Lunch

Adobo

Carbs: 75g
with 1 and 2/3 cup of rice

Reduce rice & Add veggies/protein

Carbs: 45g
with 1 cup of rice
Lunch

Ginisang munggo

Carbs: 60g
with 1/2 cup beans, 1 cup of rice

Reduce rice & add protein (fish)

Carbs: 40g
with 1/2 cup beans, 1/2 cup of rice
Lunch

**Pork**

Carbs: 145g
with 2 cups of rice, 1/3 cup of plantain
and a Coke

**Reduce rice & Add veggies/protein**

Carbs: 60g
with 1 cup of rice
and 1/3 cup of plantain
Carbs: 45g

Snack

No pearl balls & use coconut milk instead of sugar

Carbs: 20g
Dinner

Easy replacements

Add Veggies

Reduce Rice

Add Protein
Kalderetang chicken

Carbs: 145g
with 2 cups of rice, 1/2 cup of potato and a coke

Reduce rice & Add veggies/protein

Carbs: 60g
with 1 cup of rice and 1/2 cup of potato
Sinigang na baboy

Dinner

Reduce rice & Add veggies/protein

Carbs: 90g
with 2 cups of rice

Carbs: 45g
with 1 cup of rice
Dinner

Chicken chopsuey

Carbs: 45g
with 1 cup of rice

Reduce rice & Add veggies/protein

Carbs: 30g
with 2/3 cup of rice
Dinner

Fresh lumpia

Carbs: 40g

5 lumpia wrappers
Grilled salmon belly

Dinner

Reduce rice & Add veggies/protein

Carbs: 95g
with 2 cups of rice, 1 teaspoon of sugar for seasoning

Carbs: 50g
with 2 cups of rice, 1 teaspoon of sugar for seasoning
**Dessert**

Flan

- Carbs: 50g
- with 2 tablespoons of condensed milk and 2 tablespoons of sugar

Using coconut cream and less sugar

- Carbs: 15g
- with 2 tablespoons of coconut cream and 1 tablespoon of sugar
A simple way to count carbs

1/3 cup of rice/noodle

1/2 cup of yam

1/2 cup of beans

1 small slice of bread (whole wheat)

1 teaspoon of sugar

1 cup of protein
Meat/seafood/egg

1 cup of non-starchy Vegetables

≈ 15g

≈ 5g*

≈ 0g

(*4.2g round to 5g)
Do non-starchy vegetables have carbs?

- 1 cup of raw vegetables ≈ 5g
- Since they are high in fiber and nutrients and low in carbs, we typically do not include them in counting carbs.
- However, if you are using insulin, you can count them to match your insulin meal dosage.

Do fruits have carbohydrates?

- In general, fruits do contain carbohydrates and they can be a part of a healthy meal.
- See the next page for the grams of carbohydrates in common fruits.
- Dry fruits have higher carbohydrates than fresh fruits.
- Fruit juices can contain a significant amount of carbohydrates.

15 GRAMS OF CARBOHYDRATES

1.5 cup Coconut water
1.3 cup Strawberry
1.3 cup Watermelon
1 cup Papayas
1 cup Dragon Fruit
1 cup Apple
0.7 cup Pomelo

0.7 cup Orange
0.6 cup Mango
0.5 cup Orange Juice
0.3 cup Banana
0.25 cup Jackfruit
0.25 cup Durian
2 Tablespoons Dried Fruits