Healthy cooking at home

Japanese Cuisine
"What can I cook for you?"

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

- 1/3 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.
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 managing blood glucose levels through dietary intervention, and not on insulin regimes
- 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 registered dietitian to customize a meal plan to your needs.
I am using insulin, how many grams of carb should I eat?

We recommend you talk with your healthcare providers to learn about matching your insulin dosage to your carb intake.

This is important to keep your blood glucose in range.
How do I count carbs?

Check out carb counting choices by the CDC

What is a size of a cup?

1 cup

1 cup = 1 rice bowl

≈ size of a small fist
Japanese food
Meal planning for the day

Breakfast

Lunch

Dinner
Breakfast

Traditional Breakfast

Carbs: 65g
with 1 cup of rice 45g of carbs +
1/2 cup natto 15g of carbs
1 teaspoon of sugar in sauces 5g of carbs

reduce rice to 1/2 a cup and add more
vegetables and protein to help keep you
satisfied

Carbs: 30g
with 1/2 cup of rice 25g of carbs +
plus 1 teaspoon of sugar in sauces 5g of carbs
Breakfast

Vermicelli Noodle
Reduce noodle & Add veggies/protein

Carbs: 60g
1/2 cup of natto 15g of carbs plus 1 cup of rice 45g of carbs

Carbs: 30g
with 1/2 cup brown rice 25g of carbs 1 teaspoon sugar in sauces 5g of carb
Breakfast

Choose rice OR noodles

Add a variety of veggies

Add Protein

OR try a yam noodle like shiritaki or tofu noodle
Beverages: tea
Lunch

Aim to increase your vegetable intake and reduce your rice portions.
Lunch
Easy replacements

Add more veggies

Add protein (which could also be plant based like tofu)

Reduce Rice
Dinner

rice 1 cup is 45g of carbohydrates
sauces is 15g of carbohydrates
10g of carbohydrates from the fruit
total 70g of carbohydrates

*plus extra veggies were added
mochi

Dessert

mochi (smaller portion)

Carbs: 30g

Carbs: 15g
Healthy cooking at home

Japanese American
Meal planning for the day

Breakfast

Lunch

Dinner
Breakfast example

45g of carbs
Carbs: 1.25 cups of corn flakes 30g plus 1 cup of milk 15g

Breakfast

Carbs: 30g
with 2 whole wheat toast 30g of carbs + eggs and vegetable fritatta 0g of carbs

*not including the vegetable carbs due to the small amount

reduce rice to 1/2 a cup and add more vegetables and protein to help keep you satisfied
Lunch

Reduce your fried and battered options to lower carbohydrates, calories and fat

60g of carbohydrates

30g of carbohydrates
Lunch

cut your rice portion in half and add some veggies to help complete your meal.

1.5 cups of rice
   plus panko breading
   Plus katsu sauce
   90g of carbohydrates

smaller portion of sauce
   and less rice
   45g of carbohydrates

15g of carbohydrates
   just the panko
Try a multigrain rice mix or a rice mix with beans and other grains. Remember portions still matter. Aim for 1 cup cooked portion.
Things to try

Have fresh vegetables like cucumbers available. Try Shichimi instead of adding salt or sugar.
Things to try

Adding sides with limited carbs that are still filling like marinated lotus root or low carb yam noodles or edamame.
A simple way to count carbs

1/3 cup cooked rice/noodle ≈ 15g
1/2 cup beans ≈ 0g
1 slice of bread ≈ 4g*
1 cup of protein Meat/seafood/egg
1 teaspoon of sugar (*4.2g but typically we use 4g)
Do non-starchy vegetables have carbs?

- 1 cup of raw vegetables ≈ 5g
- Since they are high in fiber and nutrients and low in digestible 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 unsweetened
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
4 Tablespoons Jackfruit
4 Tablespoons Durian
2 Tablespoons Dried Fruits