Healthy cooking at home

Northern Chinese Cuisine
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, or carbs, are an important part of a nutritious meal.
- Learning to portion carbs can help keep your blood sugars in a healthy range while giving you sustained energy throughout your day.
What will I learn?

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

- People with Type 2 diabetes who are managing blood glucose levels through dietary intervention and are not on insulin regimes
- People with pre-diabetes
- People with a family history of diabetes
- People instructed to portion carbohydrate intake for other healthcare conditions
How many grams of carb should I eat?

Based on different metabolisms and healthcare needs, carbohydrate needs can vary. In general, a starting point may be:

- 30-60g per meal
- 0-15g per snack

Talk to your healthcare provider for individualized recommendations.
If I am on insulin, how should I apply the information here?

This presentation provides information on how to estimate and portion carbs.

A more precise carb counting technique may be necessary for individuals on insulin to keep blood sugars in a targeted range.

Thus, we recommend speaking with your healthcare provider to learn more about what is appropriate for your specific needs.
How do I count carbs?

Check out carb counting choices by the CDC

What is the size of a cup?

1 cup = 1 碗饭
(1 cup ≈ 1 small bowl that Chinese individuals eat at home to specifically serve rice)

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

炒面 (chǎo miàn)

1 cup of noodle = 45g
1 teaspoon of sugar in sauce = 5g
1 cup of veggies = 0g
1 cup of beef = 0g
Total = 50g
A simple way to count carbs

包子 (Bāo zi)

1 teaspoon of sugar in sauce = 5g
Flour in medium bun = 30g
Pork filling = 0g
Total = 35g
Meal planning for the day

Breakfast

Lunch

Dinner
Breakfast
煎饼

- Add Protein
- Add Veggies
- Reduce flour
Dough Drop Soup
疙瘩汤

Carbs: 50g
with 1 cup of dough + 1 teaspoon of sugar

Breakfast

Reduce dough & Add tomato/egg

Carbs: 20g
with 1/3 cup of dough + 1 teaspoon of sugar
Drinks

Milk Tea with Tapioca balls
(珍珠奶茶)
Carbs: 70g

Milk Tea with Grass Jelly
(草凍奶茶)
Carbs: 30g

Green Tea
(绿茶)
Carbs: 0g
Lunch
Simple substitutions

- Add Protein
- Add Veggies
- Reduce Noodle
Lunch

Black bean sauce noodles

Carbs: 60g
with 1 cup of noodle
1 Tbsp sauce

If reducing carbs can try zucchini noodles

Carbs: 15g
with 1 cup of zucchini noodles
1 Tbsp sauce
Biang Biang Noodles

Lunch

If reducing carbs can try zucchini noodles

Carbs: 60g with 1 cup of noodle
1 Tbsp sauce

Carbs: 15g with 1 cup of zucchini noodles
1 Tbsp sauce
Substitutions

Knife cut noodle

If reducing carbs, try shirataki noodles

Carbs: 45g
1 cup of noodle

Carbs: ~5g
1 cup of noodle
Snack

1 Eggroll
Carbs: 15g

3 Lettuce wraps
Carbs: 0g
Red Bean Soup
(紅豆湯)
1 cup beans
3 teaspoon of sugar
Carbs: 45g

Dessert
1/2 cup of beans
1 teaspoon of sugar with extra coconut cream
Carbs: 20g
Dinner
Simple substitutions

Add Veggies
Add Protein
Reduce Rice
Dinner
Peking Duck
Simple substitutions

- Add Veggies
- Add Protein
- Reduce flour
Egg Tart (蛋撻) 1 piece

Carbs: 30g

Dessert

Egg pudding

Carbs: 15g

with 2 tablespoons of coconut cream and 1 tablespoon of sugar
A simple way to count carbs

1/3 cup of cooked rice/noodle

1/2 cup of yam

1/2 cup of beans

1 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 non-starchy vegetables ≈ 5g carb
- Since they are high in fiber and low in digestible carbs, we typically do not include them in carb counting
- However if you are taking insulin, you may be instructed to count them to match your insulin meal dosage

Do fruits have carbohydrates?

- In general, fruits do contain carbs and they can be a part of a healthy meal pattern
- Dry fruits tend to have higher carb contents than fresh fruits based on volume
- Fruit juices can contain a significant amount of carbs in larger portions

15 Grams of Carbohydrates

- 1.5 cup Coconut water unsweetened
- 1.3 cup Strawberry
- 1.3 cup Watermelon
- 1 cup Papaya
- 1 cup Dragon Fruit
- 1 cup Apple
- 0.7 cup Pomelo
- 0.7 cup Orange
- 0.6 cup Mango
- 0.5 cup Juice
- 0.3 cup Banana
- 4 Tablespoons Jackfruit
- 4 Tablespoons Durian
- 2 Tablespoons Dried Fruits