Healthy cooking at home

Southern 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 should I care?

- Compared to the Northern Chinese diet, many Southern Chinese dishes are high in sugar

- Compare to non-Hispanic whites in the U.S, Asian Americans are 40% more likely to be diagnosed with diabetes
Why eat a balanced portion of carbohydrates?

- Carbohydrates, or carbs, are an important part of a nutritious meal.
- Some Chinese dishes may contain more carbs than your body needs.
- Appropriate portion carbs can maintain a healthy blood sugars range.
What will I learn?

- How to make YUMMY and EASY food substitutions
- How to modify some components of your current dishes
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 who desire to portion carbohydrate intake due to self-interests or medical recommendations
How many grams of carb should I eat?

Everyone has different metabolisms and healthcare needs. The number of carbohydrates you need can be dependent on many factors.

Generally, one may need:
30-60g per meal
0-15g per snack

Talk to your healthcare provider to customize your meal plans!
If I am on insulin, how can this presentation be helpful?

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

A more precise carb counting technique may be necessary for you.

Consult with your healthcare provider to learn more about how to match your insulin dosage to your carb intake.
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
Meal planning for the day

Breakfast
- [Image of breakfast dish]

Lunch
- [Image of lunch dish]

Dinner
- [Image of dinner dish]
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
A simple way to count carb

Beef Chow Fun

1.3 cup of noodle = 60g

1 teaspoon of sugar in sauce = 5g

1 cup of protein = 0g

1 cup of vegetable = 0g

Total = 65g
How many grams of carb in this meal?

Orange Chicken

- Carbs: 0g
  - 1 cup of vegetable

- Carbs: 0g
  - 1 cup of protein

- Carbs: 45g
  - 1 cup of rice

- Carbs: 20g + 30g
  - With 4 teaspoons of sugar +
    2/3 cup of breaded flour

Total Carbs: 95g
Steamed Vermicelli Roll

肠粉

- Add Protein
- Add Veggies
- Reduce flour
Dim Sum

- Add Veggies
- Add Protein
- Reduce flour
Breakfast

Doughnut Sticks
油条
Carbs: 25g
1 stick

Yorkshire Pudding
约克郡布丁
Carbs: 15g
1 piece
Snack

Taro Bun
(芋头包)
- Carbs: 30g
- 1 bun

Vegetable bun
- Carbs: 15g
- 1/2 bun and extra vegetable filling
Lunch
Fried rice
Simple substitutions

- Add Veggies
- Add Protein
- Reduce Rice
Lunch

Seafood birdnest

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

Total Carbs: 50g
Lunch
Beef ball noodle

1 cup of vegetable = 0g
1 cup of protein = 0g
1 cup of noodles: 45g
1 teaspoon of sugar in broth = 5g

Total Carbs: 50g
Lunch
Wonton Soup

1 cup of vegetable = 0g
1 cup of protein = 0g
1/3 cup of noodles: 15g
3 pieces of wonton wrapper = 30g
1 teaspoon of sugar in broth = 5g

Total Carbs: 50g
Lunch
Easy replacements

Rice

- Black rice
- Oatmeal
- Roasted Cauliflower
Moon Cake

Carbs: 50g
1 Cake

Substitutions

Ma Lai Go Steamed Cake
With reduced sugar/flour and extra egg

Carbs: 25
1 Piece
Substitutions

Chinese New Year Sweet Rice Cake

Carbs: 30g
1 piece

Turnip Cake
Reduce flour/ Add extra black mushroom

Carbs: 15g
1 piece
Condensed milk buns
(炼奶馒头)

Snack

Tofu pudding/ Douhua
Add coconut milk & 1 teaspoon of sugar

Carbs: 75g
1/4 cup of milk + 2 buns

Carbs: 25g
Snack

Black sesame soup

1/4 cup of sesame powder = 0g
2 TBSP of flour = 15g
2 TBSP of coconut cream: 0g
1 teaspoon of sugar = 5g

Total Carbs: 20g
Huamei/Chinese Preserved Fruit
Dried Plum

Carbs: 25g
3 pieces

Snack

Macadamia nuts

Carbs: 10g
1/2 cup
Dinner
Szechuan Hotpot
Simple Changes

Add Veggies
Add Protein
Reduce flour
Dinner

Cantonese Style Sweet and Sour Pork Ribs (糖醋小排)

- Carbs: 0g  1 cup of vegetable
- Carbs: 0g  1 cup of protein
- Carbs: 5g  1 TSP of sugar in sauce
- Carbs: 45g  1 cup of rice

Total Carbs: 50g
Ice Cream

Carbs: 40g
1 cup

Snow fungus soup
2 teaspoon of sugar

Carbs: 25g
1 cup
Red Bean Cake

Substitutions

Water chestnut Cake
Reduced sugar/flour &
Extra fresh water chestnuts

Carbs: 50g
1 small piece

Carbs: 25g
1 small piece
Butterfly Cookies
(蝴蝶酥饼干)

Carbs: 25g
1 piece

Substitutions

Crackers & Hummus Dip

Carbs: 20g
4 crackers + 4 TBSP of dip
A simple way to count carbs

1/3 cup of cooked rice/noodle
≈ 15g

1/2 cup of yam
≈

1/2 cup of beans
≈

1 slice of bread (whole wheat)
≈

1 teaspoon of sugar
≈ 5g*

1 cup of protein
Meat/seafood/egg
≈

1 cup of non-starchy Vegetables
≈

(*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, they do not contribute to carb counting
- However, if you are taking insulin, you may be instructed to count them to ensure safe insulin meal dosage

Do fruits have carbohydrates?

- In general, fruits do contain carbs yet they contribute to a healthy meal pattern with natural sugars
- Dry fruits tend to have higher carb contents than fresh fruits
- Fruit juices can contain a significant amount of carbs in larger portions

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
- 0.13 cup Dried Fruits