

Healthy cooking at home

# Taiwanese Cuisine



**Stanford**  
HEALTH CARE



"Have you eaten yet?"

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 to keep your blood sugars in a healthy range.



# What will I learn?

How to make YUMMY and EASY food substitutions



# Who will benefit from this information?

- People with Type 2 diabetes that are controlling 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 healthcare provider to determine your individual 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.

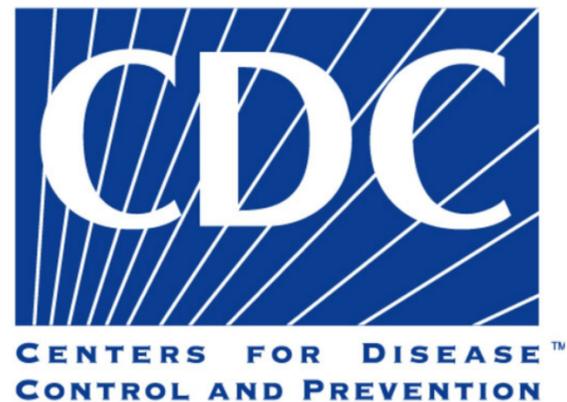
Insulin regimes and carbohydrate intakes are Individualized.

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



# How do I count carbs?

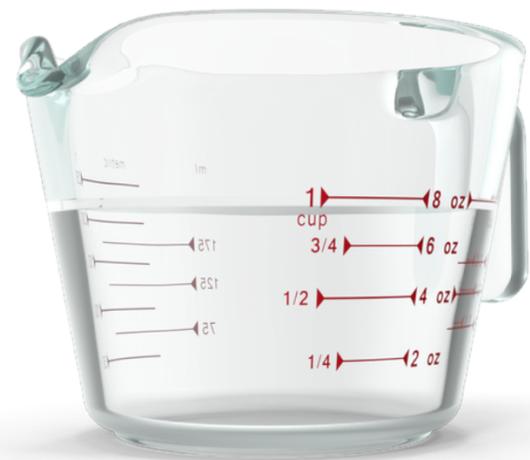
Check out carb counting choices by the Centers for Disease Control and Prevention (CDC)



Source: <https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbs/carbohydrate-choice-lists.html>



# How much is a cup?



1 cup



1 cup  $\approx$  1 small bowl that  
Taiwanese Individuals eat at  
home to specifically serve rice



$\approx$  size of fist

# A simple way to count carbs

## 滷肉飯 Braised pork over rice



1 cup of vegetable = 0g

1 teaspoon of sugar  
in braised pork = 5g

1 cup of rice = 45g

1 cup chicken  
gizzard soup = 0g

Total = 50g

# A simple way to count carbs

## 火鍋 Hot Pot

1/2 cup fried taro = 30g

2 Tbsp 沙茶醬

garlic shallot chili sauce = 2g

2/3 cup of mung bean  
or rice noodles = 30g

1 cup sliced meat,  
meatballs, and tofu = 0g

1 cup of vegetable = 0g

**Total = 62g**



# Meal planning for the day

Breakfast



Lunch



Dinner



# Breakfast

## 蔥油餅 Scallion pancake

Portion starch & add veggies



**Carbs: 30g**

with 1 scallion pancake

## 生煎包 Pan fried bun

Portion starch & Add veggies



**Carbs: 30g**

with 1 stuffed bun

## 稀飯 Rice porridge

Portion rice and sweet potato  
add veggies/protein



**Carbs: 45g**

with 2/3 cup of rice porridge +  
1/2 sweet potato

# Breakfast examples

1 fistful/cup = ~45g carbs



Palm size protein



2 fistfuls/cups of veggies



## Snack

**蘋果 Apple**

1 small fistful



Carbs: 20g

**花生 Roasted peanuts**

1 handful



Carbs: 0g

**甘藷 Roasted sweet potato**

1 fistful



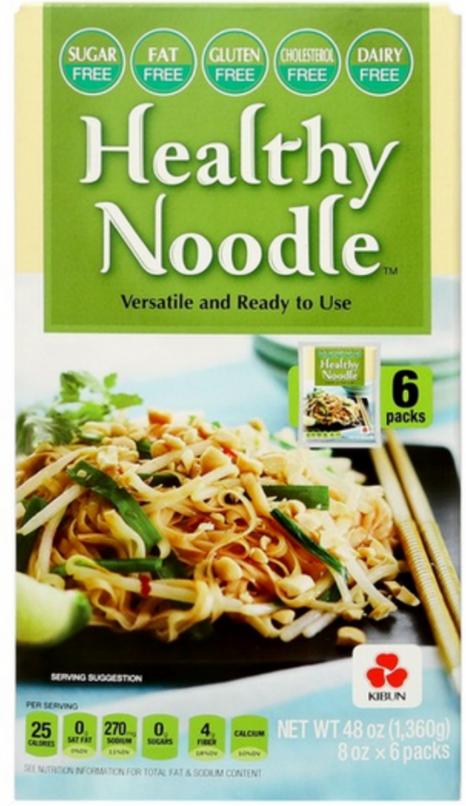
Carbs: 30g

# Lunch/Dinner

Simple substitutions

Increase veggies  
2 cups  
0g carb

Portion noodles  
1 cup cooked  
40-50g carb



If reducing carbs, try

Shirataki or Konjac noodles  
1 serving  
3-5g carb

# Lunch/Dinner

Simple substitutions



Portion rice  
1 cup/bowl  
45g CHO



If reducing carbs, try



Cauliflower rice  
0g carbs



Shirataki Rice  
3 g carbs

## Dessert

鳳梨酥 Pineapple cake

1 piece



Carbs: 30g

紅豆湯 Red bean soup

1 cup



Carbs: 30g

豆腐花 Soft tofu pudding

1 cup tofu

1 Tbsp ginger syrup



Carbs: 15g

## Drink

**珍珠奶茶 Milk tea with  
tapioca balls**  
480mL



Carbs: 70g

**草凍奶茶 Milk tea with  
grass jelly**  
480mL



Carbs: 30g

**烏龍茶 Oolong tea**



Carbs: 0g

# A simple way to count carbs

1/3 cup of cooked rice/noodle



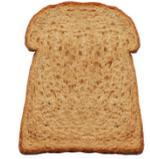
1/2 cup of yam



1/2 cup of beans



1 slice of bread  
(whole wheat)



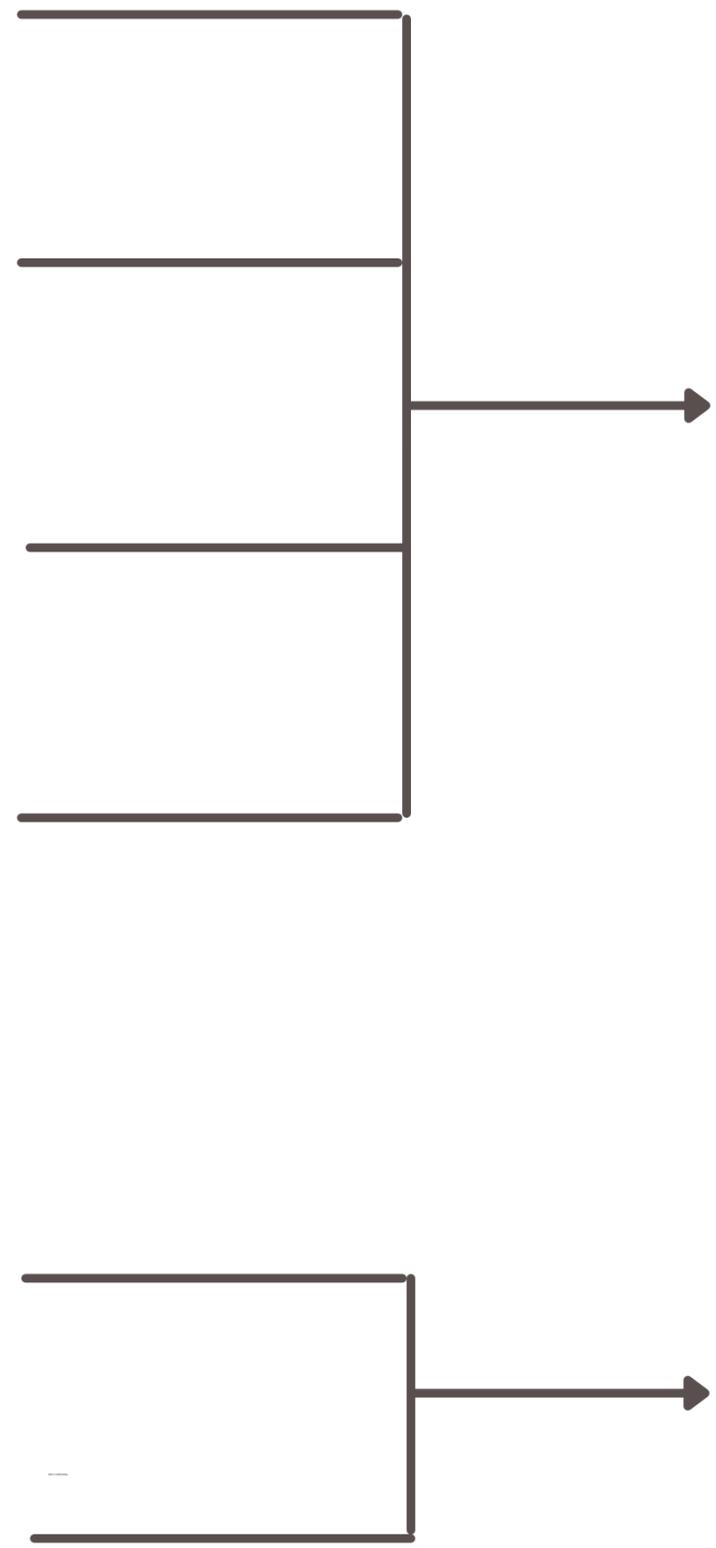
1 teaspoon of sugar



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  $\approx$  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



Source: <https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbs/carbohydrate-choice-lists.html>

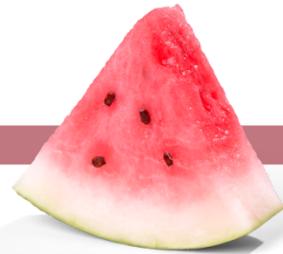
# Do fruits have carbohydrates?

- 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



Source: <https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbs/carbohydrate-choice-lists.html>

# 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