Healthy cooking at home

Taiwanese Cuisine
"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)

How much is a cup?

1 cup

1 cup ≈ 1 small bowl that Taiwanese Individuals eat at home to specifically serve rice

≈ 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
1/2 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
  
- **生煎包 Pan fried bun**
  Portion starch & Add veggies
  
- **稀飯 Rice porridge**
  Portion rice and sweet potato
  add veggies/protein

- **Carbs: 30g**
  with 1 scallion pancake

- **Carbs: 30g**
  with 1 stuffed bun

- **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

甘薯 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
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 ≈ 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, 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