

Healthy cooking at home

Vietnamese Cuisine



"What can I cook
for you?"

This is how we
express love.



Why should I care?

- 1/3 of adult Americans have prediabetes. 84% do not know it.
- 10% of US population has Type 2 diabetes.



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 controlling blood glucose levels through dietary intervention, and not on insulin regimens
- People that have pre-diabetes
- People with a family history of diabetes
- People who are interested in reducing carbohydrate intake while maintaining healthy portions



Meal planning for the day

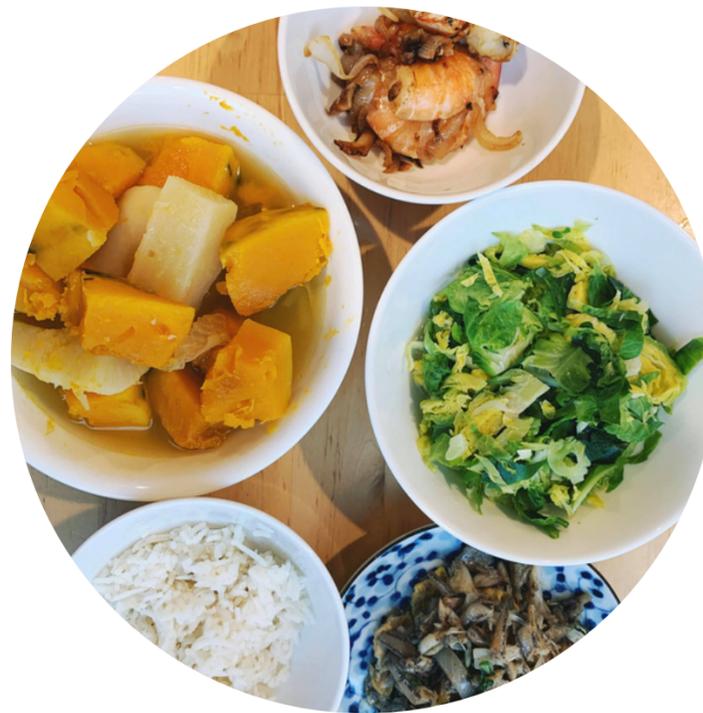
Breakfast



Lunch



Dinner



How many grams of carb should I eat?

Since everyone has a different metabolism, taste preference, and health status we recommend you discuss this with your healthcare provider to customize a meal plan to your needs.



If I am on insulin, how should I apply the information here?

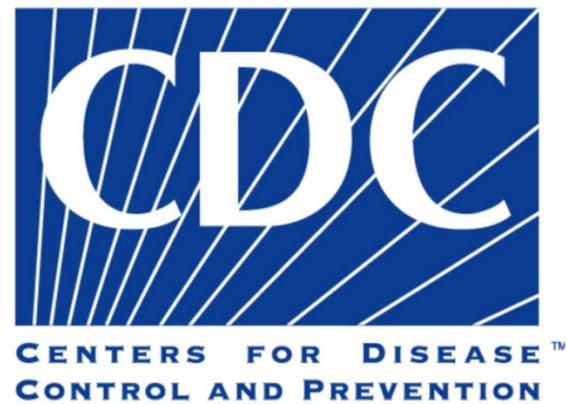
We explain how many grams of carbohydrates are in traditional dishes and provide ideas for eating a balanced meal. This information can help you in selecting foods. However, insulin regimens and carbohydrate intake should be individualized to keep blood glucose levels in a targeted range.

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



How do I count carbs?

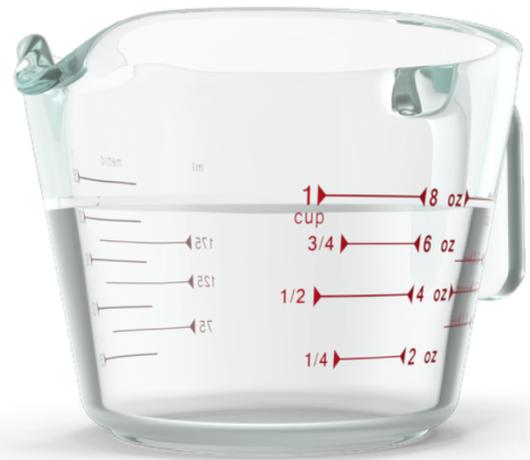
Check out carb counting choices by the CDC



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



What is a size of a cup?



1 cup



1 cup = 1 chén cơm for (For Vietnamese people, 1 cup \approx 1 small bowl that we eat home to specifically serve rice. So most Vietnamese people know what 1 cup of rice is)



\approx size of a small fist

A simple way of counting carbs

1 teaspoon of sugar
in sauce = 5g



1 cup of rice = 45g

1 cup of vegetable = 0g



1 cup of vegetable = 0g

1 cup of protein = 0g



Total = 50g

A simple way to count carb Phở Noodle



1 teaspoon of sugar
in soup = 5g



1.3 cup of noodle = 60g



1 cup of
vegetable = 0g



1 cup of protein = 0g

Total = 65g

A simple way to count carb

Bánh Mì

1 teaspoon of sugar
in sauce = 5g



3 slices of bread = 45g



1 cup of
vegetable = 0g



1 cup of protein = 0g

Total = 50g

Breakfast

Pho Noodle



Carbs: 65g

with 1.3 cup of noodle +
1 teaspoon of sugar

Pho Noodle

Reduce noodle & Add veggies/protein



Carbs: 50g

with 1 cup of noodle +
1 teaspoon of sugar

Breakfast

Noodle with shrimp



Carbs: 65g

with 1.3 cup of noodle +
1 teaspoon of sugar

Pho Noodle

Reduce noodle & Add veggies/protein



Carbs: 35g

with 2/3 cup of noodle +
1 teaspoon of sugar

Breakfast

Bánh giò

Add Veggies



Reduce flour



Add Protein



Breakfast

Bánh đúc mặn

Add Veggies



Reduce flour



Add Protein



Drink

Boba Tea
437mL



Carbs: 70g

Avocado Smoothie
437mL



Carbs: 25g

Lunch

Easy replacements



Oatmeal
or



Pumpkin
or



Roasted
Cauliflower

Lunch

Easy replacements

Add Protein

Add Veggies

Reduce Rice



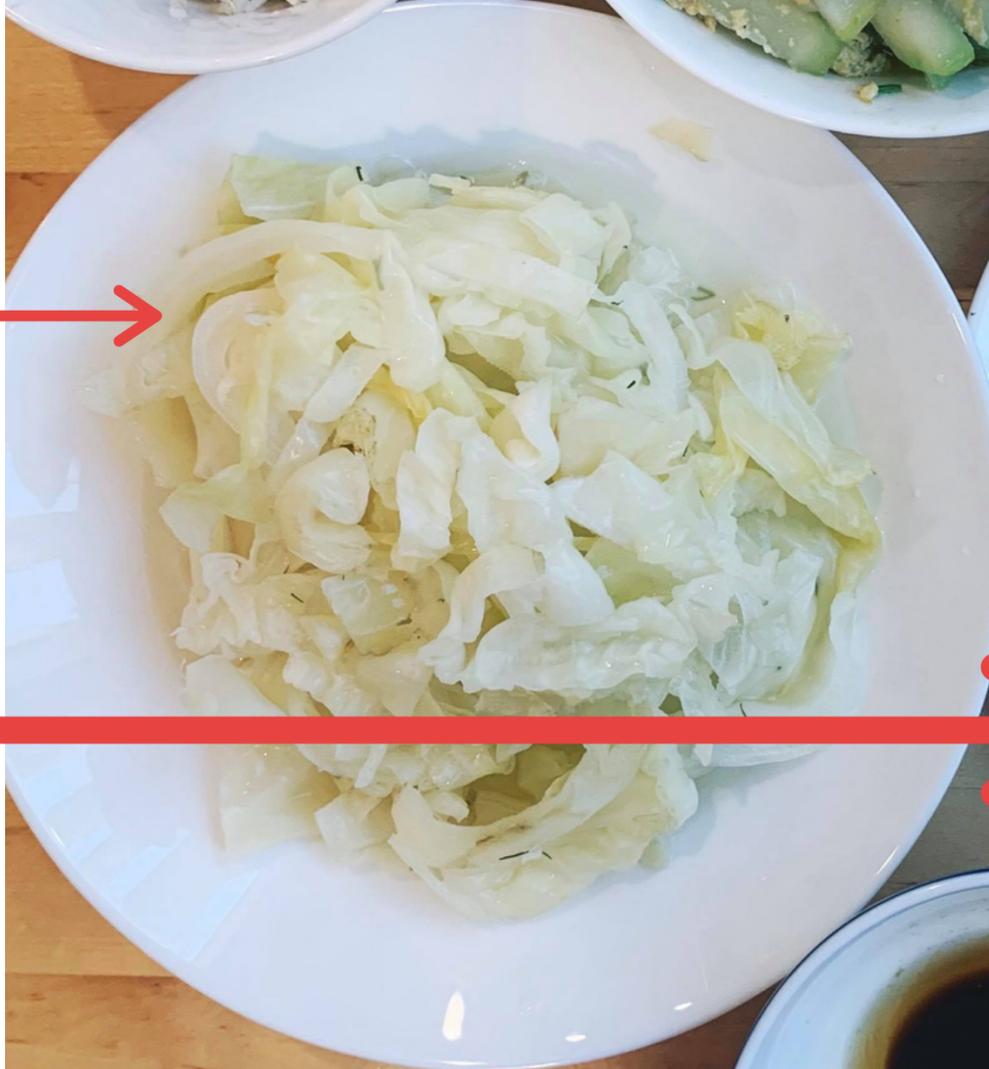
Lunch

Easy replacements

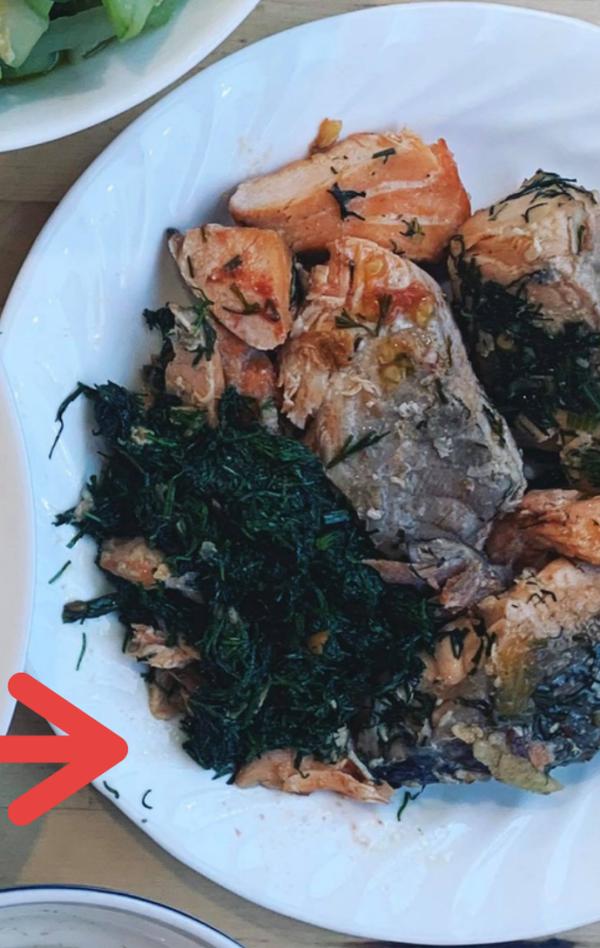
Reduce Rice



Add Veggies



Add Protein



Lunch

Vegetarian replacements

Add Protein



Add Veggies



Reduce Rice



Dessert

Jello
With sugar



Carbs: 45g

Jello
No sugar & Add coconut cream



Carbs: 15g

Snack

Spring rolls
with noodle



Carbs: 45g

Spring rolls
No noodle & add veggies



Carbs: 25g

Dinner

Easy replacements

Add Protein



Add Veggies



Reduce Rice



Dessert

Beans
With sugar



Carbs: 45g

Beans
No sugar & Add coconut cream/meat



Carbs: 15g

A simple way to count carbs

1/3 cup of rice/noodle



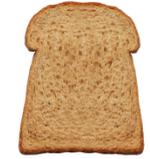
1/2 cup of yam



1/2 cup of beans



1 small slice of bread
(whole wheat)



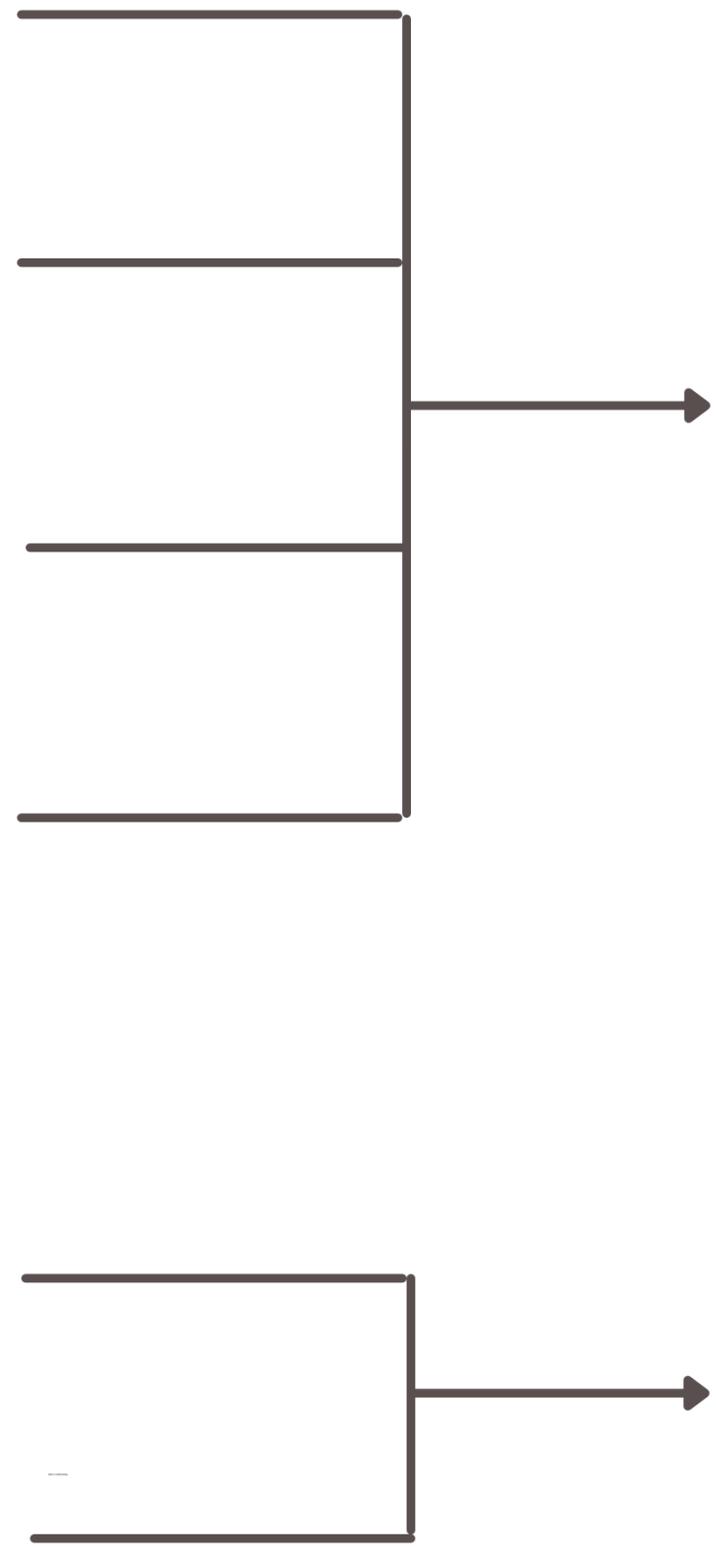
1 teaspoon of sugar



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 raw vegetables \approx 5g
- Since they are high in fiber and nutrients and low in 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.



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 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



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

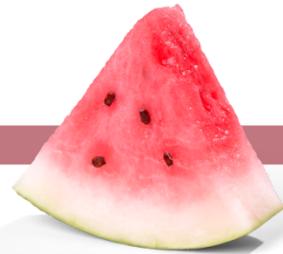
15 GRAMS OF CARBOHYDRATES



1.5 cup
Coconut water



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