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

What is a size of a cup?

1 cup

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

≈ size of a small fist
A simple way of counting carbs

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

Total = 50g
A simple way to count carb

Phở Noodle

1.3 cup of noodle = 60g

1 teaspoon of sugar in soup = 5g

1 cup of protein = 0g

1 cup of vegetable = 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
Pho Noodle

Carbs: 65g
with 1.3 cup of noodle +
1 teaspoon of sugar

Breakfast

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
Jello
With sugar

Carbs: 45g

Dessert

Jello
No sugar & Add coconut cream

Carbs: 15g
Spring rolls with noodle

Snack

Spring rolls
No noodle & add veggies

Carbs: 45g

Carbs: 25g
Dinner

Easy replacements

Add Protein

Add Veggies

Reduce Rice
Beans
With sugar

Dessert
Beans
No sugar & Add coconut cream/meat

Carbs: 45g

Carbs: 15g
A simple way to count carbs

1/3 cup of rice/noodle ≈ 15g

1/2 cup of yam

1/2 cup of beans

1 small 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 raw vegetables ≈ 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.

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

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