

Palau

Food Choices for Healthful Living based on food group lists



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Nutrient analysis sources:

Nutritionist IV, "N" Squared Computing, 1994
Exchanges for All Occasions, by M. Franz, MS, RD, 1993
Food Processor, Esha Research Co., 1996
Genesis R&D, Esha Research Co., 1996
Pacific Island Food Composition Tables, South Pacific Commission, 1994

The Food Group Lists are the basis of a meal planning system designed by the American Diabetes Association and The American Dietetic Association.

Disclaimer: The use of brand names does not imply endorsement. Nutrient value and exchange lists are based on current data and may be subject to change as new information becomes available.

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Palau Food Choices for Healthful Living Based on Food Group Lists

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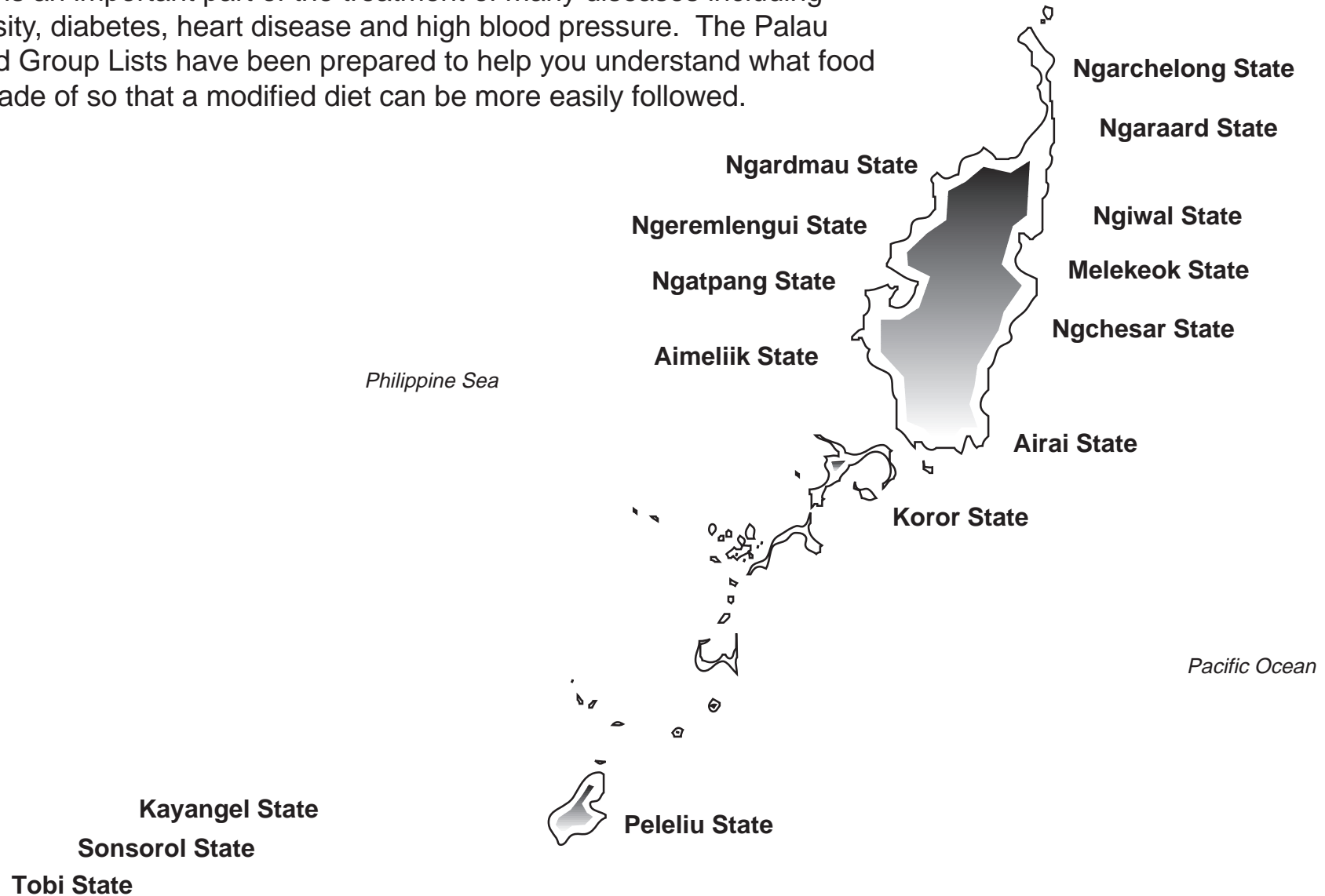
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Introduction

Diet is an important part of the treatment of many diseases including obesity, diabetes, heart disease and high blood pressure. The Palau Food Group Lists have been prepared to help you understand what food is made of so that a modified diet can be more easily followed.



Principles of Good Nutrition

- **Maintain a healthy weight.** Obesity increases your risk for diabetes, hypertension and coronary heart disease.

- **Eat a variety of foods.** Eating a variety of foods increase your chances of obtaining all the vitamins, minerals and nutrients your body needs.

- **Eat less fat.** Too much fat may cause heart and blood vessel disease. Avoid fried foods. Watch your portion sizes of all meat - it's easy to eat too much. Eat fewer high-fat foods such as canned meats, corned beef (from keg & can), coconut milk, gravy, salad dressing, chicken/turkey wings and tails.

- **Eat more starches, especially those high in fiber.** Starches are a good source of energy, vitamins, and minerals. Fiber in foods may help to lower blood-glucose and blood-fat levels. All people should increase the amount of carbohydrate and fiber they eat. This can be done by eating more taro, yams, sweet potato, cassava, bananas, breadfruit, dried beans, and peas; more whole grain breads, cereals, and crackers; and more fruit and vegetables.

- **Eat less sugar.** Sugar has only calories (energy) and no vitamins or minerals, and it increases the risk of dental cavities. Foods high in added sugar include desserts such as cakes and pies, sugary breakfast foods (such as toaster pasteries and sugar coated cereals), cookies, candy, pastries,

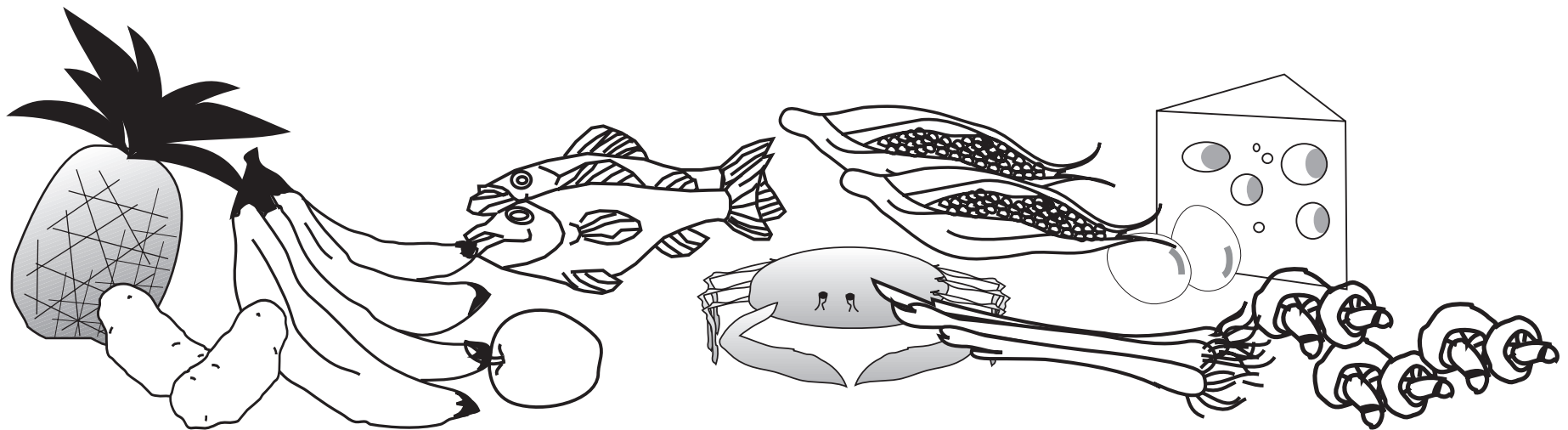
table sugar, honey, sweet drinks, and syrup. People with diabetes need to avoid these foods.

■ Eat less salt and sodium.

Many of us eat too much salt. The sodium in salt can cause the body to retain water, and in some people it may raise blood pressure. High blood pressure may be made worse by eating too much salt and sodium. Try to use less salt and soy sauce in cooking and at the table. Foods that are high in sodium, such as processed and convenience foods, are noted in this booklet with a special symbol ✦.

■ Limit alcohol intake.

It is best to avoid alcohol altogether. If you like to have an alcoholic drink now and then, ask your physician or nutritionist how to work it into your meal plan.



The Food Groups

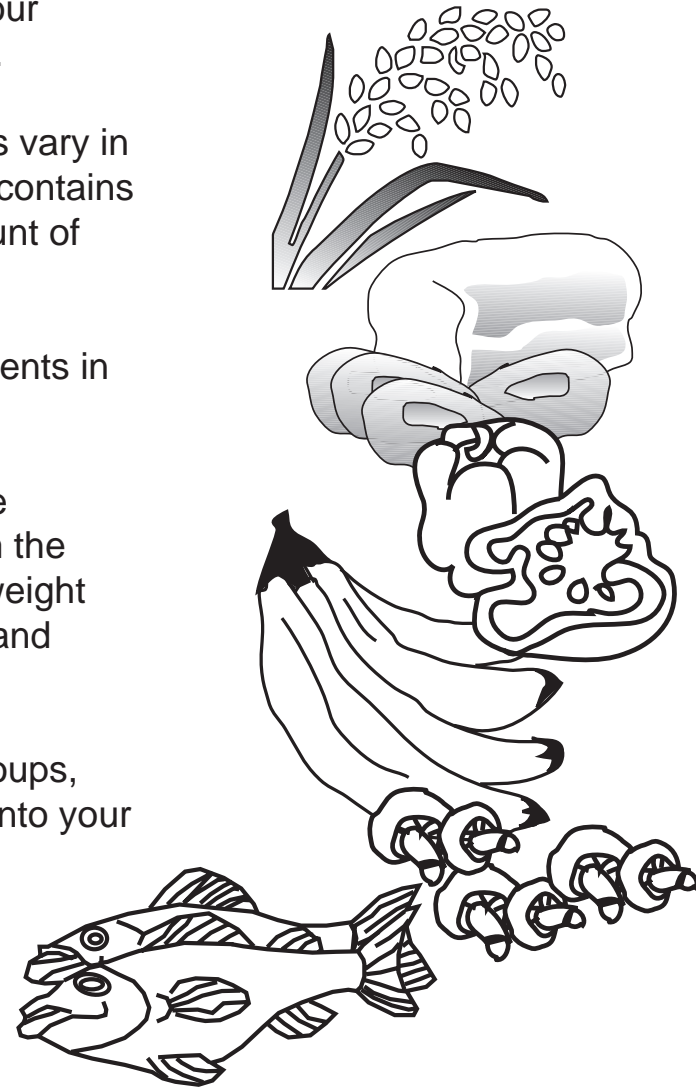
To make it easier for you to follow your meal plan and to meet your nutritional needs, foods have been divided into six Food Groups.

The reason for dividing food into six different groups is that foods vary in their carbohydrate, protein, fat, and calorie content. Each group contains foods that are alike - each choice contains about the same amount of carbohydrate, protein, fat, and calories (energy).

The chart on the following page shows the amount of these nutrients in one serving from each Food Group.

As you read over the Food Group Lists, you will notice that some choices are for a larger amount of food than another choice from the same list. Because foods are so different, the measurement or weight for each food is set so the amount of carbohydrate, protein, fat, and calories (energy) are the same for each choice.

If you have a favorite food that is not included in any of these groups, ask your nutritionist about it. That food can probably be worked into your meal plan.



Nutrient Content by Food Group

Food Group	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories (energy)
Starch	15	3	trace	80
Protein/Meat				
Lean (Meat A)	—	7	3	55
Medium-fat (Meat B)	—	7	5	75
High-fat (Meat C)	—	7	8	100
Vegetable	5	2	—	25
Fruit	15	—	—	60
Calcium/Milk				
Skim	12	8	trace	90
Lowfat	12	8	5	120
Whole	12	8	8	150
Fat	—	—	5	45

Meal Plan by Calorie Content

Each calorie level can be divided into food groups to provide a well balanced meal plan. Calorie levels are based on individual needs and include specific number of servings from each of the food groups.

	1500 calories	2000 calories	2300 calories (Pregnancy Exchanges)	2600 calories
Protein/Meat Group				
Lean (Meat A)	2	3	4	5
Medium-fat (Meat B)	2	3	3	3
High-fat (Meat C)	1	1	1	2
Starch Group	7	9	10	11
Vegetable Group	3	4	5	5
Fat Group	3	4	5	6
Fruit Group	3	5	5	6
Calcium/Milk Group	2	2	3	3
Coffee or tea, plain	Unlimited	Unlimited	Unlimited	Unlimited

Explanation: Each calorie level can be divided into food groups to provide a well balanced meal plan. Calorie level is based on individual needs.

Meal Planning Using Food Groups

Your Meal Plan should include foods from each Food Group. The number of foods in each group is planned to provide you with a balanced diet to fit your needs.

Calcium/Milk Group

The Calcium/Milk Group includes milk and milk products, tofu made with calcium, and fish with bones. These foods contain calories (energy), protein, calcium, vitamin A and several B vitamins.

Vegetable Group

The Vegetable Group includes some vegetables high in vitamin A, vitamin C and fiber which are important to health. High vitamin A sources will be indicated with a √ and high vitamin C sources will be indicated with a + symbol in this booklet. A food source is considered high if over 50% of the Recommended Daily Allowances.

Fruit Group

The Fruit Group includes all kinds of fruit. Some fruits contain small amounts of vitamin C; some are excellent sources of vitamin C. Orange colored fruits, such as mango and papaya, also contain vitamin A.

Starch Group

The Starch Group includes foods that provide carbohydrates in the form of starch. Rice, noodles, cereals, dried beans and peas, and starchy vegetables such as taro, breadfruit, sweet potatoes and others are good sources of many B vitamins, and other vitamins and minerals. Whole grains are high in fiber.

Meal Planning *(Continued)*

Protein/Meat Group

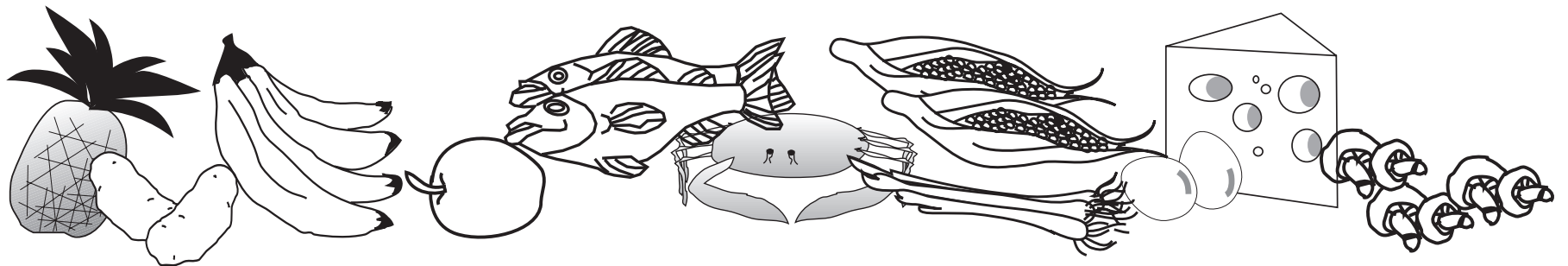
The Protein/Meat Group includes foods which provide protein, some fat, minerals and vitamins. This list includes meats, fish, poultry, eggs, tofu, and cheese.

Most meats you eat should be lean since fat contributes twice as many calories as protein or carbohydrate. Cut off all the visible fat before cooking. When cooking chicken, make sure you remove the skin. Bake, broil, roast, stew or pan-fry without added fat. Discard the fat that comes out of the meat while cooking.

The **kind** of meat or other protein foods makes a difference. The Protein/Meat Group has been divided into three lists: low, medium and high fat Protein/Meat Groups.

Fat Group

The Fat Group include foods high in fats. There are two categories of fats: **1) Saturated Fats** such as fats from animals and coconut palm oils; **2) Unsaturated Fats** or liquid vegetable oils. Your doctor may want you to be on a "Fat Controlled" diet. This means that you control the kind of fat you use as well as the amount.



Palau Menu

Typical Day's Menu

Noodles-Ramen-Oriental	1.5	cups
Cola-Type-Soda	24	fl. ozs
Fish-Tuna-Can/Oil-Drained	8	ounces
Rice-White Cooked	8	ounces
Taro-Sliced-Cooked	8	ounces
Cabbage-Tsukemono-Saltpick	8	ounces

Analysis

Kcalories	1800
Percent Carbohydrate	64%
Percent Fat	16%
Percent Protein	19%
Fiber	21 mg
Calcium	204 mg
Vitamin A	176 I.U.
Vitamin C	13 mg
Iron	11 mg

Exchanges:	Starch	12.5
	Protein/Meat	9.0
	Vegetable	0.0
	Fruit	0.0
	Calcium/Milk	0.0
	Fat	2.5

Improved Day's Menu

Fish-Tuna-Can/Oil-Drained	8	ounces
Rice-White Cooked	8	ounces
Cola-Type-Soda	12	fl. ozs
Taro-Sliced-Cooked	8	ounces
Cabbage-Tsukemono	8	ounces
Noodles-Ramen-Oriental	1	cup
Cabbage-Swamp-Cooked	0.5	cup
Cucumber-Raw-Sliced	0.5	cup
Sweet Potato-Bake-Peel	4	ounces
Sweet Potato-Leafy Tips-Ck	0.5	cup
Papaya	1	cup
Banana	0.5	

Analysis

Kcalories	1800
Percent Carbohydrate	66%
Percent Fat	15%
Percent Protein	20%
Fiber	29 mg
Calcium	326 mg
Vitamin A	28,858 I.U.
Vitamin C	140 mg
Iron	13 mg

Exchanges:	Starch	13.5
	Protein/Meat	9.0
	Vegetable	3.0
	Fruit	2.0
	Calcium/Milk	0.5
	Fat	1.5

Meal Plan Form

You may want to divide your food for the day this way:

Meal Plan	Number of Servings	Food	Amount
Breakfast:			
Fruit Group	_____	_____	_____
Protein/Meat Group (A, B, or C)	_____	_____	_____
Starch Group	_____	_____	_____
Fat Group	_____	_____	_____
Calcium/Milk Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____
Lunch:			
Protein/Meat Group _____	_____	_____	_____
Starch Group	_____	_____	_____
Vegetable Group	_____	_____	_____
Fat Group	_____	_____	_____
Fruit Group	_____	_____	_____
Calcium/Milk Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____
Dinner:			
Protein/Meat Group _____	_____	_____	_____
Starch Group	_____	_____	_____
Vegetable Group	_____	_____	_____
Fat Group	_____	_____	_____
Fruit Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____
Snack:			
Protein/Meat Group _____	_____	_____	_____
Starch Group	_____	_____	_____
Fat Group	_____	_____	_____
Calcium/Milk Group	_____	_____	_____

Measuring Your Foods

Measuring is a key to knowing how much food you eat. The measurement in ounces, inches, spoons, or cups is indicated for each food in the Food Groups.

You need a set of measuring cups which include a full 8-ounce cup, a half cup, a third of a cup and a quarter cup. You also need a teaspoon, a tablespoon, and a ruler to measure your meats.

All measurements are level. Do not heap or pack your cups or bowls. For example, to measure a level spoonful, fill your spoon, then run a knife edge across the spoon pushing off all the extra food. Measuring a level cupful would involve the same process.

A small food scale is also very helpful especially for measuring meats. Make sure the scale measures ounces accurately.

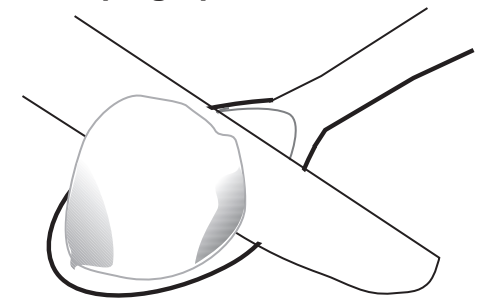
Measure your foods until you can train your eye to be accurate. Check all your measurements every once in a while to be sure you are correct.

Foods which are eaten cooked should be measured after they are cooked. Fat that is used in cooking must be counted as a fat serving. Frying adds a great deal of fat. For example, a breast of chicken which has been rolled in flour and fried may add 1 starch serving and 2 or more fat servings.

Measuring Technique for All Foods Requiring Utensils



Heaping Spoonful



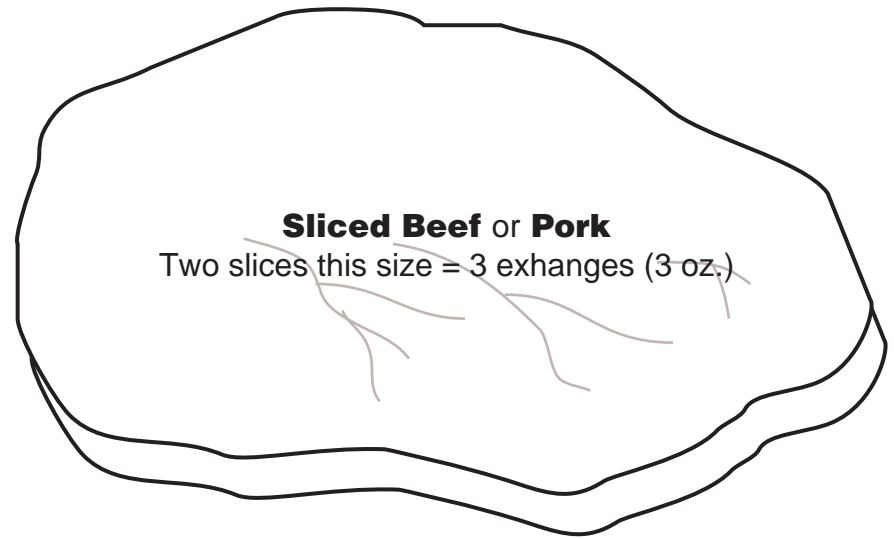
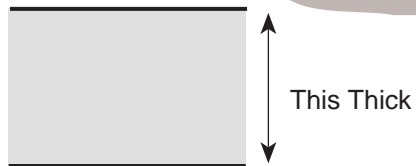
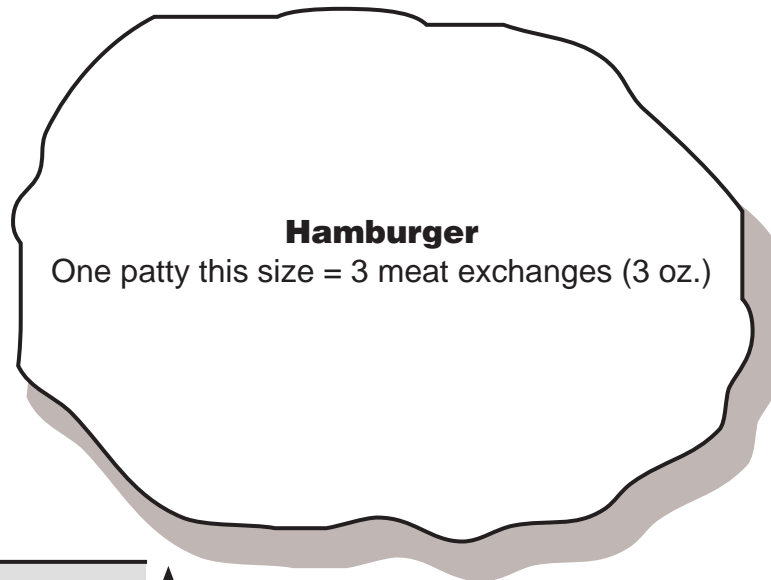
Leveling Spoonful



Level Spoonful

Meat Portion Guide

Study these sketches to help you estimate ounces of meat. They represent the actual size of a 3 ounce portion of cooked lean meat without bone. It is about the size of a deck of cards. If you are eating only 2 ounces (2 meat servings) decrease the portion size of meat accordingly.



4 ounces raw meat without bone	=	about 3 ounces cooked
5 ounces raw meat with bone	=	about 3 ounces cooked
1 small chicken leg and thigh or 1/2 breast	=	about 3 ounces cooked

Calcium/Milk Group

One nonfat calcium/milk serving contains approximately 90 calories, 12 grams carbohydrates, 8 grams protein and a trace of fat.

<i>Food</i>	<i>Measure</i>	<i>Food</i>	<i>Measure</i>
Cheese (add 1 fat)		Fish, sardines, mackerel, salmon; canned with bones (add 1 fat)	2 ounces
Parmesan	2 tablespoons		
Ricotta	1 ounce	Tofu made with calcium (add 1 fat)	1/2 cup
Cheese (add 2 fat)		Whole milk (add 2 fat groups)	
American	1 ounce	Whole milk	1 cup
Cheddar	1 ounce	Evaporated milk	1/2 cup
Mozzarella	1 ounce	Yogurt prepared with whole milk, unflavored	1 cup
Swiss	1 ounce		
Dark green leafy vegetables*	3 cups		
Nonfat Milk			
Nonfat dry milk powder	1/3 cup		
Evaporated skim milk	1/2 cup		
Yogurt prepared with skim milk, unflavored	1 cup		
Low Fat Milk (add 1 fat)			
2% milk	1 cup		
Evaporated 2% milk	1/2 cup		
Yogurt prepared with 2% milk, unflavored	1 cup		
Yogurt prepared with 2% milk, flavored (add 1 fruit)	1 cup		



1 Cup Skim Milk



1/3 Cup Nonfat Dry Milk Powder



1/2 Cup Evaporated Milk
Add 2 Fat Exchanges

*Calcium may not be well absorbed.

Starch Group

One starch serving contains approximately 80 calories, 15 grams of carbohydrate and 3 grams of protein.

<i>Food</i>	<i>Measure</i>
Bread	
Biscuit (add 1 fat)	1 (2" diameter)
Bread (white, whole wheat, rye, raisin, French)	1 slice
Bread crumbs	3 tablespoons
Bun, hamburger	1/2 bun (4" diameter)
Bun, hot dog	1/2 bun
Cornbread (add 1 fat)	1 (2" x 2" x 1")
English muffin	1/2
Muffin, plain, small (add 1 fat)	1
Noodles, chowmein (add 1 fat)	1/2 cup
Pancake (add 1 fat)	1 (4" diameter)
Roll, plain	1 (2" diameter)
Waffle (add 1 fat)	1 (4-1/2" diameter)
Cereals	
All cooked	1/2 cup
Bran Flakes, All Bran, Raisin Bran	1/2 cup
Bran (coarse texture)	1/2 cup
Cornmeal, dry	1/3 cup
Dry, puffed or flaked (not sugared)	3/4 cup
Granola	1/4 cup
Grape Nuts	1/4 cup
Shredded wheat	1/2 cup
Wheat germ	3 tablespoons
Coconut	
Immature meat (sponge) (add 1 fat)	1-3/4 cups
Water	2 cups
Crackers	
Crepe Pilot	1-1/2
Graham	3 (2-1/2" square)
Melba toast	4 (3-3/4" x 2")
Ritz, plain	4
Ry Krisp, double square wafer	3
Saloon pilot	1
Saltines	6 (2" square)
Soda	3 (2-1/2" square)
Wheat Thins (add 1 fat)	14

Flour Products

Cornstarch	2 tablespoons
Flour	2-1/2 tablespoons
Noodles; cellophane	3/4 cup
Noodles; macaroni, spaghetti	1/2 cup cooked
Somen	1/3 cup
Saimin	1/2 cup
Stuffing	1/4 cup

Rice

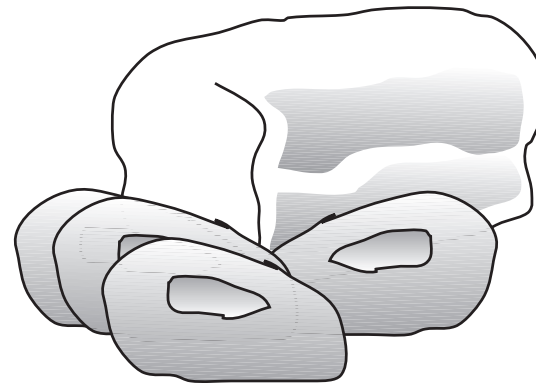
Long rice, cooked	1/2 cup
Mochi	1 (2" x-1/2")
Rice, cooked	
Brown	1/3 cup
Instant	1/3 cup
White, enriched	1/3 cup

*Soup

Miso paste	1 ounce
Noodle/rice base	1 cup
Cream base (add 1 fat)	1 cup

Starchy Vegetables

Arrowroot	2 ounces
Artichoke	1 whole
Barley	1-1/2 tablespoon
Beans, azuki	1/4 cup
Beans, baked	1/4 cup
Beans and peas; dried, cooked	1/3 cup
Breadfruit, cooked	1/3 cup
Cassava	1/3 cup
Corn	1/2 cup
Corn on the cob	1 (6" long)
Lima beans	1/2 cup
Mixed vegetables	2/3 cups
Parsnips	2/3 cup
Peas, green	1/2 cup
Plantain (green banana)	1/2 small or 1/3 cup
Poi from taro or breadfruit, 2 finger	1/2 cup
Popcorn (without butter)	3 cups
Potatoes	
White, whole	1 (" diameter)
White, mashed, plain	1/2 cup
√Sweet potato or orange colored yams	1/3 cup
Pretzels	3/4 ounce
√Pumpkin	3/4 cup
Soybeans, green	1/2 cup
Squash, winter, yellow	3/4 cup
Taro (raw and cooked)	1/4 cup
Vegetables, pickled	1/2 cup

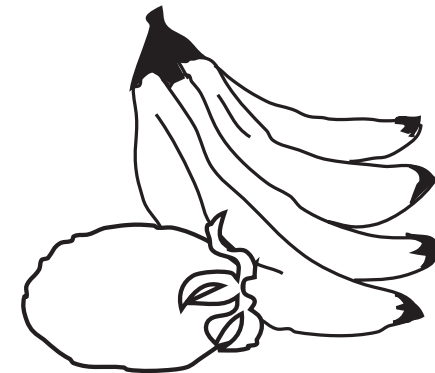


√Good source of Vitamin A
#High in fiber

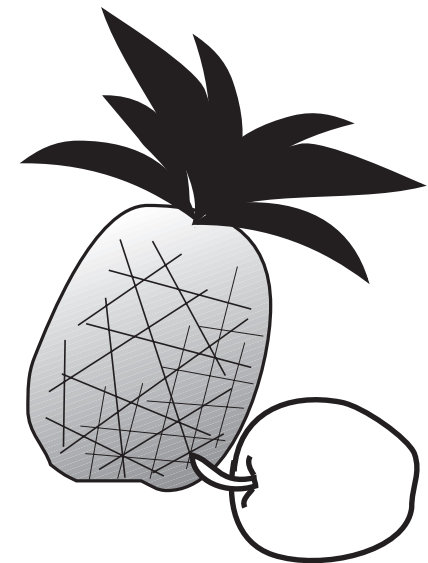
Fruit Group

One fruit serving contains approximately 60 calories and 15 grams of carbohydrate. These fruit may be fresh, cooked, or frozen **without sugar**. If fruit is canned in syrup, cut the portion in half. Choose juice that is 100% fruit.

<i>Food</i>	<i>Measure</i>
Apple, fresh	1/2 medium or 1 small (2" diameter)
Apple, mountain	2 medium
Applesauce	1/2 cup
Apple juice	1/2 cup
Apricots, fresh	4 medium
Apricots, dried	7 halves
Apricots, canned	4 halves
Banana	1/2 medium or 1/2 cup
Blueberries	3/4 cup
√+Cantalope	1/3 of 5" diameter fruit (1 cup)
Cherries, fresh	12 pieces
Cherries, canned	1/2 cup
Cranberry juice cocktail	1/4 cup
Dates	2-1/2
Figs, fresh	2 medium
Figs, canned	2
Fruit cocktail	1/2 cup
Fruit, dried	2 tablespoons
Grapes, fresh	10 grapes, large or 15 small
Grape juice, canned	1/3 cup
Grape juice, frozen	1/3 cup
+Grapefruit, fresh	1/2 medium (3-1/2" diameter)
+Grapefruit, canned sections	3/4 cup
+Grapefruit, juice	1/2 cup
+Guava, fresh	1 medium (2-1/2" diameter)



+Honeydew melon	1/8 medium (1 cup)
Jack fruit	1/2 medium
Juice (other)	1/2 cup
+Kiwi	1 large
+Longans	1/2 cup
+Lychees	10 fruits or 1/2 cup
+Mandarin orange	3/4 cup
√+Mango	1/2 cup or 1/2 small
Mango, dried	1 ounce
Nectarine	1 (1-1/2" diameter)
+Orange, fresh	1/2 large or 1 small
+Orange juice	1/2 cup
√+Papaya	1/2 medium or 1 cup cubed
+Passion fruit juice	1/2 cup
Peach, fresh	1 medium
Peach, canned	1/2 cup or 2 halves
Pear, fresh	1/2 large or 1 small
Pear, dried	1
Pear, canned	2 small halves or 1/2 cup
Persimmon, Japanese	1/2 medium
Persimmon, native	1 medium
+Pineapple, fresh,	3/4 cup
+Pineapple, canned in own juice	3/4 cup
+Pineapple juice	1/2 cup
Plums, fresh	2 medium
Plums, canned	4
Pomegranate	1/2 medium
+Pomelo (Pommalo)	1 cup sections
Prunes, dried	3 medium
Prunes, juice	1/3 cup
Raisins	2 tablespoons
Soursop, pulp	1/3 cup
+Starfruit	1-1/2 cups, cubed
+Strawberries	1-1/4 cups
+Tangerine	2 medium
Watermelon	1-1/4 cup cubed



+Good source of vitamin C
 √Good source of vitamin A

Vegetable Group

One vegetable serving contains about 25 calories, 5 grams of carbohydrate and 2 grams of protein.
One exchange is 1/2 cup.

Artichoke	√Kale	√+Vegetable juice
+Asparagus	★Kim Chee	
	Kohlrabi	Water chestnuts
Bamboo shoot		
Banana bud	Leeks	Zucchini
Bean sprouts		
Beans, goa (winged)	Mushrooms	
Beans, green		
Beets	Okra	
Beet greens	Onion, round	
Bittermelon, fruit		
√+Broccoli	√Papaya green	
+Brussel sprouts	Pea pods	
	+Pepper, green or bell	
√Carrots	√Pumpkin leaves	
+Cauliflower		
Celery	Rutabaga	
Chayote, fruit		
Chayote, leaves	√Spinach	
Collards	√Squash, leaf tips	
Cucumber	√Sweet potato leaves/shoots	
	√Swiss chard	
Daikon, pickled radish		
√Dandelion greens	+Taro leaves	
	+Tomato, canned or fresh	
Eggplant	+Tomato juice	
	Tomato paste	
Gourd, dish cloth	Turnip	
Gourd, white flowered	√Turnip greens	★Food high in salt
+Green pepper		+Good source of vitamin C
		√Good source of vitamin A

These vegetables may be used as desired, raw or up to one cup cooked.

Cabbage - all kinds
Celery

√Fern leaves and stems

Green Onions

Kombu seaweed

Lettuce

Nori seaweed

Parsley

+Radishes (includes Daikon)

√Radish leaves

Watercress

+Good source of vitamin C
√Good source of vitamin A

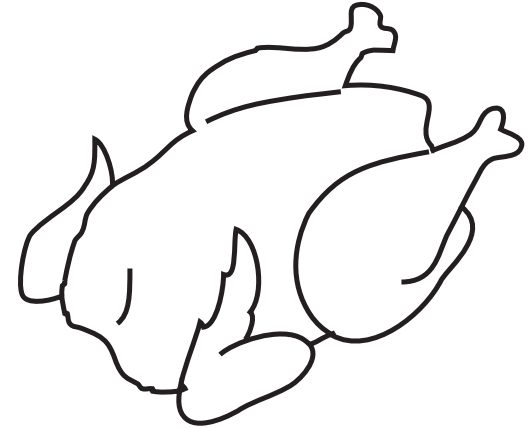


Protein/Meat Group A (Lean)

The protein/meat groups have been divided into three groups according to the fat content.

Protein/Meat Group A (lean). One protein/meat serving contains approximately 55 calories, 7 grams protein, and 3 grams fat.

<i>Food</i>	<i>Measure</i>
Beef	
★Chipped beef	1 ounce or 1 slice (3" x 2" x 1/4")
Lean chuck, flank steak, ground beef (less than 10% fat), porterhouse, T-bone, sirloin, tenderloin steaks, round, rump	1 ounce or 1 slice (3" x 2" x 1/4")
★ Beef jerky	3/4 ounce
★ Broth , Chicken	3/4 cup
Cheese	
Cheese containing less than 5% fat	1 ounce or 1" cube
Cottage, dry or 2% butterfat	1/4 cup
Parmesan	2 tablespoons
Chicken (skin removed)	
Breast	1 ounce or 1 slice (3" x 3" x 1/4") (5 pieces to one pound)
Drumstick	1 ounce or 1 slice (3" x 3" x 1/4")
Thigh	1/2 piece (4 pieces to one pound)
Roasted	1 ounce or slice (3" x 3" x 1/4")
Egg	
Egg substitute	1/4 cup
Whites, large	3



★Food high in salt

Fish

Abalone, crab, calamari (baked), Dolphin fish, lobster	1-1/2 oz.
Calamari (fried), eel, mackerel, mussels, octopus	1 oz.
Clams, cuttlefish, scallops, shrimp, squid, yellow tail	1/3 cup
Cod, opakapaka, mullet, red snapper, sole	1-1/2 oz.
Fish cake paste	1/4 cup
★Salmon, canned, drained	1/4 cup
★Sardines, canned in oil, drained	2 oz.
Sea slug	1 cup
★Tuna, canned in water	1 oz.

Pork

Lean leg 1 oz. or 1 slice (3" x 3" x 1/4")

Quail

1 oz.

Soybeans

1/3 cup

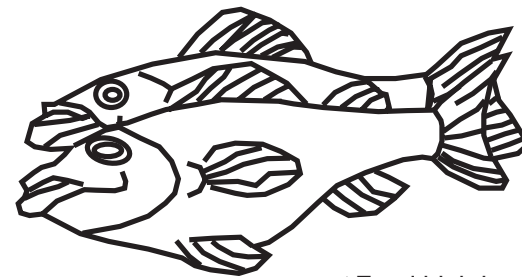
Turkey (skin removed)

★White and dark meat, roasted 1 oz. or 1 slice (3" x 3" x 1/4")

★Turkey ham, turkey pastrami, turkey breast 1 oz. or 1 slice (3" x 3" x 1/4")

Veal Chop or roast

1 oz. or 1 slice (3" x 2" x 1/4")

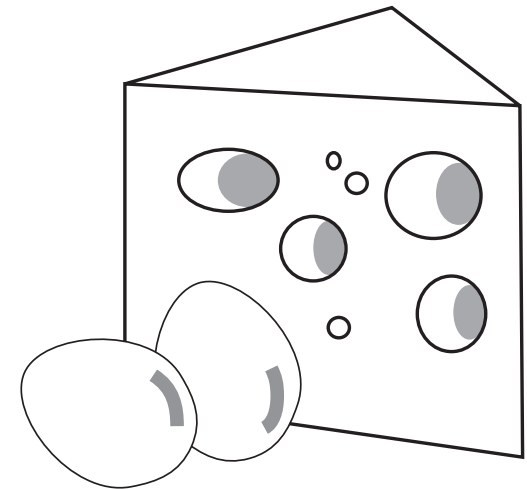


★Food high in salt

Protein/Meat Group B (medium fat)

Protein/Meat Group B (medium fat). One protein/meat serving contains approximately 75 calories, 7 grams protein, and 5 grams fat.

<i>Food</i>	<i>Measure</i>
Beef ★Corned beef Ground beef (15% fat) Rib eye	1 oz. or 1 slice (3" x 2" x 1/4") 1 oz. 1 oz. or 1 slice (3" x 2" x 1/4")
Cheese Cottage, creamed Mozzarella	1/4 cup 1 oz.
Chicken wing with skin	1 wing (6 pieces to one pound)
Chicken & turkey frankfurter	1 oz.
Cornish game hen	1 oz.
Dog	1 oz.
Duck (skin and fat removed)	1 oz.
Lamb Lean leg, loin, rib, shank, shoulder, sirloin	1 oz. or 1 slice (3" x 2" x 1/4")
Pork ★Ham, butt, loin, shoulder, arm, picnic Shoulder blade, ★Canadian bacon	1 oz. or 1 slice (3" x 2" x 1/4") 1 oz. or 1 slice (3" x 2" x 1/4")
Quail eggs	2 oz.
Tofu	1/3 cup or 3 oz. (1/6 of a block)
Turkey , ground	1 oz.
Egg , chicken whole	1 large
Liver, heart, kidney, or sweetbreads	1 oz.



★Food high in salt

Protein/Meat Group C (high in fat)

Protein/Meat Group C (high in fat). One protein/meat serving contains approximately 100 calories, 7 grams protein, and 8 grams fat.

<i>Food</i>	<i>Measure</i>
Beef Bacon (Sizzlean)	1 oz.
Brisket	1 oz.
Ground beef (20% or more fat)	1 oz.
Lean short ribs	1 oz.
Rib roast, club and rib steak	1 oz. or 1 slice (3" x 2" x 1/4")
Spare ribs (meat, without bone)	1 oz.
Cheese Cheddar, American, Monterey, Swiss, Provolone, Blue	1 oz. or 1" cube
*Cold cuts	1 slice
*Frankfurter	1 (10 to a pound)
Lamb	1 oz. or 1 slice (3" x 2" x 1/4")
Liverwurst, pork	1 oz.
*Luncheon meat	1 oz.
Peanut butter	1 tablespoon
Pork Spareribs, loins (back ribs), ground pork, country style ham	1 oz. or 1 slice (3" x 2" x 1/4")
Ears	2 oz.
*Sausage Lup chong, Portugese, Vienna	1 oz., link or pattie
*Spam (canned luncheon meat)	1 oz.
Turkey tail	1/2 oz.
Wings Chicken	1
Turkey	1/2



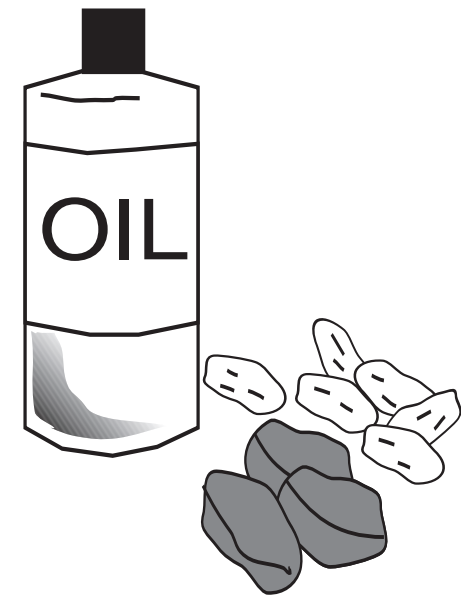
*Food high in salt

Fat Group A (high in unsaturated fats)

The fat group have been divided into two sections, those which are high in unsaturated fats and those which are high in saturated fat.

Fat Group A - high in unsaturated fats. One fat serving contains approximately 45 calories and 5 grams of fat.

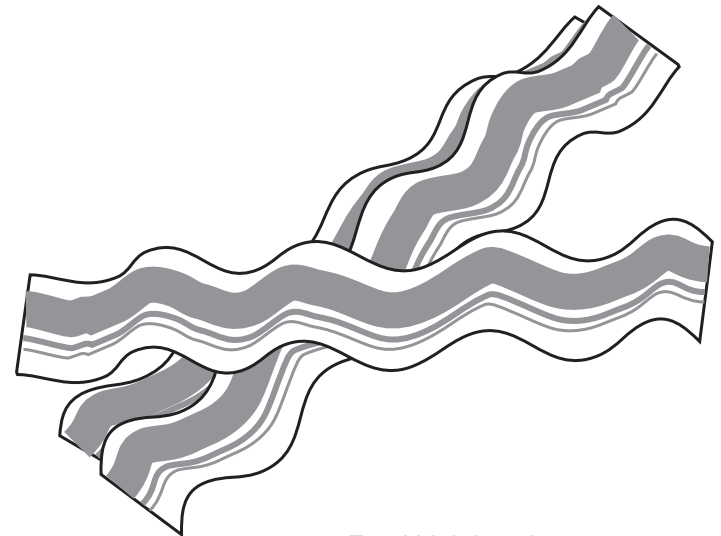
<i>Food</i>	<i>Measure</i>
Avocado	1/8 of 4" diameter
Dressings, Salad	
All varieties	1 tablespoon
Reduced calorie	2 tablespoons
Mayonnaise	1 teaspoon
Mayonnaise, reduced calorie	1 tablespoon
Margarine (first ingredient, liquid oil)	1 teaspoon
Nuts	
Almonds	6
Cashews	1 tablespoon
Macadamia	1 tablespoon
Peanuts	1 tablespoon
Pecans	1 tablespoon
Pistachio	1 tablespoon
Walnuts	4 halves (1 tablespoon)
Other nuts	1 tablespoon
Oil cottonseed, corn safflower, sesame, soybean and sunflower, coconut	1 teaspoon
Olives , ripe	10 small or 5 large
Sesame seeds	1 tablespoon
Sunflower seeds , unshelled	1/4 cup
shelled	1 tablespoon
Tartar sauce	2 teaspoons



Fat Group B (high in saturated fats)

Fat Group B - high in saturated fats. One fat serving contains approximately 45 calories and 5 grams of fat.

<i>Food</i>	<i>Measure</i>
Butter	1 teaspoon
★ Bacon , crisp	1 slice
Cheese, cream	1 tablespoon
Coconut	
Immature meat (sponge)	1-3/4 cup (add 1 bread)
Mature meat	1 piece (1" x 1" x 3/8")
Cream, no water added	1 tablespoon
Milk (1 cup water to 1 cup cream)	2 tablespoons
Coconut, grated	2 tablespoons
Coffee whitener	
Liquid	2 tablespoons
Powder	4 tablespoons or 1/4 cup
Cream	Table 2 tablespoons
Whipped	2 tablespoons
Whipping, heavy	1 tablespoon
Margarine (first ingredient hydrogenated or hardened oil)	1 teaspoon
★ Salt pork	1/4 oz.
Solid cooking fats , lard, shortening	1 teaspoon
Sour cream	2 tablespoons



★Food high in salt.

Foods that Do Not Need to be Measured

Some foods and condiments have very little carbohydrate, protein or fat and can be used without measuring and with a few exceptions, as often as you like.

Beverages

- Carbonated water, club soda
- Coconut water
- Coffee, plain
- Soft drinks, artificially sweetened
- Sugar free drink mixes
- Tea, plain
- Water

Desserts

- Gelatin desserts, artificially sweetened
- Sugar substitutes

Miscellaneous

- Non stick pan spray
- Pickles, unsweetened
- ★Plums, pickled (umeboshi)
- Seaweeds
- Taco sauce (1 tablespoon)

★Soups

- Bouillon, without fat
- Clear broth

Seasonings

- Chives
- ★Crab extract
- Fish sauce
- Garlic
- Ginger
- Mustard, dry or prepared
- Parsley
- Pepper
- ★Salt (in moderation)
- ★Soy Sauce (in moderation)
- Spices and herbs
- Tabasco sauce
- Vinegar



★Food high in salt

Other Foods for Occasional Use

Moderate amounts of some foods can be used in your meal plan, in spite of their sugar or fat content. The following list includes food group serving values for some of these foods. Because they are concentrated sources of carbohydrate, you will notice that the portion sizes are very small. Check with your nutritionist for advice on how often and when you can eat them.

<i>Food</i>	<i>Measure</i>	<i>Food Group</i>
*Alcohol - Beer	12 oz., can	3-1/2 fat
Wine	4 oz., -1/2 cup	2 fat
Whiskey, gin, rum, vodka (100 proof)	1-1/2 oz. or 1 shot	3 fat
Animal crackers	8 crackers	1 starch
Brownie, no frosting	1 (3" x1-1/2" x 7/8")	1 starch, 1 fat
Cake, angel food or sponge	cupcake size, flat top	1 starch, 1/2 fat
Cake, no icing	cupcake size, flat top	1 starch, 1 fat
Cake, with icing	cupcake size, flat top	1 starch, 2 fat
Coconut candy	1 oz.	1 starch, 1/2 fat
Cookies	2 small (1-3/4" across)	1 starch, 1 fat
Donut, cake	1	1 starch, 1 fat
French fried potatoes	10	1 starch, 1 fat
Frozen fruit yogurt	1/3 cup	1 starch
Gatorade	1 cup	1 fruit
Granola bars	1	1 starch, 1 fat
Ice cream, any flavor	1/2 cup	1 starch, 2 fat
Ice milk	1/2 cup	1 starch, 1 fat
Jam, jelly, honey	1 tablespoon	1 fruit
Jello	1/2 cup	1 fruit
Juice drinks	12 oz. can	2-1/2 fruit

*Because of minimal nutrient value, fat is used as the equivalent exchange

Other Foods for Occasional Use *(Continued)*

<i>Food</i>	<i>Measure</i>	<i>Food Group</i>
Macaroni or Potato Salad	1/2 cup	1 starch, 3 fat
Malasada	1	1 starch, 3-1/2 fat
Muffin	2" diameter	1 starch, 1 fat
Pie, fruit	1/8 pie	2 starch, 1 fruit, 3 fat
Popsicle	1/2 twin pop	1 fruit
Sherbert, any flavor	1/4 cup	1 starch
Soda, sweetened	12 ounce can	2-1/2 fruits
Snack chips, all varieties	1 ounce	1 starch, 2 fat
Sugar	1 tablespoon	1 fruit
Sugar cane, stalk, peeled	4 ounce	1 fruit
Tapioca candy	1 oz.	1 fruit, 1 fat
Vanilla wafers	6 small	1 starch
Yogurt with fruit	1 cup	1 milk, 1 fruit, 1 fat

Fast Food Restaurants

<i>Food</i>	<i>Measure</i>	<i>Calories</i>	<i>Food Group</i>
Burger King			
Whopper	1	630	3-1/2 starch, 2 "B" protein/meat, 5-1/2 fat
Cheeseburger	1	317	2 starch, 2 "B" protein/meat, 1 fat
Whopper Jr.	1	322	2 starch, 2 "B" protein/meat, 1 fat
Chicken Tenders			
with BBQ dipping sauce	6 pieces	275	1 starch, 2 "B" protein/meat, 2 fat
BK Broiler	1 sandwich	265	2 starch, 3 "A" protein/meat
BK Broiler Sauce	1 order	90	2 fat
Garden Salad	1	90	1 vegetable, 1 fat
Salad bar without dressing	1	28	1 vegetable
Reduced calorie Italian			
salad dressing	1 pkg.	30	1/2 fat
French Fries	Regular	235	1-1/2 starch, 2 fat
Dairy Queen			
Single Hamburger	1	310	2 starch, 3 "B" protein/meat, 1 fat
Hot Dog	1	280	1-1/2 starch, 1 "B" protein/meat, 2 fat
BBQ Beef Sandwich	1	225	2 starch, 2 "A" protein/meat
Grilled Chicken	1	300	2 starch, 3 "A" protein/meat
Fillet Sandwich	1	300	2 starch, 3 "A" protein/meat
Fish Sandwich	1	400	3 starch, 2 "B" protein/meat, 1 fat
French Fries	Small	210	2 starch, 2 fat
Cone	Regular	230	2-1/2 starch, 1 fat
DQ Sandwich	1	140	1-1/2 starch, 1 fat
Dilly Bar	1	210	1-1/2 starch, 2 fat
Yogurt Cone	Regular	180	2-1/2 starch
Domino's Pizza			
Cheese Pizza, 16" large	2 slices	376	4 starch, 2 "B" protein/meat
Ham Pizza, 16" large	2 slices	417	4 starch, 2 "B" protein/meat

Fast Food Restaurants *(Continued)*

<i>Food</i>	<i>Measure</i>	<i>Calories</i>	<i>Food Group</i>
Kentucky Fried Chicken			
Dinner	1	643	3 starch, 3 "B" protein/meat, 5 fat
Original Recipe			
Breast	1	260	1/2 starch, 3 "B" protein/meat
Drumstick	1	152	2 "B" protein/meat
Skinfree Crispy			
Breast	1	296	1 starch, 3 "B" protein/meat
Drumstick	1	166	2 "B" protein/meat
Mashed Potatoes with Gravy	1	71	1 starch
Corn-on-the-Cob	1	90	2 starch
Cole Slaw	1/2 cup	168	2 vegetable, 2 fat
McDonald's			
Hamburger	1	275	2 starch, 1 "B" protein/meat, 1-1/2 fat
Quarter Pounder	1	414	2 starch, 2-1/2 "B" protein/meat, 2-1/2 fat
McLean Deluxe	1	320	2 starch, 3 "A" protein/meat
McLean Deluxe with Cheese	1	370	2 starch, 3 "A" protein/meat, 1 fat
Chicken McNuggets	1 serving	288	1 starch, 2-1/2 "B" protein/meat, 2-1/2 fat
French Fries	Medium	320	2-1/2 starch, 3 fat
Garden Salad	1	50	1 vegetable
Chef Salad	1	170	1 vegetable, 2 "B" protein/meat
Lite Vinaigrette Dressing	2 oz. packet	48	1 fat
Egg McMuffin	1	383	2 starch, 2 "B" protein/meat, 3 fat
Scrambled Eggs	1	140	2 "B" protein/meat
English Muffin with Butter	1	170	2 starch, 1 fat
Apple Bran			
or Blueberry Muffin	1	180	2-1/2 starch
Vanilla Lowfat Frozen			
Yogurt Cone	1	105	1-1/2 starch
Pizza Hut			
Thin-n-Crispy, Cheese, 12" medium pizza	2 slices	398	2 starch, 1 "B" protein/meat, 1 vegetable

Hand-Tossed Pizza, Pepperoni, 12" medium pizza	2 slices	492	4 starch, 3 "B" protein/meat
Pan Pizza, Cheese, 12" medium pizza	2 slices	492	4 starch, 3 "B" protein/meat
Subway			
Cold Cut Combo Sub	6"	427	3 starch, 2 "B" protein/meat, 2 fat
Protein/meatball sub	6"	459	3 starch, 2 "B" protein/meat, 2 fat
Turkey Breast Sub	6"	322	3 starch, 3 "B" protein/meat
Roast Beef Sub	6"	345	3 starch, 2 "B" protein/meat
Taco Bell			
Bean Burrito	1	343	3 starch, 1/2 "B" protein/meat, 2 fat
Beef Burrito	1	262	2 starch, 1 "B" protein/meat, 1 fat
Tostada	1	223	2 starch, 1/2 "B" protein/meat, 1 fat
Taco	1	184	1 starch, 2 "A" protein/meat
Soft Taco	1	213	1 starch, 1-1/2 "B" protein/meat, 1 fat
Fajita Steak with Guacamole	1	269	1 starch, 2 "B" protein/meat, 1 fat
Chicken Fajita	1	225	1 starch, 2 "B" protein/meat

+Good source of vitamin C
 ✓Good source of vitamin A

Edible Plants of Palau

<i>Species Name</i>	<i>English Name</i>	<i>Sp. No.</i> ¹	<i>Palauan Name</i>
FRUITS			
Ananas comosus	pineapple	E086	ongor Ingebard
Annona muricata	soursop	E101	sausab
Averrhoa bilimbi	averrhoa	—	imekurs
Averrhoa carambola	starfruit	E018	kemim
Carica papaya	papaya, pawpaw	E078	bobai
Citrus aurantifolia	lime	E052	mekemin el meradel
Citrus grandis	pommelo	E090	jabong
Citrus cf. hystrix	Palauan lemon	—	debechel el meradel
Citrus cf. mitis	kalamansi	—	kingkang
Citrus sp.	tangerine	E061	kerkur
Citrus sinensis	orange	E070	cheluchau
Citrullus lanatus	watermelon	E095	sandiang
Cucumis melo	cantelope	E097	“cantelope”
Cucumis melo	melon@	@	@
Mangifera indica	mango	E064	iedel
Musa x paradisiaca	banana	E012	tuu
Pangium edule	football fruit	—	riaml
Passiflora edulis	passionfruit	E076	kudamono
Persea americana	avocado	E121	bata
Psidium guajava	guava	E042	kuabang
Spondias mombin	hog plum	—	titiml
Syzygium aqueum	water apple	—	chedebsachel
Syzygium caryophyllus	bell apple@	P026*	rebotel chedebsachel
Syzygium malaccense ²	Malay apple	E111	rebotel
VEGETABLE-LIKE FRUITS			
Areca catechu	betel nut	F006	buuch
Benincasa hispida	wax gourd, ash pumpkin	—	tongang
Capsicum annuum	green pepper	D096*	meringel
Cocos nucifera	coconut	many@	lius
Cucumis sativa	cucumber	D039*	kiuri
Cucurbita pepo	pumpkin	D087*	kalbasang
Cucurbita pepo	squash	D094	kalbasang
Hibiscus esculenta	okra	D072*	okura
Inocarpus fagifer	Tahitian chestnut	F064*	keyam
Luffa acutangula	angled loofa	—	@

Luffa cylindrica	loofa	—	@
Lycopersicum esculentum	tomato	D118*	"tomato"
Momordica charantia	bitter melon	—	margoso
Phaseolus vulgaris	green beans	G005	mame
Sechium edule	chayote	D034	"chayote"
Solanum melongena	eggplant	D049*	nas
Vigna sesquipedalis	long bean	G057?	mame

STARCHY STAPLES

Alocasia macrorrhiza	giant taro	A062	bisech
Artocarpus altilis	breadfruit	A002*	meduu
Colocasia esculenta	taro	A046*	kukau
Cyrtosperma chamissonis	giant swamp taro	A103*	prak
Ipomoea batatas	sweet potato	A034*	emutii
Manihot esculenta	cassava	A011*	diokang
Musa x paradisiaca	plantain	A004*	tuu
Xanthosoma sagittifolium	American taro	A063*	bisech, honolulu
Zea mays	corn	D059	mais

GREEN LEAVES

Brassica chinensis	Chinese cabagge	C094*	nappa
Brassica juncea	nappa	—	nappa
Brassica oleracea	head cabbage	C019*	"nappa"
Colocasia esculenta	taro	C097*	llei a dait
Curcubita pepo	pumpkin	C025*	llei a kalbasang
Hibiscus manihot	bele	C005	isaol
Ipomoea aquatica	swamp cabbage	C098*	kangkum
Ipomoea batatas	sweet potato	C038*	llei a emutii
Latuca sativa	lettuce	C045	"lettuce"
Piper betel	pepper leaf	—	kebui

OTHER VEGETABLES

Allium cepa@	green onions	D077*	nengi
Brassica oleracea	broccoli	D122	"broccoli"
Daucus carota	carrot	D002*	kiarots
Raphanus sativus	radish, daikon	C088?	daikong
Saccharum officinale	sugarcane	—	deb

FAMINE/MINOR FOODS

Annona reticulata	bullock's heart@	—	atis@
Annona squamosa	custard apple	E027	@
Arachis hypogaea@	peanuts	F062	rakase
Artocarpus heterophyllus	jakfruit	A091	"jakfruit"
Artocarpus mariannensis	wild breadfruit	—	ebiei, dekar
Bambusa vulgaris	bamboo	—	bambuu
Calophyllum inophyllum	calophyllum	—	redichel a btachas

Edible Plants of Palau (Continued)

Species Name	English Name	Sp. No. ¹	Palauan Name
FAMINE/MINOR FOODS(Continued)			
Citrus aurantium	sour orange	—	bekersiu
Citrus macroptera@	Palauan orange	—	cheluchau
Crateva speciosa	craveta	—	chedebsungel
Dioscorea alata	yam	A071*	telngot
Dioscorea bulbifera	bitter yam	—	belloi
Dioscorea esculenta	Chinese yam	A069*	telngot@
Dioscorea nummularia	spiny yam	A078	telngot@
Dioscorea pentaphylla	5-fingered yam	A074	telngot@
Ficus senffiana	wild fig	—	uosch
Melastoma malabathricum	—	—	matakui
Morinda citrifolia	Indian mulberry	—	ngel
Moringa oleifera	horseradish tree	C026*	manungai
Muntigia calabura	Panama cherry	—	budo
Musa x paradisiaca ssp. seminifera	wild plantain	—	tuuarekiuid
Nypa fruticans	nypa palm	—	redechel a teuechel
Pandanus tectorius	screwpine	@	ongor ra ked
Passiflora quadrangularis	granadilla	—	kudamono
Physalis angulata	wild cape-gooseberry	—	bubeu
Psophocarpus tetragonolobus	winged bean	G032	“winged bean”
Premna serratifolia	—	—	chosm
Punica granatum	pomegranate	—	kudamono
Rhizophora spp.	red mangrove	—	denes
Tacca leontopetaloides	Polynesian arrowroot	A001	seboseb
Terminalia catappa	tropical almond	F059	miich
Theobroma cacao	cocoa	W034?	siklatei
Indeterminate	—?	—	matib

¹Key number in Dignan, C.E. et al. 1994. The Pacific Islands foods composition tables. So. Pac. Comm., Noumea.

*Indicates additional key numbers as well.

³This is what is probably incorrectly identified as *Syzygium samarangense* in the So. Pac. Comm. book.