

Pohnpei

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., 4.62, 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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ADAP Directors:

CAROL WHITAKER
American Samoa Community College

JEFF D.T. BARCINAS
University of Guam

SINGERU SINGEO
College of Micronesia

JOQUIN SABLAN
Northern Marianas College

CHARLES W. LAUGHLIN
University of Hawai'i

Pohnpei Food Choices for Healthful Living Based on Food Group Lists

ADAP Project, 99-2

Prepared by:

ANNE SHOVIC, Ph.D., R.D.
University of Hawai'i

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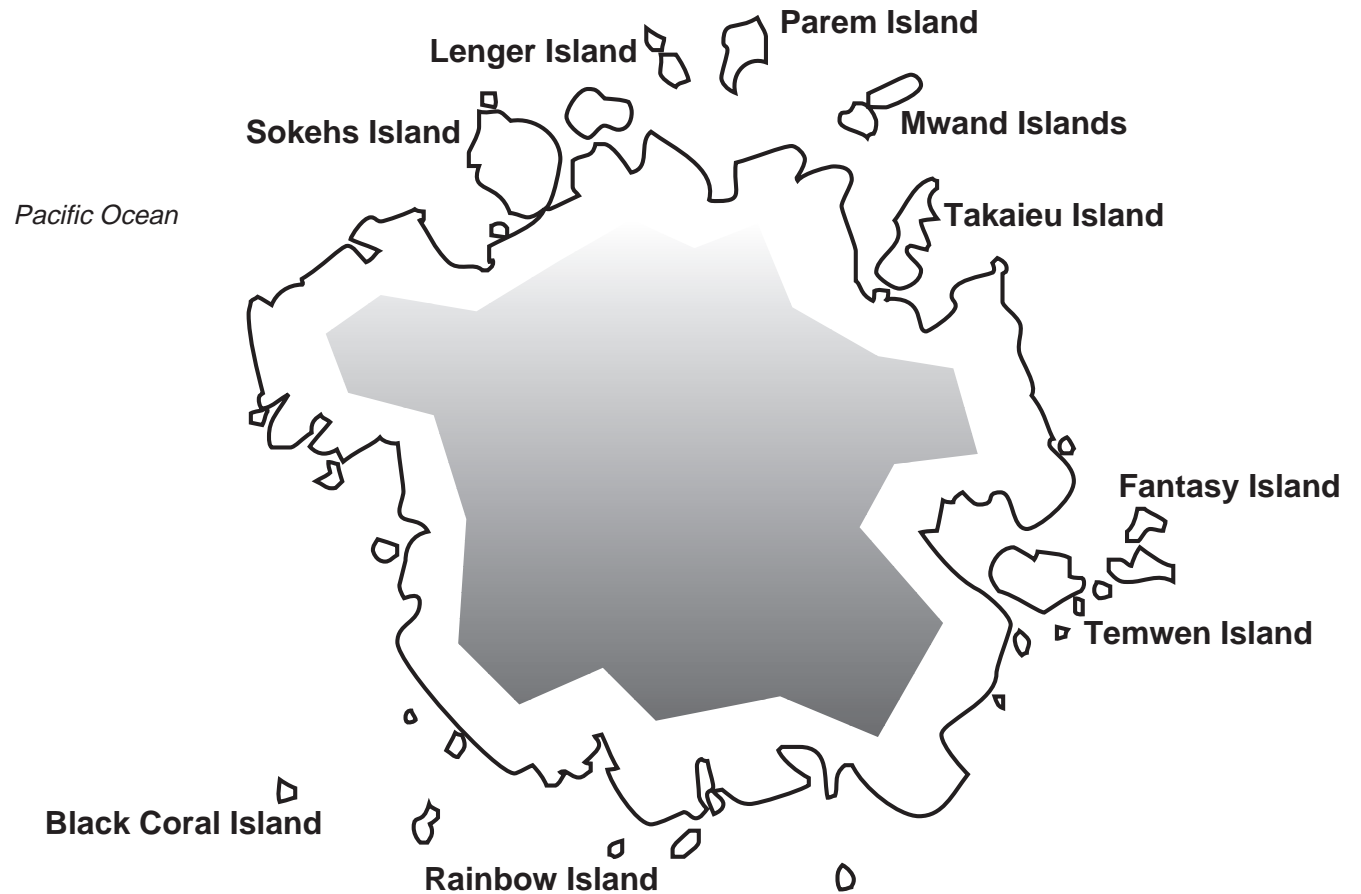
ADAP Project
3050 Maile Way
Gilmore Hall, Room 213
University of Hawai'i
Honolulu, Hawai'i 96822
Tel.: (808) 956-8140
Fax: (808) 956-6967

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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 Pohnpei 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. Most 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,

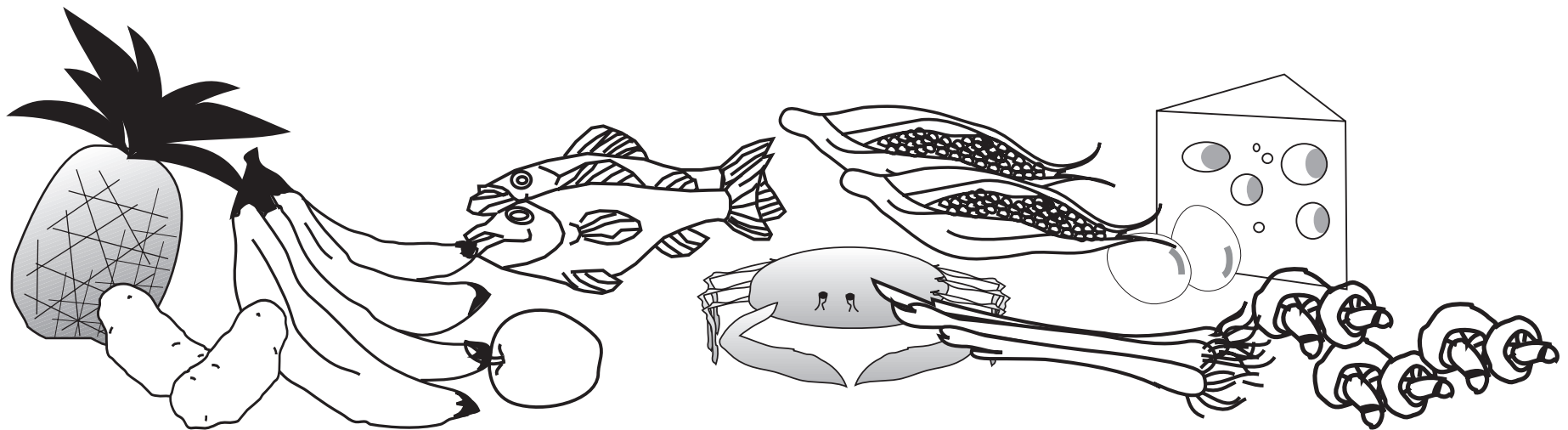
table sugar, honey, sweet drinks, and syrup. People with diabetes need to avoid these foods.

■ Eat less salt and sodium.

Many of us eat too much salt which consists of sodium and chloride. 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

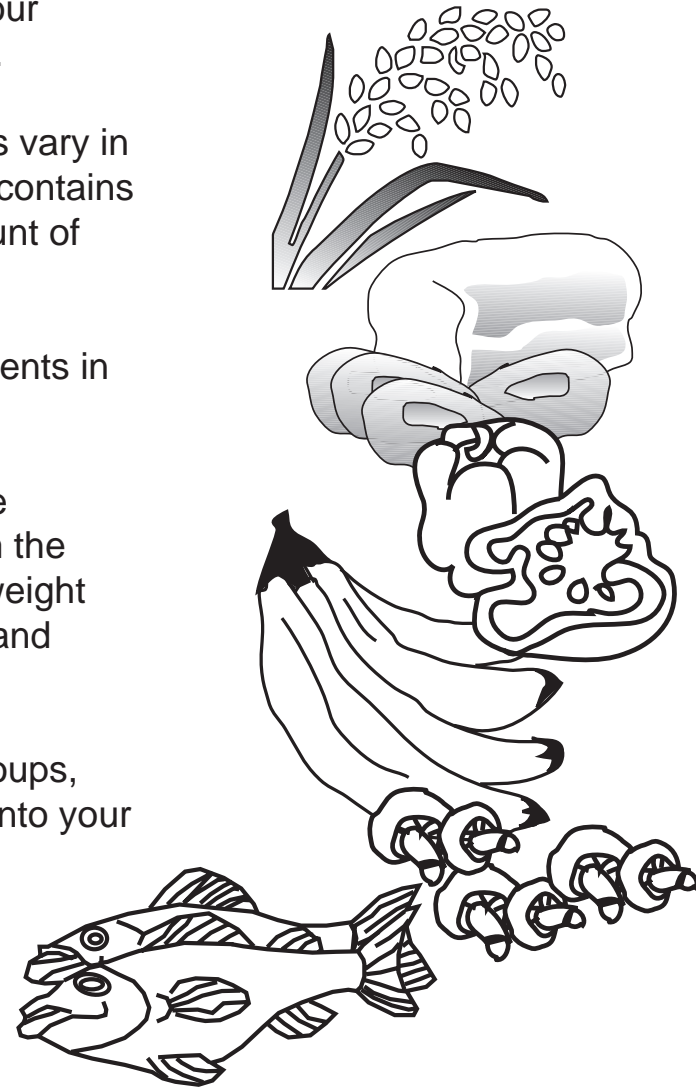
To make it easier for you to follow your meal plan and to meet your nutritional needs, foods have been divided into six Food Groups.

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

Daily 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 local 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

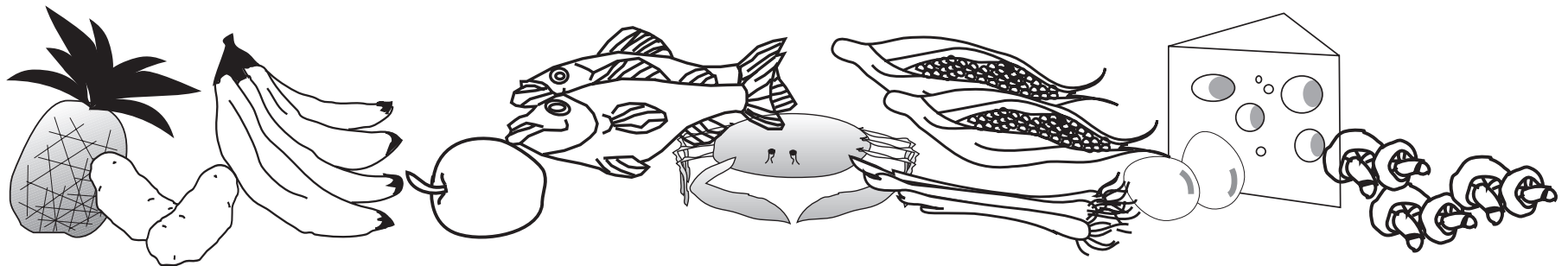
The Protein/Meat Group includes foods which provide protein, some fat, minerals and vitamins. This list includes meats, fish, poultry, eggs, tofu, and cheese. Meat is a good source of iron.

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.



Pohnpei Menu

Typical Day's Menu

1-1/2 cup Yam, Composite, Boiled
 3 tbs Lard (Pork Fat)
 2 cup Medium Grain White Rice–Unenriched–Cooked
 6 oz-wt Pork Shoulder Arm Picnic–Lean
 1 tsp Sea Salt
 2 cup Medium Grain White Rice–Unenriched–Cooked
 9 oz-wt Yellowtail Fish–Raw (Sashimi)

Analysis

Kcalories 2550
 Percent Carbohydrate 45%
 Percent Fat 34%
 Percent Protein 21%
 Fiber 6 g
 Iron 18 mg
 Calcium 134 mg
 Vitamin A 640 I.U.
 Vitamin C 52 mg
 Folic Acid 33 mcg

Exchanges:

Starch	16.0
Protein/Meat	15.0
Vegetable	0.0
Fruit	0.0
Calcium/Milk	0.0
Fat	9.0

Improved Day's Menu

1-1/2 cup Yam, Composite, Boiled
 1-1/2 cup Medium Grain White Rice–Unenriched–Cooked
 4 oz-wt Pork Shoulder Arm Picnic–Lean
 1/2 tsp Sea Salt
 1 cup Edible Hibiscus Leaves–Raw
 1-1/2 cup Medium Grain White Rice–Unenriched–Cooked
 6 oz-wt Yellowtail Fish–Raw (Sashimi)
 4 oz-wt Raw Tofu–Firm w/Calcium Sulfate
 1/4 cup Fresh Lemon Juice
 1 tbs White Granulated Sugar
 1/4 cup Soy Sauce (Wheat & Soy)
 1 each Papaya (Medium Size)

Analysis

Kcalories 1978
 Percent Carbohydrate 60%
 Percent Fat 16%
 Percent Protein 24%
 Fiber 12.5 g
 Iron 31 mg
 Calcium 1094 mg
 Vitamin A 4128 I.U.
 Vitamin C 284 mg
 Folic Acid 437 mcg

Exchanges:

Starch	13.0
Protein/Meat	10.0
Vegetable	2.0
Fruit	4.0
Calcium/Milk	1.0
Fat	1.0

Meal Plan Form

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

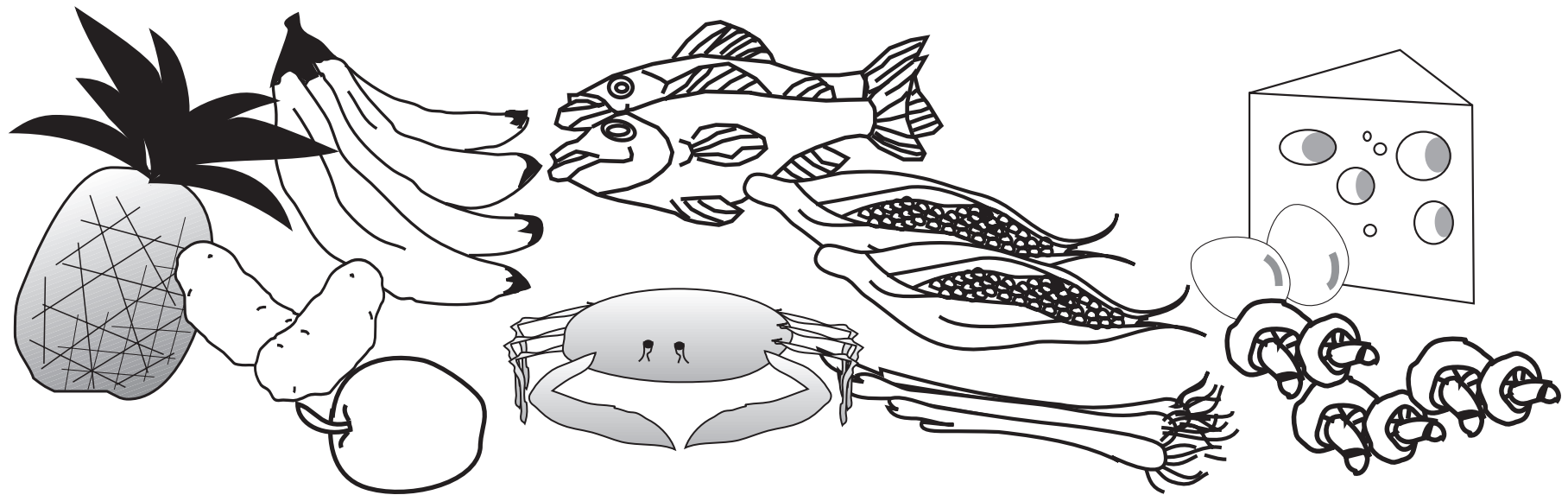
Meal Plan	Number of Servings	Food	Amount
Breakfast:			
Protein/Meat Group (A, B, or C)	_____	_____	_____
Vegetable Group	_____	_____	_____
Starch Group	_____	_____	_____
Fat Group	_____	_____	_____
Fruit Group	_____	_____	_____
Calcium/Milk Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____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

Dinner:

Protein/Meat Group (A, B, or C)	_____	_____	_____
Starch Group	_____	_____	_____
Vegetable Group	_____	_____	_____
Fat Group	_____	_____	_____
Fruit Group	_____	_____	_____
Calcium/Milk Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____

Snack:

Protein/Meat Group (A, B, or C)	_____	_____	_____
Starch Group	_____	_____	_____
Vegetable Group	_____	_____	_____
Fat Group	_____	_____	_____
Fruit Group	_____	_____	_____
Calcium/Milk Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____



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.

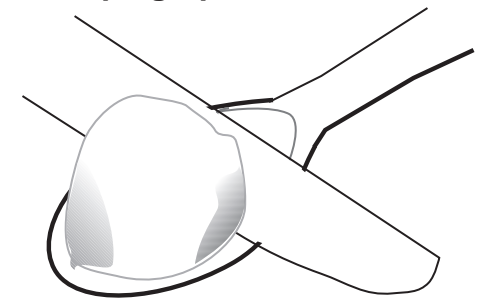
Measure your foods until you can train your eye to be accurate. Check all your measurements every once in a while to be sure you are correct.

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



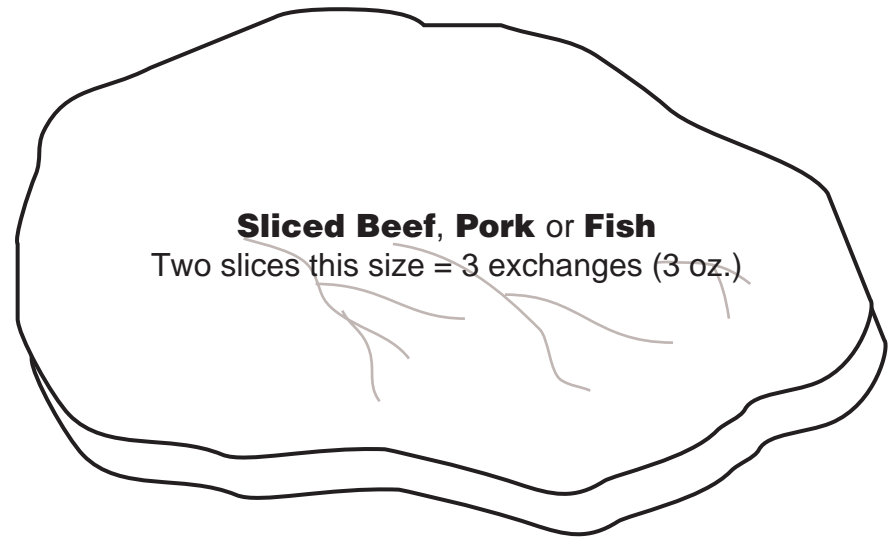
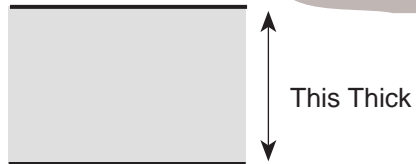
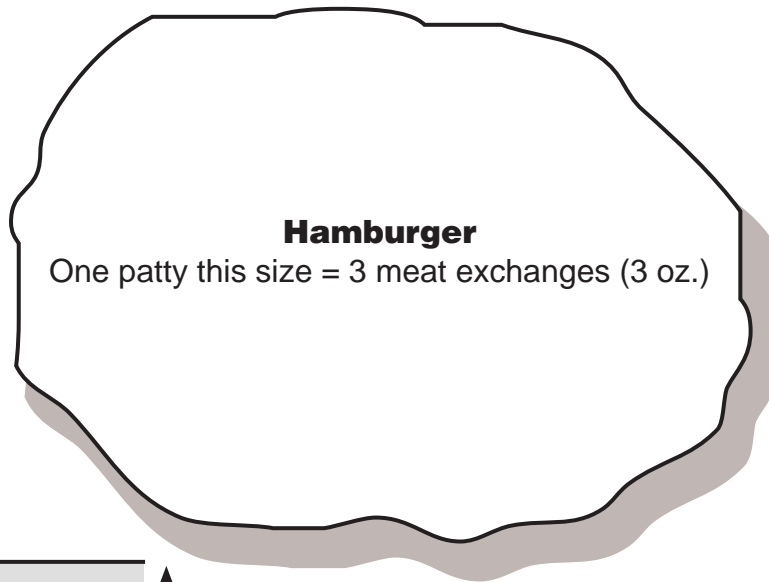
Leveling Spoonful



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.

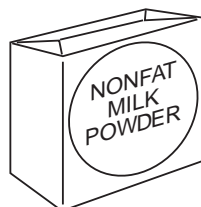


4 ounces raw meat without bone	=	about 3 ounces cooked
5 ounces raw meat with bone	=	about 3 ounces cooked
1 small chicken leg and thigh or 1/2 breast	=	about 3 ounces cooked

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		Nonfat Milk	
American (add 2 fats)	1-1/2 ounce	Nonfat dry milk powder	1/3 cup
Cheddar (add 2 fats)	1-1/2 ounce	Evaporated skim milk	1/2 cup
Mozzarella (add 2 fats)	1-1/2 ounce	Yogurt prepared with skim milk, unflavored	1 cup
Parmesan (add 1/2 fat)	1 ounce or 4 tablespoons		
Ricotta (add 2 fats)	1/2 cup	Seafood	
Swiss (add 1/2 fat)	1 ounce	Fresh fish with bones (add 1 fat)	4 ounces
		Mackerel, canned with bones, drained (add 2 fats)	4 ounces
		Salmon, canned with bones (add 2 fats)	4 ounces
		Sardines, canned in tomato sauce (add 2 fats)	4 ounces
		Sardines, canned in oil, drained (add 2 fats)	3 ounces
		Tofu made with calcium (add 2 fats)	1/2 cup
		Whole milk (add 2 fats)	
		Whole milk	1 cup
		Evaporated milk	1/2 cup
		Yogurt prepared with whole milk, unflavored	1 cup
Dark green leafy vegetables*			
Bele leaves, raw	3 cups		
Spinach, raw	5 cups		
Tapioca leaves, raw	3 cups		
Taro leaves, raw	4 cups		
Lime – calcium carbonate	1/4 teaspoon		
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		

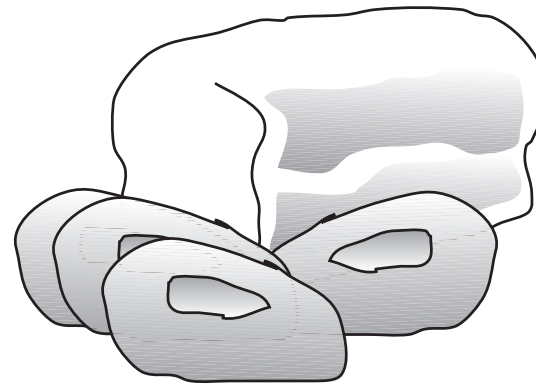


*Calcium may not be well absorbed.

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	
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
English muffin	1/2
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 cereal, puffed or flaked (not sugared)	3/4 cup
Dry cereal (sugared)	1/2 cup
Granola	1/4 cup
Grape Nuts	1/4 cup
Honey Bunches of Oats	1/2 cup
Shredded wheat	1/2 cup
#Wheat germ	3 tablespoons
Coconut	
Water	2 cups
Crackers	
Creme Pilot	1-1/2
Graham (fat bread)	3 (2-1/2" square)
Melba toast	4 (3-3/4" x 2")
Nany biscuit	1
Ritz, plain	4
#Ry Krisp, double square wafer	3
Saloon pilot	1
Ship biscuit	3
Saltines	6 (2" square)
Soda	3 (2-1/2" square)
Wheat Thins (add 1 fat)	14



√Good source of Vitamin A
#High in fiber

Starch Group *(Continued)*

<i>Food</i>	<i>Measure</i>	<i>Food</i>	<i>Measure</i>
Flour Products		Starchy Vegetables	
Cornstarch	2 tablespoons	Artichoke	1 whole
Flour	2-1/2 tablespoons	Barley	1-1/2 tablespoon
Noodles; cellophane	3/4 cup	#Beans, baked	1/4 cup
Noodles; macaroni, spaghetti, pancit	1/2 cup cooked	#Beans and peas; dried, cooked	1/3 cup
Somen	1/3 cup	Breadfruit, cooked	1/3 cup
Saimin	1/2 cup	Cassava	1/3 cup
Stuffing	1/4 cup	#Corn	1/2 cup
		#Corn on the cob	1 (6" long)
Rice		Lima beans	1/2 cup
Long rice, cooked	1/2 cup	Mixed vegetables	2/3 cups
Rice, cooked		Parsnips	2/3 cup
Brown	1/3 cup	#Peas, green	1/2 cup
Instant	1/3 cup	Plantain (green banana)	1/2 small or 1/3 cup
White, enriched	1/3 cup	Poi from taro or breadfruit, 2 finger	1/2 cup
*Soup		Popcorn (without butter)	3 cups
Miso paste	1 ounce	Potatoes	
Noodle/rice broth base	1 cup	White, whole	1" (diameter)
Cream base (add 1 fat)	1 cup	White, mashed, plain	1/2 cup
		√Sweet potato or orange colored yams	1/3 cup
		Pretzels	3/4 ounce
		√Pumpkin	3/4 cup
		Soybeans	1/2 cup
		Squash, winter, yellow	3/4 cup
		Tapioca	1/3 cup
		Taro (raw and cooked)	1/4 cup
		Vegetables, pickled	1/2 cup
		√Yams	1/3 cup



√Good source of Vitamin A
 #High in fiber
 ★High in salt

Starch Group (Add one fat)

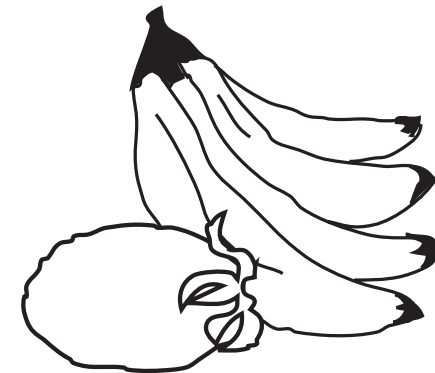
One starch contains 125 calories, 15 grams of carbohydrate, 3 grams of protein, and 5 grams of fat.

<i>Food</i>	<i>Measure</i>
Bread	
Biscuit	1 (2-1/2" diameter)
Cornbread	1 (2" cube)
Chowmein noodles	1/2 cup
Muffin, plain, small	1
Pancake (4" across)	2
Waffle	1 (4-1/2" diameter)
Coconut	
Immature meat (sponge)	1-1/2 cups
Crackers/Snacks	
Popcorn	
Microwave - light	3 cups
Microwave - regular (add an extra fat to total)	3 cups
Ritz	6
Wheat thins	14
Cheez-Its	16
Flour Products	
Stuffing	1/4 cup

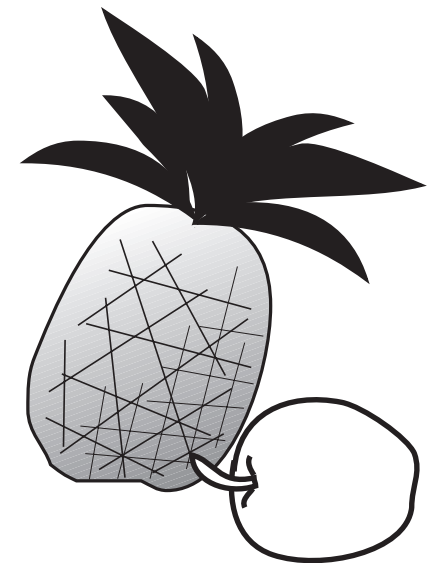
Fruit Group

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 heavy or medium 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
√Banana, korat	1 medium
Blueberries	3/4 cup
√+Cantalope	1/3 of 5" diameter fruit (1 cup)
Cherries, fresh	12 pieces
Cherries, canned	1/2 cup
Coconut water	1 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
+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
√Pandanus	1/4 cup (add 1 fat)
+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	Okra	
+Asparagus	Onion, round	
Bamboo shoot	Papaya green	
Banana bud	Pea pods	
Bean sprouts	+Pepper, green or bell	
Beans, green	√Pumpkin leaves	
Beets	Pumpkin flowers	
√Bele leaves	Pumpkin tips	
Bittermelon, fruit		
√+Broccoli	Radish	
+Brussel sprouts		
+Cabbage	+Sour sap	
√Carrots	√Spinach (Brusian)	
+Cauliflower	√Squash, leaf tips	
Celery	√Sweet potato leaves/shoots	
√+Chaya	√Swiss chard	
√+Chili pepper leaves		
Cucumber	√Tapioca leaves	
	+Taro leaves	
Eggplant	+Tomato, canned or fresh	
	+Tomato juice	
Gourd	Tomato paste	
+Green pepper	Turnip	
	√Turnip greens	
√Kale	√+Vegetable juice	
√Kang Kong		
*Kim Chee	Water chestnuts	
Leeks	Zucchini	
Mushrooms, all kinds		

*Food high in salt
+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

Lettuce

Nori seaweed

Parsley

+Radishes (includes Daikon)

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

Watercress

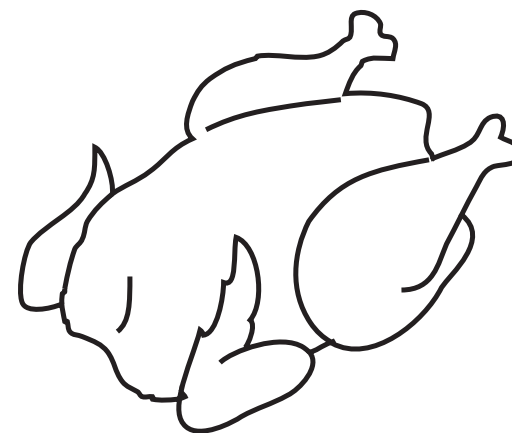


Protein/Meat Group A (Lean)

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
Fish, canned	1/4 cup



★Food high in salt

Fish

Abalone, crab, dolphin fish, lobster	1-1/2 oz.
Clams, cuttlefish, scallops, shrimp, squid, yellow tail	1/3 cup
Cod, mullet, red snapper, sole, shark	1-1/2 oz.
Eel, mackerel, mussels, octopus	1 oz.
Fish cake paste	1/4 cup
★Salmon, canned, drained	1/4 cup
★Sardines, canned in oil, drained	2 oz.
Sea cucumber, sea cucumber intestines	1 cup
★Tuna, canned in water	1 oz.
Turtle	1 oz.

Pork

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

Soybeans

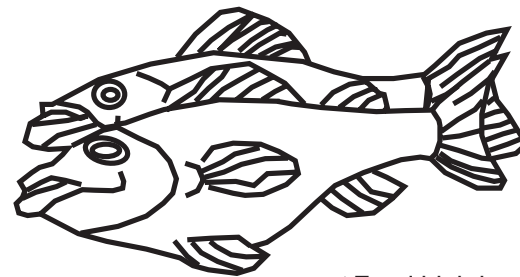
1/3 cup

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")

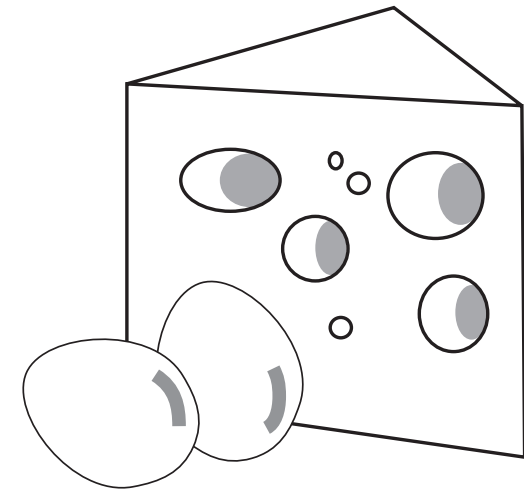


★Food high in salt

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	1 oz. or 1 slice (3" x 2" x 1/4")
Ground beef (15% fat)	1 oz.
Heart, kidney, or sweetbreads	1 oz.
√Liver	1 oz.
Rib eye	1 oz. or 1 slice (3" x 2" x 1/4")
Cheese Cottage, creamed	1/4 cup
Mozzarella	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	1 oz. or 1 slice (3" x 2" x 1/4")
Shoulder blade, ★Canadian bacon	
Intestines, snout, stomach, blood, skin	
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



★Food high in salt
√Good source of vitamin A

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 (balogna, salami)	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, Portuguese, Vienna	1 oz., link or pattie
★ Spam (canned luncheon meat)	1 oz.
Turkey tail	1/2 oz.
Wings Chicken	1
Turkey	1/2



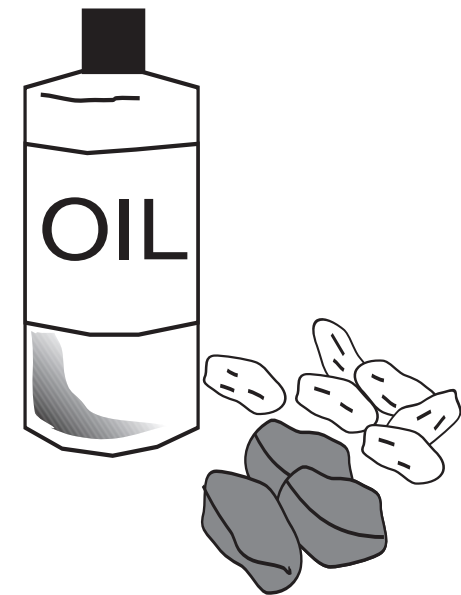
★Food high in salt

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.

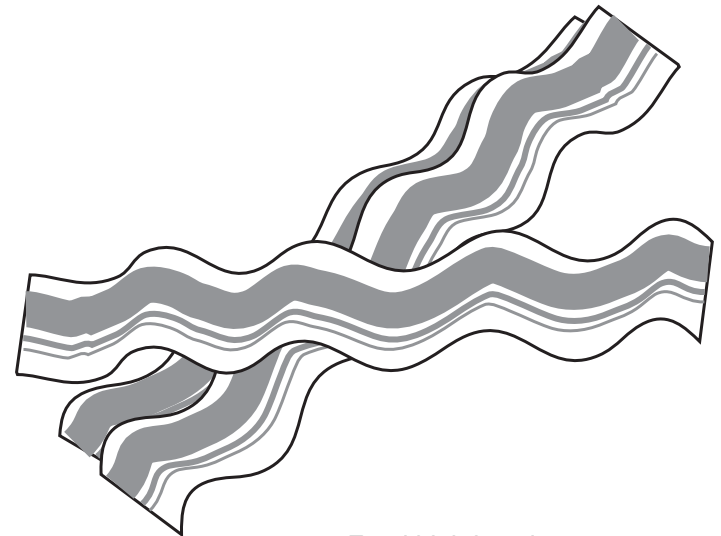
<i>Food</i>	<i>Measure</i>
Avocado	1/8 of 4" diameter
Dressings, Salad	
All varieties	1 tablespoon
Reduced calorie	2 tablespoons
Mayonnaise	1 teaspoon
Mayonnaise, reduced calorie	1 tablespoon
Margarine (first ingredient, liquid oil)	1 teaspoon
Nuts	
Almonds	6
Cashews	1 tablespoon
Macadamia	1 tablespoon
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	1-1/2 tablespoons
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 (Crystal Lite)
- Tea, plain
- Water

Desserts

- Gelatin desserts,
artificially sweetened
- Sugar substitutes (Sweet & Low, Equal)

Miscellaneous

- Fat free creamer (1 teaspoon)
- Non stick pan spray (Pam)
- Pickles, unsweetened
- ★Plums, pickled
- Seaweeds
- Taco sauce (1 tablespoon)

★Soups

- Bouillon, without fat
- Clear broth

Seasonings

- Chives
- 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
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
Shrimp crackers	1/4 gm	XXX
Soda, sweetened	12 ounce can	2-1/2 fruits
Snack chips, all varieties (potato chips, cheese puffs)	1 ounce	1 starch, 2 fat
Sugar	1 tablespoon	1 fruit
Sugar cane, stalk, peeled	4 ounce	1 fruit
Vanilla wafers	6 small	1 starch
Yogurt with fruit	1 cup	1 milk, 1 fruit, 1 fat

Common Recipes

<i>Food</i>	<i>Measure</i>	<i>Food Group</i>	
Salads and Vegetables			
#Banana flower salad	2 cups	3-1/2 vegetable, 3 fat	
√Kang kong leaves	1/2 cup	1 vegetable	
Potato top salad	1 cup	1 vegetable, 1 fat	
Taro stem salad	1 cup	1-1/2 vegetable, 2-1/2 fat	
Soups			
#Clam soup with sweet potato tops	1 cup	1 vegetable, 6 lean meat, 2 fat	
Fish with green papaya soup	1 cup	1 vegetable, 1-1/2 lean meat	
√Fish with tapioca leaves soup	1-1/2 cup	2-1/2 vegetable, 1/2 lean meat, 4 fat	
Main Dishes			
Pineapple chicken	1 cup	1/2 fruit, 4 medium meat, 1-1/2 fat	
Breadfruit-mackerel patties	1 pattie	1 starch, 1 lean meat	
Chicken, taro and vegetables	3 oz. chicken or 1/2 cup	1 starch, 1 vegetable, 3 medium meat, 2 fat	
#Chicken with chaya tops	1 cup	2 vegetable, 4 medium meat, 2 fat	
√Chicken with beans	1 cup	2 vegetable, 4 medium meat, 4 fat	
#√Chicken in mango sauce	1-1/2 cup	1-1/2 fruit, 1 vegetable, 4 medium meat, 1-1/2 fat	
√Chicken with pumpkin tops	1 cup	1 vegetable, 4 medium meat, 1 fat	
Crab with vegetables in coconut shells	1/2 cup	1 vegetable, 4 medium meat, 1-1/2 fat	
Mackerel and banana flower	3/4 cup	1-1/2 vegetable, 1-1/2 lean meat, 2 fat	
Meatless buger	2 small patties	2-1/2 vegetables, 1/2 medium meat, 1 fat	
Pasolo fish	4 oz. fish	1/2 vegetable, 4 lean meat, 12 fat	
√Sardines with chili pepper leaves	1-1/2 cup	1/2 starch, 1/2 fruit, 4 lean meat, 1/2 fat	
#√Taro leaves and corned beef	1-1/2 cup	2-1/2 vegetable, 2-1/2 medium meat, 3 fat	
√Tapioca leaves with fish	1 cup	2 vegetable, 4 lean meat, 1-1/2 fat	
Deserts			
#√Fruit salad with coconut cream	2/3 cup	3-1/2 fruit, 3 fat	#High in vitamin C
Hibiscus drink	1 cup	1 fruit	√High in vitamin A
Mountain apple drink	1 cup	1/2 fruit	
#Papaya drink	1 cup	1 fruit, 4-1/2 fat	
Papaya lumpia	1 lumpia	1/2 starch, 1/2 fruit, 1/2 vegetable, 1/2 medium meat, 1 fat	
Pihlolo	1/2 cup	1-1/2 fruit, 3-1/2 fat	
√Pumpkin drink	1 cup	1 vegetable, 4 fat	
#Soursap drink	1 cup	2-1/2 fruit	