

Samoa

Food Choices for Healthful Living based on food group lists



Anne Caprio Shovic, Ph.D., R.D.

Acknowledgments

This manual was made possible by the University of Hawaii Women's Research Center, and Christine Quested, Jeanette Lamb, Willie Fong, Department of Food and Nutrition, Apia, Western Samoa; Salei'a Afele-Fa'amuli, Ph.D., Moli Taai Lemana, Elizabeth Maginn, R.D., American Samoa Community College, Pago Pago, American Samoa; and Tusi Mayer, R.N., Honolulu, Hawaii. Allen Titchenal, Ph.D., Cover Artist, Honolulu, Hawaii

Nutrient analysis sources:

Nutritionist III, "N" Squared Computing, 1992
Exchanges for All Occasions, by M. Franz, MS, RD, 1993

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.

A publication of the Land Grant Institutions of the Pacific: American Samoa Community College, College of Micronesia, Northern Marianas College, University of Guam, and University of Hawai'i, through the Agricultural Development in the American Pacific (ADAP) Project. Funded through the US Department of Agriculture Cooperative Extension Service.

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Samoan Food Choices for Healthy Living Based on Food Group Lists

ADAP Project, 94-1

Prepared by:

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

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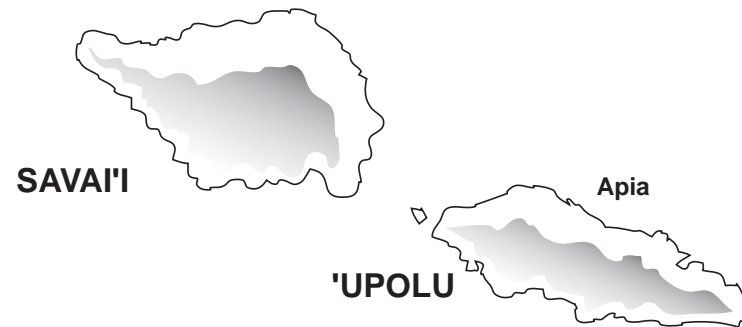
Revised Edition, Printed March 1994

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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 Samoan Food Group Lists have been prepared to help in the understanding of what food is made of so that a modified diet can be more easily followed.



WESTERN SAMOA

AMERICAN SAMOA



TUTUILA



OFU

OLOSEGA

TA'U

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 increases 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. Eat non-fried fish, sea food, poultry, and other lean meats. Watch your portion sizes of all meat - it's easy to eat too much. Eat fewer high-fat foods such as canned luncheon meat, corned beef (from keg & can), coconut milk, mutton flaps, 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 poi, yams, sweet potato, cassava, bananas, breadfruit, dried beans, and peas; more whole grain breads, cereals, and crackers; and more fruit and vegetables.

Principles of Good Nutrition *(Continued)*

■ **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.

■ **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 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 on how to work it into your meal plan.

The Food Groups

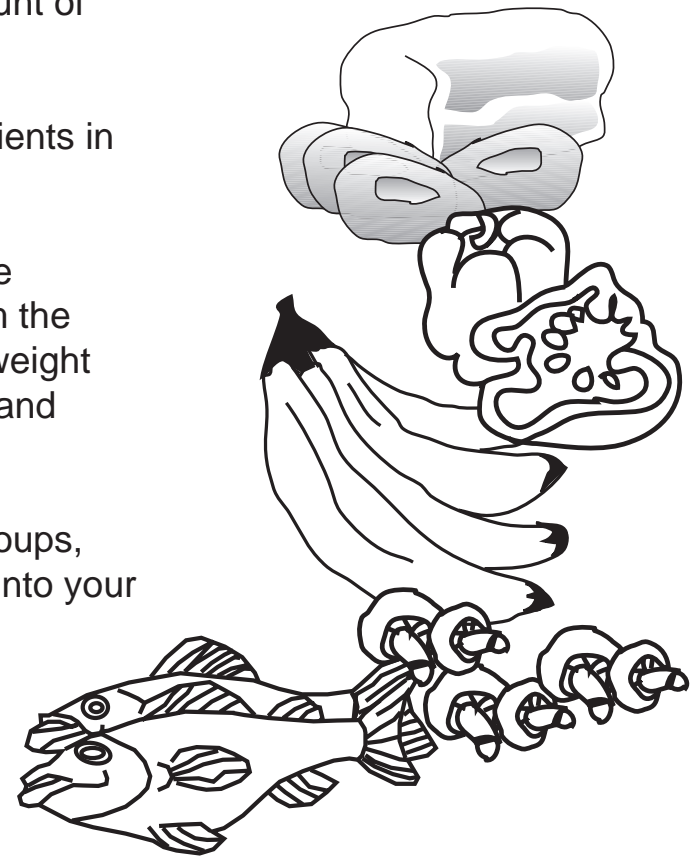
To make it easier for you to follow your meal plan and to meet your nutritional needs, foods have been divided into six Food Groups.

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	—	7	3	55
Medium-fat	—	7	5	75
High-fat	—	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 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.

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. Cereals, rice, noodles, 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 Using Food Groups *(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. 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.

Samoan Example Menu

The following sample menus have been worked out to show you how to use your Meal Plan. The fat content has been reduced to provide approximately 30% of the total energy intake. The protein content is 15-20% and carbohydrate content 50-55% of total energy. These sample menus are planned to meet the nutritional needs of adults and are not meant to be used for children.

Sample Menu (2000 calories)

Daily Servings:	Calcium/Milk	Vegetables	Fruit	Starch	Protein/Meat A	Protein/Meat B	Protein/Meat C	Fat
	2	3	3	12	2	2	1	5

Breakfast

- 1 Fruit
 - 3 Starch
 - 1 Fat
 - 1 Calcium/Milk
 - 1 Fat
- 1/2 papaya
 - 1 cup oatmeal
 - 1 slice toast
 - 1 teaspoon margarine
 - 1 cup 2% milk

Lunch

- 2 Protein/Meat B
 - 2 Starch
 - 1 Vegetable
 - 1 Fruit
 - 1 Fat
- 2 ounces pork
 - 1 cup taro
 - 1/2 cup eggplant
 - 1/2 cup mango
 - 1 teaspoon margarine

Snack

- 2 Starch
 - 1 Protein/Meat C
- 6 soda crackers
 - 1 chicken wing

Dinner

- 2 Protein/Meat A
 - 3 Starch
 - 2 Vegetable
 - 1 Fat
 - 1 Calcium/Milk
 - (add 1 Fat)
 - 1 Fruit
- Stirfry: 2/3 cup octopus
 - 1 cup rice
 - 1/2 cup green pepper
 - 1/2 cup pumpkin leaves
 - 1 teaspoon oil
 - 1/2 cup tofu
 - 3/4 cup pineapple

Snack

- 2 Starch
- 6 cups popcorn

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.

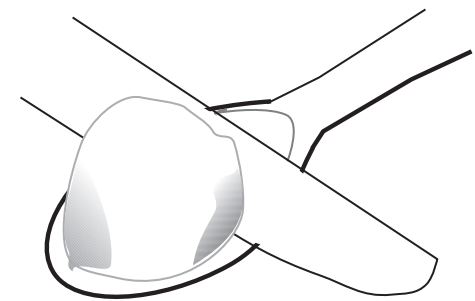
A small food scale is also very helpful especially for measuring meats. Make sure the scale measures ounces accurately.

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.

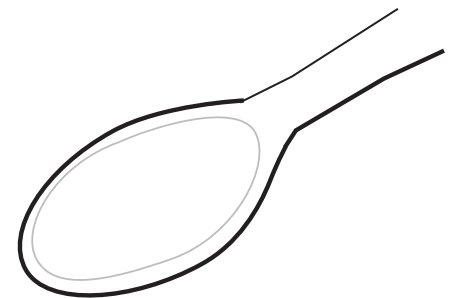
Foods which are eaten cooked should be measured after they are cooked. Fat that is used in cooking must be counted as a fat serving. Frying adds a great deal of fat. For example, a breast of chicken which has been rolled in flour and fried may add 1 starch group and 2 or more fat groups.



Heaping Spoonful



Leveling Spoonful



Level Spoonful

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
Farmers	1 ounce	Tofu made with calcium (add 1 fat)	1/2 cup
Parmesan	2 tablespoons	Whole milk (add 2 fat)	
Ricotta	1 ounce	Whole milk	1 cup
Cottage, dry or 2% butterfat	1/4 cup	Evaporated milk	1/2 cup
		Yogurt prepared with whole milk, unflavored	1 cup
Cheese (add 2 fat)			
American	1 ounce		
Cheddar	1 ounce		
Mozzarella	1 ounce		
Swiss	1 ounce		
Dark green leafy vegetables*	3 cups		
Nonfat Milk			
Skim milk or 1% milk	1 cup		
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.

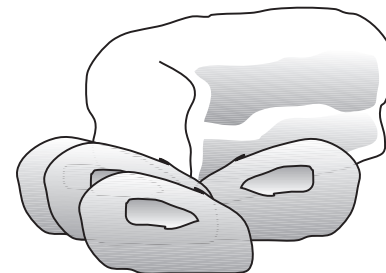
Starch Group

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
Pancake (add 1 fat)	1 (4" diameter)
Pita	1 (6" diameter)
Roll, plain	1 (2" diameter)
Taco shell (add 1 fat)	2
Tortilla (unfried)	1 (6" 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

<i>Food</i>	<i>Measure</i>
Coconut	
Immature meat (o'o) (add 1 fat)	1-3/4 cups
Water	2 cups
Crackers	
Fiji biscuits	1
Creme Pilot	1-1/2
Graham	3 (2-1/2" square)
Melba toast	4 (3-3/4" x 2")
Round thins	1
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; macaroni, spaghetti	1/2 cup cooked
Saimin	1/2 cup



Starch Group *(Continued)*

<i>Food</i>	<i>Measure</i>
Rice	
Long rice, cooked	1/2 cup
Rice, cooked	
Brown	1/3 cup
Instant	1/3 cup
White, enriched	1/3 cup
★Soup	
Noodle/rice base	1 cup
Cream base (add 1 fat)	1 cup
Starchy Vegetables	
Artichoke	1 whole
Beans and peas; dried, cooked	1/3 cup
Beans, baked	1/4 cup
Breadfruit, cooked	1/4 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
Pidgeon peas, pods	1/2 cup
Plantain (green banana)	1/2 medium or 1/2 cup
Popcorn (without butter)	3 cups
Microwave light (add 1 fat)	3 cups
Microwave regular (add 2 fat)	3 cups
Potatoes	
White, whole	1 (2" diameter)
White, mashed, plain	1/2 cup

<i>Food</i>	<i>Measure</i>
Starchy Vegetables <i>(Continued)</i>	
√Pumpkin	3/4 cup
Soybeans, green	1/2 cup
Squash, winter, yellow	3/4 cup
√Sweet potato or yams	1/3 cup
Taro	1/2 cup (or-1/2" slice)
Starchy Recipes	
Fa'a papa [flour, coconut cream bread] (add 3 fat)	1/2 cup
Fa'alifu, taro [baked taro in coconut cream] (add 4 fat)	1/2 cup
Faiai Valuvalu [baked yam in coconut cream] (add 4 fat)	1/2 cup
Fa'alifu, taro [baked taro in coconut cream] (add 4 fat)	1/2 cup
Kopai [flour, coconut cream balls] (add 2 starch, 4-1/2 fat)	1/2 cup
Suaalaisa [rice in coconut cream] (add 3-1/2 fat)	1/2 cup
Suamasi [Fiji biscuits with coconut milk] (add 6 fat)	1/2 cup
Taro or breadfruit pudding in coconut cream (add 4 fat)	1/2 cup
Vaisalo [boiled green coconut] (add 1 fat)	1/2 cup

★Food high in salt
√Good source of Vitamin A

Fruit Group

One fruit serving contains approximately 60 calories and 15 grams of carbohydrate. These fruit may be fresh, cooked, dried, or frozen **without sugar**.

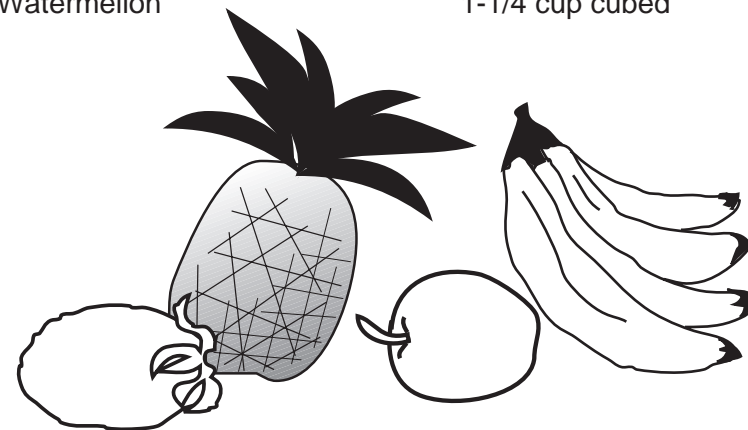
<i>Food</i>	<i>Measure</i>	<i>Food</i>	<i>Measure</i>
Apple, fresh	1/2 medium or 1 small (2" diameter)	Grapes, fresh	10 grapes, large or 15 small
Apple, mountain	2 medium	Grape juice, canned	1/3 cup
Applesauce	1/2 cup	Grape juice, frozen	1/3 cup
Apple juice	1/2 cup		
Apricots, fresh	4 medium	+Grapefruit, fresh	1/2 medium (3-1/2" diameter)
Apricots, dried	7 halves	+Grapefruit, canned sections	3/4 cup
Apricots, canned	4 halves	+Grapefruit, juice	1/2 cup
		+Guava, fresh	1 medium (2-1/2" diameter)
Banana	1/2 medium or 1/2 cup		
Banana, plantation (green banana)	1/2 medium or 1/2 cup	+Honeydew melon	1/8 medium (1 cup)
Banana poi (banana coconut cream drink)	1/2 cup (add 1/2 fruit, 3 fat)	Juice (other)	1/2 cup
Blueberries	3/4 cup		
√+Cantalope	1/3 of 5" diameter fruit (1 cup)	+Kiwi	1 large
Cherries, fresh	12 pieces		
Cherries, canned	1/2 cup	+Lychees	10 fruits or 1/2 cup
Cranberry juice cocktail	1/4 cup		
		+Mandarin orange	3/4 cup
Dates	2-1/2	√+Mango	1/2 cup or 1/2 small
Fa'alifu (cooked banana with coconut cream)	1/2 cup (add 4 fat)	Nectarine	1 (1-1/2" diameter)
Figs, fresh	2 medium		
Figs, canned	2		
Fruit cocktail	1/2 cup		

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

Fruit Group *(Continued)*

<i>Food</i>	<i>Measure</i>
+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	1 cup sections
Prunes, dried	3 medium
Prunes, juice	1/3 cup

<i>Food</i>	<i>Measure</i>
Raisins	2 tablespoons
Soursop, pulp	1/3 cup
+Starfruit	1-1/2 cups, cubed
+Strawberries	1-1/4 cups
Suafa'i (banana with coconut cream)	1/2 cup (add 4 fat)
Supoesi (papaya with coconut cream)	1/2 cup (add 4-1/2 fat)
+Tangerine	2 medium
Watermellon	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.

- +Asparagus
- Bamboo shoot
- Banana bud
- Bean sprouts
- Bittermelon, fruit
- √+Broccoli
- +Brussel sprouts
- √Carrots
- +Cauliflower
- Celery
- Cucumber
- Eggplant
- Green beans
- +Green pepper
- Luau tunu - Palusami (taro leaves with coconut cream)(add 3 fats)
- Mushrooms
- Okra
- Onion, round
- √Papaya green
- +Pepper, green
- √Pumpkin leaves
- √Spinach
- √Squash, leaf tips
- √Sweet potato leaves/shoots
- √Swiss chard
- +Taro leaves
- +Tomato, canned or fresh
- +Tomato juice
- Turnip
- √Turnip greens
- √+Vegetable juice
- Zucchini

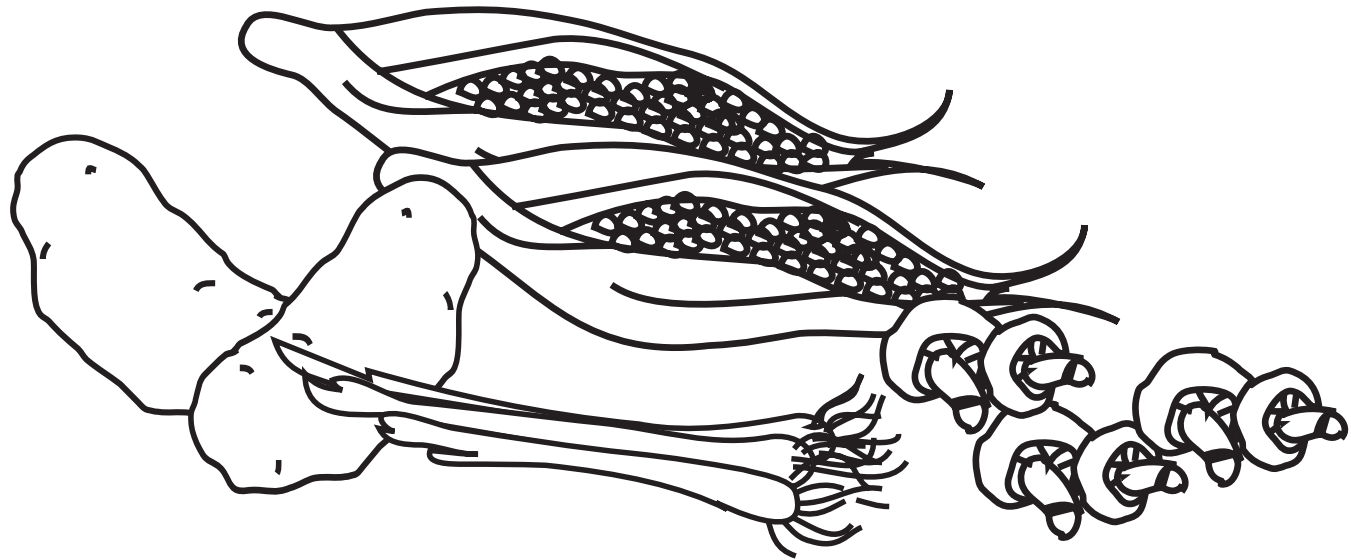


+Good source of vitamin C
√Good source of vitamin A

Vegetable Group (Continued)

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

- Cabbage - all kinds
- Celery
- Green Onions
- Lettuce, head
- Parsley
- +Radishes
- Watercress



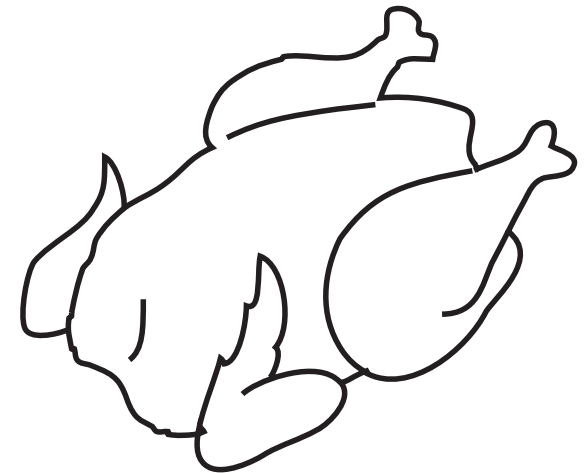
+Good source of vitamin C
√Good source of vitamin A

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.

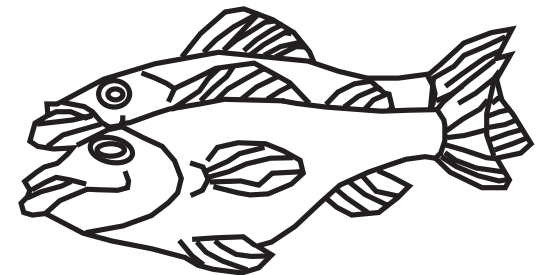
<i>Food</i>	<i>Measure</i>
Beef ★Chipped beef	1 ounce or 1 slice (3" x 2" x 1/4")
Lean chuck, flank steak, ground beef (less than 10% fat), porterhouse, T-bone, sirloin, tenderloin steaks, round, rump	1 ounce or 1 slice (3" x 2" x 1/4")
★ Beef jerky	3/4 ounce
Cheese Cheese containing less than 5% fat	1 ounce or 1" cube
Cottage, dry or 2% butterfat	1/4 cup
Chicken (skin removed)	1 ounce or 1 slice (3" x 3" x 1/4")
Breast	(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

Protein/Meat Group A (Continued)

<i>Food</i>	<i>Measure</i>
Fish (fresh)	
Abalone, clams, crab, lobster, scallops	1 ounce
Tuna, cod, mahimahi, sole	1 ounce or 1 slice (3" x 3" x 1/4")
Cuttlefish, squid, octopus	1/3 cup
Sea slug	1 cup
Shrimp	1 ounce
Fish (canned)	
Mackerel, salmon, tuna, canned, drained	1/4 cup
★Sardines, canned in drained	2 medium
★Sardines, large, canned in tomato sauce, drained	1
★Tuna, canned in water	1 ounce
Pork Lean leg	1 ounce or 1 slice (3" x 3" x 1/4")
Turkey (skin removed)	
★White and dark meat, roasted	
★Turkey ham, turkey pastrami, turkey breast	1 ounce or 1 slice (3" x 3" x 1/4")
Veal Chop or roast	1 ounce or 1 slice (3" x 2" x 1/4")

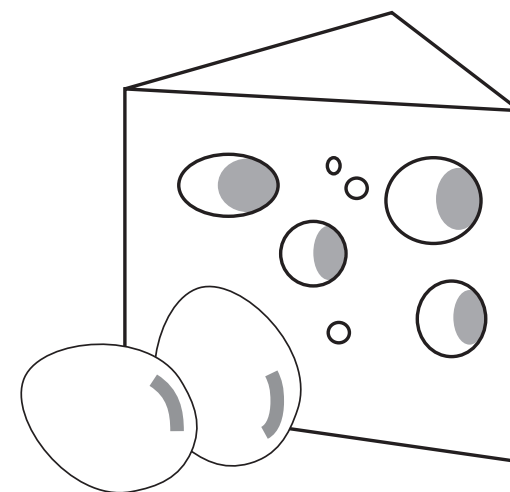


★Food high in salt

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 (Pisupo) Ground beef (15% fat) Rib eye	1 ounce or 1 slice (3" x 2" x 1/4") 1 ounce 1 ounce or 1 slice (3" x 2" x 1/4")
Cheese Cottage, creamed Mozzarella, Ricotta, Farmers Parmesan	1/4 cup 1 ounce 2 tablespoons
Chicken Wing with skin	1 wing (6 pieces to one pound)
Duck, Goose (skin and fat removed)	1 ounce
Lamb Lean leg, loin, rib, shank, shoulder, sirloin	1 ounce or 1 slice (3" x 2" x 1/4")
Pork ★Ham, butt, loin, shoulder, arm, picnic Shoulder blade, ★Canadian bacon	1 ounce or 1 slice (3" x 2" x 1/4") 1 ounce or 1 slice (3" x 2" x 1/4")
Tofu	1/3 cup or 3 ounces (1/6 of a block)
Turkey , ground	1 ounce
Egg , whole	1 large
Liver, heart, kidney , or sweetbreads	1 ounce



★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 Ground beef (20% or more fat)	1 ounce
Lean short ribs	1 ounce
Rib roast, club and rib steak	1 ounce or 1 slice (3" x 2" x 1/4")
Spare ribs (meat, without bone)	1 ounce
Cheese Cheddar, American, Monterey, Swiss, Provolone, Blue	1 ounce or 1" cube
★ Cold cuts	1 slice
★ Frankfurter	1 (10 to a pound)
Lamb patty	1 ounce or 1 slice (3" x 2" x 1/4")
★ Luncheon meat, canned	1 ounce
Mutton flaps	1 ounce
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")
★ Sausage	1 ounce
★ Spam (canned luncheon meat)	1 ounce
Turkey tail	1/2 ounce
Wings Chicken	1
Turkey	1/2



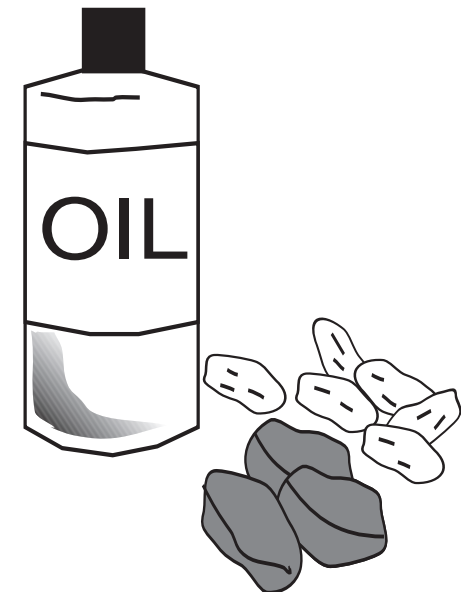
★Food high in salt

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.

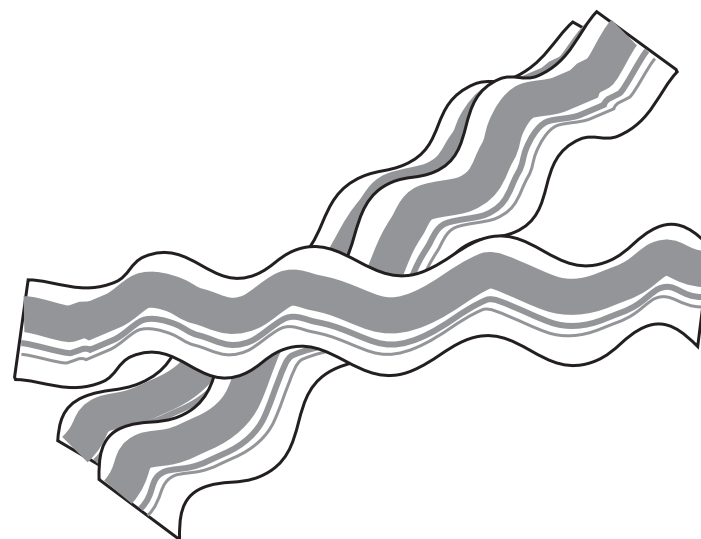
<i>Food</i>	<i>Measure</i>
Avocado	1/8 of 4" diameter
Dressings, Salad All varieties	1 tablespoon
Reduced calorie	2 tablespoons
Mayonnaise	1 teaspoon
Mayonnaise, reduced calorie	1 tablespoon
Margarine (first ingredient, liquid oil)	1 teaspoon
Nuts Almonds	6
Cashews	1 tablespoon
Macadamia	1 tablespoon
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	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 creamer Liquid	2 tablespoons
Powder	1/4 cup or 4 tablespoons
Cream Table	2 tablespoons
Whipped	2 tablespoons
Whipping, heavy	1 tablespoon
Margarine (first ingredient hydrogenated or hardened oil)	1 teaspoon
Miti (add 9 fat)	1/2 cup
★ Salt pork	1/4 ounce
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
- Seaweeds (limu)

***Soups**

- Bouillon, without fat
- Clear broth

Seasonings

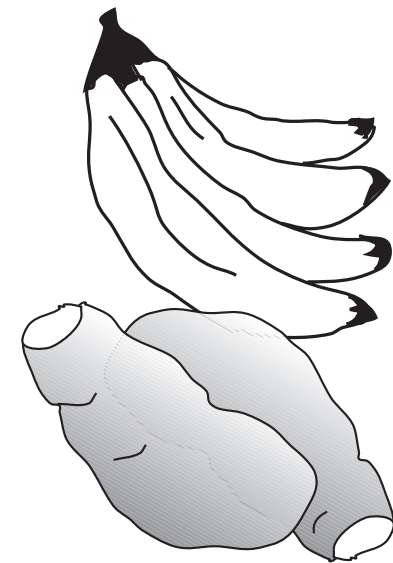
- Chives
- Garlic
- Ginger
- Mustard, dry or prepared
- Parsley
- Pepper
- *Salt (in moderation)
- *Soy Sauce (in moderation)
- Spices and herbs
- Tobasco sauce
- Vinegar



*Food high in salt

Common Samoan Food

•Banana Poi [Banana, coconut cream drink]	1/2 cup	1-1/2 fruit, 3 fats
•Fa'alifu, Banana [Boiled green banana w/coconut cream]	1/2 cup	1 fruit, 4 fats
•Fa'apapa [Flour, coconut cream bread]	1/2 cup	1 starch, 3 fats
•Fa'alifu, Taro [Baked taro w/coconut cream]	1/2 cup	1 starch, 4 fats
•Fai'a valuvalu [Baked yam or taro w/coconut cream]	1/2 cup	1 starch, 4 fats
•Kopai [Flour, coconut cream balls]	1/2 cup	3 starch, 4-1/2 fats
•Luau tunu [Taro leaves w/coconut cream]	1/2 cup	1 vegetable, 3 fats
•Miti [Cold coconut cream]	1/2 cup	9 fats
•Palusami	1/2 cup	1 vegetable, 4 fats
•Sua'alaisa [Rice w/coconut cream]	1/2 cup	1 starch, 3-1/2 fats
•Suafa'i [Banana w/coconut cream]	1/2 cup	1 fruit, 4 fats
•Suamasi [Fiji biscuits with coconut milk]	1/2 cup	1 starch, 6 fats
•Supoesi [Papayas with coconut cream]	1/2 cup	4-1/2 fats
•Taro or breadfruit pudding	1/2 cup	1 starch, 4 fats
•Vaisalo [Boiled green coconut]	1/2 cup	1 fat, 1 starch



•Coconut cream substituted with 2% milk will eliminate all fat exchanges.

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.

*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" x 1-1/2" 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
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
ranola 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
Macaroni or Potato Salad	1/2 cup	1 starch, 3 fat
Malasada	1	1 starch, 3-1/2 fat
Manju	1 (2-3/8" diameter x 3/4")	1 starch
Mochi	1 (2" diameter x 1/2")	1-1/2 starch
Mochi with sweet bean filling	1 (2-1/4" diameter x 1/2")	1-1/2 starch
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
Vanilla wafers	6 small	1 starch
Yogurt with fruit	1 cup	1 milk, 1 fruit, 1 fat

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