



Korean American Food Choice List

Carbohydrate foods (1 carb serving = 15 grams carbohydrate)

Grains	Bread
1/3 cup cooked rice "Ssalbap(쌀밥)" (white "Baekmi (백미)", brown "Hyunmi (현미)")	1/3 cup cooked buckwheat noodle "Memilgugsu (메밀국수)"
2/3 cup white rice porridge "Hinjug (흰죽)"	1/3 cup Korean cold noodle "Naengmyeon (냉면)"
1/2 cup cooked oatmeal "Guirijug (귀리죽)"	1/3 cup cooked sticky rice "Chalbap(찰밥)"
1/2 cup cooked egg noodle "Gyerangugsu(계란 국수)"	1/3 cup white rice cake "Gareatteok (가래떡)"
1/3 cup cooked udon noodle "Udonggugsu (우동국수)"	3 pieces sticky rice cake with bean flour "Injeolmi (인절미)"
1/3 cup cooked vermicelli	2 pieces Rice cake "Tteok"
1/2 cup cooked cellophane noodle "Dangmyeon (당면)"	1/3 cup steamed rice cake "Sirutteok (시루떡)"
1/3 cup cooked spaghetti, macaroni	1/3 cup steamed white rice cake "Baekseolgi (백설기)"

Starch vegetables	Fruits
1/2 cup or 1/2 corn	1 small apple
1 cup cooked lotus root	1/2 medium Asian pear
3 oz or 1/2 cup cooked potato and sweet potato	1/2 persimmon
1 1/2 oz or 1/3 cup cooked taro	1/2 sweet persimmon
3 pieces cooked chestnuts	1/2 dried persimmon
1 1/2 cup mashed pumpkin	1/2 large banana
1/2 cup beans or peas	2 small plums
1/2 cup cooked acorn, mung beans and buckwheat agar	10 grapes
1 1/2 cup popcorn	1/2 grapefruit
1/2 cup cooked red beans	1 medium peach
1/2 cup cooked pearl barley, millet and glutinous millet	1 medium nectarine
	1/2 medium papaya
	2 small tangerine
	5 dates
	1/2 med Korean melon
	2 Tbsp raisin
	5 lychees
	1/2 small mango
	1 cup pineapple
	1 1/4 cup watermelon
	1 cup strawberries
	1 cup blueberries
	1 kiwi fruit

Non-starchy vegetable (1 serving = 1 cup raw = 1/2 cup cooked = 5 grams carbohydrate)

Bokchoy	Spinach	Beets
Bamboo shoot	Cucumber	Radish leaves
Green pepper	Daikon radish	Watercress
Soybean sprout	Eggplant	Onion
Broccoli	Garlic	Lettuce
Cabbage	Scallion	Dry seaweed
Napa	Bean sprout	Garlic stem
Carrots	Zucchini	Seaweed
Celery	Tomato	Crown daisy
Leeks (Korean and Chinese)	Young radish	Curled mellow
Mushrooms (shitake, enoki, matsutake, oyster)	Sesame seed leaves	Chicory
Kimchi (napa, radish, young radish)	Red pepper leaves	Bell flower

Korean American Food Choice List – continued

Protein – Meat and Meat Substitutes (0 grams carb, 7 grams protein)

Very low fat meat (1serving: 0-1 g fat)	Low fat meat (1 serving: 3 g fat)	Medium fat meat (1 serving: 5 g fat)	High fat meat (1 serving: 8 g fat)
1 oz chicken breast without skin, turkey breast without skin) 1 oz flounder, cod, croaker snapper, sole, halibut, haddock without skin 1 oz octopus 1 oz duck meat without skin 2 oz egg white 1 oz abalone 1 oz shrimp ½ cup beans (also have 15 g carbohydrate) ½ oz dried squid	1 oz chicken and turkey dark meat without skin 1 oz lean pork 1 oz lean beef 1 medium egg 1 oz salmon 1 oz tuna 1 oz imitation crab meat 1 oz dried croaker ¼ cup dried anchovy 1 oz squid 1 oz sea cucumber	1 oz beef (sirloin, tenderloin, brisket) 1 large egg 1 oz fried fishcake 4 oz tofu ¼ cup soymilk or soy protein 1 oz pork sirloin or tenderloin 1 oz fish (e.g. cutlass fish, mackerel, pacific saury, eel, Japanese Spanish mackerel) 1 oz smoked salmon	1 oz BBQ ribs 1 oz stew beef 1 oz luncheon meat 1 oz chicken with skin 1 Tbsp peanut butter 1 oz sausage 1 oz processed meat 1 oz short ribs 1 oz ox tail 1 oz cheese

Fat (0 grams carb, 5 grams fat)

Heart healthy fats (Monounsaturated, polyunsaturated, omega-3 fats)	NOT- Heart healthy fats (Saturated and Trans fats)
<p>Monounsaturated fats</p> <ul style="list-style-type: none"> • 1 tsp plant oils (olive, canola, peanut, sesame oil) • ½ Tbsp peanut butter • 1 Tbsp sesame seeds • 6 almonds, cashews • 10 peanuts • 16 pistachios • ½ Tbsp sesame, almond paste <p>Polyunsaturated fats and Omega 3 fats</p> <ul style="list-style-type: none"> • 1 tsp Plant oil (corn, safflower, soybean) • 4 halves walnuts • 1 Tbsp pumpkin, sunflower seeds • 1 Tbsp light margarine or mayonnaise 	<p>Saturated fats</p> <ul style="list-style-type: none"> • 1 tsp animal fats (chicken, lard and butter) • 2 Tbsp coconut milk, grated coconuts • 1 tsp palm oil (in crackers, instant noodles) <p>Trans fats</p> <ul style="list-style-type: none"> • ½ donut (1 fat, 1 carb serving) • 1/3 medium French fries (1 fat, 1 carb serving) • 2 Cream wafers (1 fat, 1 carb serving)

References

1. USDA National Nutrient Database
2. Korean Dietetic Association Diabetes Exchange