

CARBOHYDRATE FOODS (1 carb serving = 15 grams carbohydrates)

Starches: Grains	Breads	Starchy Vegetables
1/3 cup cooked rice - white, basmati, wild, brown	1/3 large mantou	1/2 cup or 1/2 large ear corn
1/3 cup sticky rice	1/4 large bagel	1 cup lotus root, cooked
1/2 cup congee, oatmeal	1/2 pineapple bun	3 oz or 1/2 cup mashed potatoes (including sweet potatoes)
1/2 cup egg noodles, cooked	1/4 large French bread	1 1/2 oz or 1/3 cup mashed taro
1/3 cup udon noodles, cooked	1 piece or 1 oz bread/ toast	3 chestnuts
1/3 cup vermicelli, cooked	1/8 slice scallion pancake	1 1/2 cups mashed pumpkin
1/2 cup cellophane noodles, cooked	1/2 large croissant	1/2 cup beans or peas
1/3 cup spaghetti, macaroni, cooked		

Fruits

1 small apple	1 medium peach	1 kiwi
1 medium Asian pear	1/2 large persimmon	1/2 large grapefruit
1/2 large banana	2 small plums	10 large grapes
1/3 dragon fruit (pitaya)	2 Tbs. raisins	5 pc lychee
1/2 small mango	1 cup strawberries	1 1/4 cups watermelon
1/2 medium papaya	2 small tangerines	1/4 cup durian

Combination Foods
Sweets
Others

3 dumplings	1 Tbs. honey	2 fortune cookies
5 wontons	1 cup sweetened soymilk	2 Tbs. hoisin sauce
1/4 packet instant noodles**	1/2 cup tapioca milk tea (4 oz)	2 Tbs. teriyaki sauce
1/3 cup chow mein **	1 packet instant 2 in 1 mixed beverage	2 Tbs. oyster sauce
1 large egg roll **	1 1/2 Tbs. sweetened condensed milk	5 pc saltine/marie crackers
	3 pc glutinous rice balls (dessert)	3 dates
		3 Tbs. lotus seeds

Non-Starchy Vegetables (NO Carbs)

bok choy (chinese cabbage)	chinese spinach	watercress
bamboo shoots	chard	wood ear (black and white)
bell peppers	cucumbers	winter melon
bean sprouts	white radish	
bitter melon	eggplant	
broccoli	garlic	
cabbage	green beans	
carrots	scallions	
celery	sprouted mung beans	
chinese broccoli	summer squash	
chinese chives	tomatoes	

PROTEIN FOODS (1 protein serving = 7 grams protein)

Note: Most people need about 3-4 protein servings per meal

Meat, Meat Substitutes and other Protein Foods

Very Lean Meat (0-1 gram fat)	Lean Meat (3 grams fat)	Medium-Fat Meat (5 grams fat)	High Fat Meat (8 grams fat)
1 oz chicken, turkey (white meat, no skin)	1 oz chicken, turkey (dark meat, no skin)	1 oz pork cutlet	1 oz BBQ Pork
1 oz fish	1 oz lean pork	1 oz beef	1 oz beef stew
1 oz duck (no skin)	1 oz lean beef stew	1 large egg (wt: 50g)	1 oz luncheon meat
2 oz egg whites	1 small egg (wt: 38g)	1 oz fried fish	1 small chicken wing
1 oz abalone	1 oz salmon, tuna	4 oz or ½ cup Tofu	1 Tbs. peanut butter
1 oz shrimp & shell fish		¼ cup soy meat extender	1 oz Chinese sausage & processed meat
½ cup beans, peas (also contain 15 grams of carb)			

FAT FOODS (1 fat serving = 5 grams fat)

Note: Most people need about 50-60g fats a day. For more information, please discuss with a registered dietitian

Heart Healthy Fats (Monounsaturated, Polyunsaturated, Omega-3 Fats)	NOT-Heart Healthy Fats (Saturated and Trans Fats)
Monounsaturated Fats <ul style="list-style-type: none"> - 1 tsp. plant oil (olive, canola, peanut, sesame) - 6 almonds, cashews; 10 peanuts; 16 pistachios - 1 Tbs. sesame seeds - ½ Tbs. peanut butter, sesame, almond paste 	Saturated Fats <ul style="list-style-type: none"> - 1 tsp animal fats (chicken fat, lard, butter) - 2 Tbs. coconut milk, grated coconut - 1 tsp palm oil (in crackers, instant noodles)
Polyunsaturated Fats & Omega-3 fats <ul style="list-style-type: none"> - 1 tsp plant oil (corn, safflower, soybean) - 4 halves walnuts - 1 Tbs. pumpkin and sunflower seeds - 1 Tbs. light margarine or mayonnaise 	Trans Fats <ul style="list-style-type: none"> - ½ donut (1 fat, 1 carb serving) - ½ small french fries (1 fat, 1 carb serving) - 2 “garden” cream wafers (1 fat, 1 carb serving)

References:

- USDA National Nutrient Database for Standard Reference, SR-20. <http://www.nal.usda.gov/fnic/foodcomp/search/>
- The Government of Hong Kong Special Administrative Region, Center of Food Safety Nutrient Inquiry Database, July 2007. <http://www.cfs.gov.hk/english/nutrient/searchmenu.shtml>