

# CHOOSING HEALTHY FOODS ON HOLIDAYS AND SPECIAL OCCASIONS

Tips for Korean Americans with Diabetes

December 2015



Holidays and celebrations are a time for gathering with family and friends for special meals. If you have diabetes, eating healthy at these times can be especially hard. Here are some tips to help you stick with your meal plan and celebrate!

## WHEN YOU GO



- **Plan ahead.** Before you go, think about the foods that will be at the celebration. Decide which foods can be part of a delicious meal that will help keep your blood sugar under control and which foods you want to avoid.
- **Check out all that's offered at a buffet.** Before you serve yourself, look at all the options first, then choose one or two favorite treats along with healthier items to round out your meal.
- **Watch your portions.** Many of your favorite foods may have a lot of fat, sugar, or salt. Take very small portions of fatty meats, rice cake balls, noodles, mandu, and kimchi or other pickled dishes.
- **Come prepared.** Bring a low-fat, low-starch dish filled with vegetables to a potluck so you'll have something healthy to eat.

## VEGETABLE TIPS

- **Fill half of a 10-inch plate** (the size of a regular dinner or paper plate) **with colorful, non-starchy vegetables**, such as spinach, Napa cabbage, carrots, mushrooms, cucumber, bean sprouts, gosari, and any namul.
- Simple is best. If possible, **choose fresh vegetables that are steamed or lightly stir-fried, or in a soup.**
- Many Korean vegetable dishes are cooked in a lot of oil; **serve yourself a small portion.**
- Take just a taste of kimchi and other pickled vegetables. They have a lot of salt.

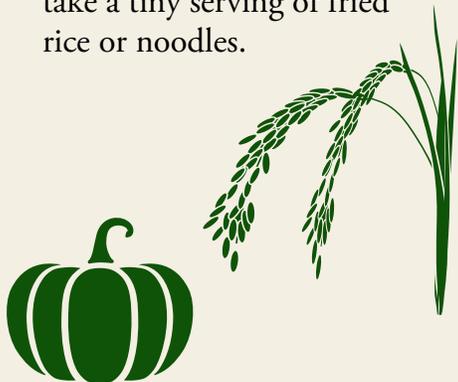


 **NDEP** National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

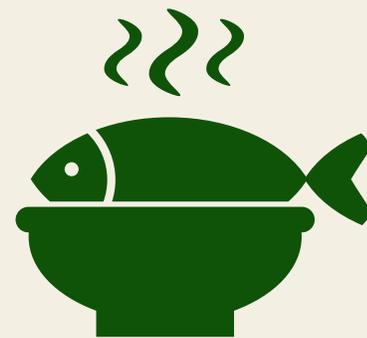
## GRAINS AND STARCHES

- Take only as much grain, such as rice or noodles, or starchy vegetables to **fill ¼ of your plate**.
- **Choose high-fiber grains** like brown or wild rice, whole grain noodles or barley, instead of white rice or white flour noodles.
- **Take small portions** of starchy vegetables like sweet potatoes, lotus root, pumpkin, and beans.
- Try to stay away from or take a tiny serving of fried rice or noodles.



## PROTEIN TIPS

- Eat 2–3 ounces of protein; enough to **fill ¼ of your plate**.
- **Pick baked or grilled** dishes with **lean meat or poultry** (like chicken without the skin or pork tenderloin) or dishes with **fish or tofu**.
- Take just a taste of fried or fatty meats like galbi, sangyospal, or fried meat mandu, chicken, or fish.
- **Try steamed fish** with traditional herbs in light vegetable oil and salt, **or barbecued lean beef bulgogi**.



## DESSERTS AND SWEETS

- **Choose fresh fruits** such as Korean pears, apples, strawberries, and oranges.
- Try not to eat (or have only a small serving of) sweets that are high in sugar and fat, like cakes or pastries, sweet rice cakes, songpyeon, or yeot candy.



## DRINK TIPS

- **Drink water, unsweetened tea or coffee, or other sugar-free beverages.** Add a lemon wedge, cucumber, or watermelon to water for flavor.
- If you drink, limit alcoholic beverages to no more than one drink a day for women and two drinks a day for men. Drink alcohol with food, not on an empty stomach.



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To order resources, visit [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep).

