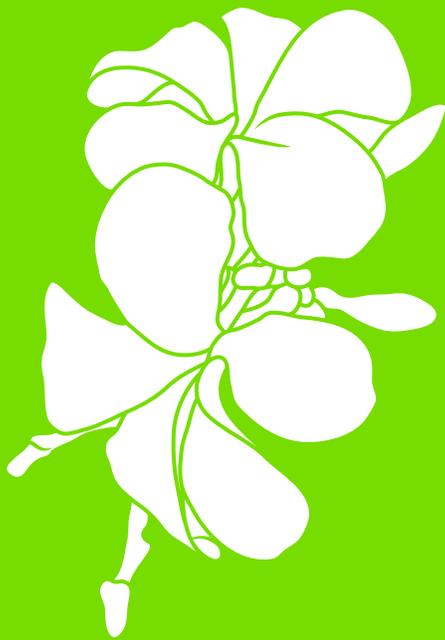


# CHOOSING HEALTHY FOODS ON HOLIDAYS AND SPECIAL OCCASIONS

Tips for Southeast Asian Americans with Diabetes

December 2015



Holidays, festivals, 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 all the dishes 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 curries made with coconut cream; deep fried foods; fatty meats like Chinese roasted pork, Peking duck, or pig's feet; or cakes or sweets made with sticky rice or coconut.
- **Come prepared.** Bring a low-fat or low-sodium dish 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 Chinese broccoli, cucumber, green beans, carrots, tomatoes, eggplant, squash, bok choy and other leafy greens.
- **Choose mostly salad** (like cucumber, vegetable, or green papaya or mango salad), **or raw or steamed vegetables** either plain or with a low-fat dip or sauce, or **vegetables lightly stir-fried** in vegetable oil or included in soup (like hot pot).
- Take only a little of the pickled vegetables; they have a lot of salt.

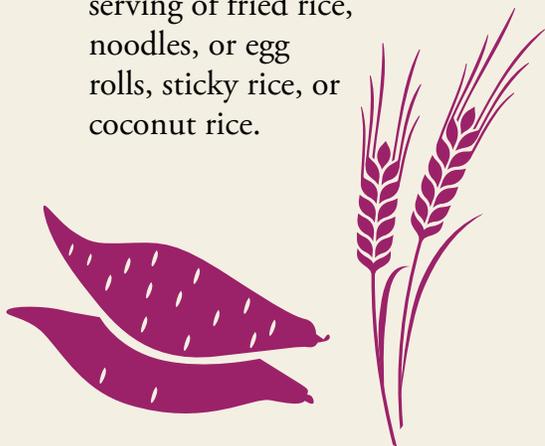


National Diabetes Education Program

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

# GRAINS AND STARCHES

- Take only as much grain (like rice or noodles) or starchy vegetables (like corn, cassava, sweet potatoes, taro or potato) to **fill ¼ of your plate**.
- **Choose high-fiber grains** like brown rice, whole wheat or buckwheat noodles.
- **Take small portions** of breads like baguettes, roti, bao buns or pan-fried buns, or Vietnamese sandwiches.
- **Serve yourself plain steamed, boiled, or baked grains.** Try to stay away from or take a tiny serving of fried rice, noodles, or egg rolls, sticky rice, or coconut rice.



# PROTEIN TIPS

- Eat 2–3 ounces of protein; enough to **fill ¼ of your plate**.
- **Choose grilled** seafood or lean meat, like satay; **boiled, baked, or steamed** chicken; or meat or tofu dishes **lightly stir fried** with spices, herbs and vegetables.
- Take just a taste of meats or seafood that are breaded, fried, or that have a lot of fat, like fried chicken, fried or fatty pork, or duck, lamb, or goat.
- If you can, **trim the skin and fat** off any meat you eat.
- Watch out for curries or soups made with coconut milk or dishes that are high in fat or salt, like those with a lot of soy or fish sauce, or fish or shrimp paste.



# DESSERT TIPS

- **Choose fresh fruits** such as oranges, tangerines, pomelos, apples, pears, or longan.
- Try not to eat (or have only a small serving of) desserts that are high in sugar and fat, like sticky rice cake and other cakes, fried bananas, candied fruits, or desserts made with coconut.



# DRINK TIPS

- **Drink water, unsweetened coconut water, unsweetened tea or coffee, or other sugar-free beverages.**
- 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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