

# **Hawaiian**

## **Food Choices for Healthful Living**

**based on food group lists**

---

---



# Acknowledgements

---

## Hawaiian Food Choices for Healthy Living Based on Food Group Lists

Revised edition  
January 2006

This edition was made possible with the assistance of Donna Lyn Au, MPH, RD, Cancer Research Center of Hawaii, University of Hawaii; Carrie Blitz, RD, Cancer Research Center of Hawaii, University of Hawaii; Davelynn Chun, RD, CDE, American Healthways; Joan Dobbs, PhD, CNS; Kelley Hatfield, Nutrition Graduate Student, University of Hawaii; Ruby Hayasaka, MS, MA, RD, Castle Medical Center; Kay Kashiwatani, RD, CDE, St. Francis Medical Center; Suzanne Murphy, PhD, RD, Cancer Research Center of Hawaii, University of Hawaii; Deanna Nakamura, RD, Castle Medical Center; Kourtney Sato, MS, RD, Kaiser Permanente Medical Center; Anne Shovic, PhD, RD, University of Hawaii; Stacey Snee, Nutrition Graduate Student, University of Hawaii; Shana Suzuki, Nutrition Graduate Student, University of Hawaii; Amy Tousman, MPH, RD, CDE, Straub Clinic and Hospital; and Aileen Ueunten, MS, RD, CSR, St. Francis Medical Center.

### Nutrient analysis sources:

Food Processor – Version 7.9 ESHA Research, 2002  
Cancer Research Center of Hawaii, Food Composition Table

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.

**An original 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. March 1994.

This manual was originally made possible by the University of Hawaii ADAP project (Agricultural Development in the American Pacific); Kawahine Kamakea Ohelo, Dr. Cecilia Alailima and Teri Hawayeck at the Waimanalo Health Center, Waimanalo, Oahu; Dogma Duffy, Molokai Hospital, Molokai; Trish Britten, Joda Derrickson, Nutrition Specialists, University of Hawaii Cooperative Extension Service; and Suk Fong "Suzette" Lee. Alan Titchenal, Ph.D., Cover Artist, Honolulu, Hawaii.

Revised Edition  
Printed January 2006

**All or part of this publication may be reproduced for educational purposes.**

<http://www2.ctahr.hawaii.edu/depart/hnfas/hifoodchoices.pdf>

# Table of Contents

---

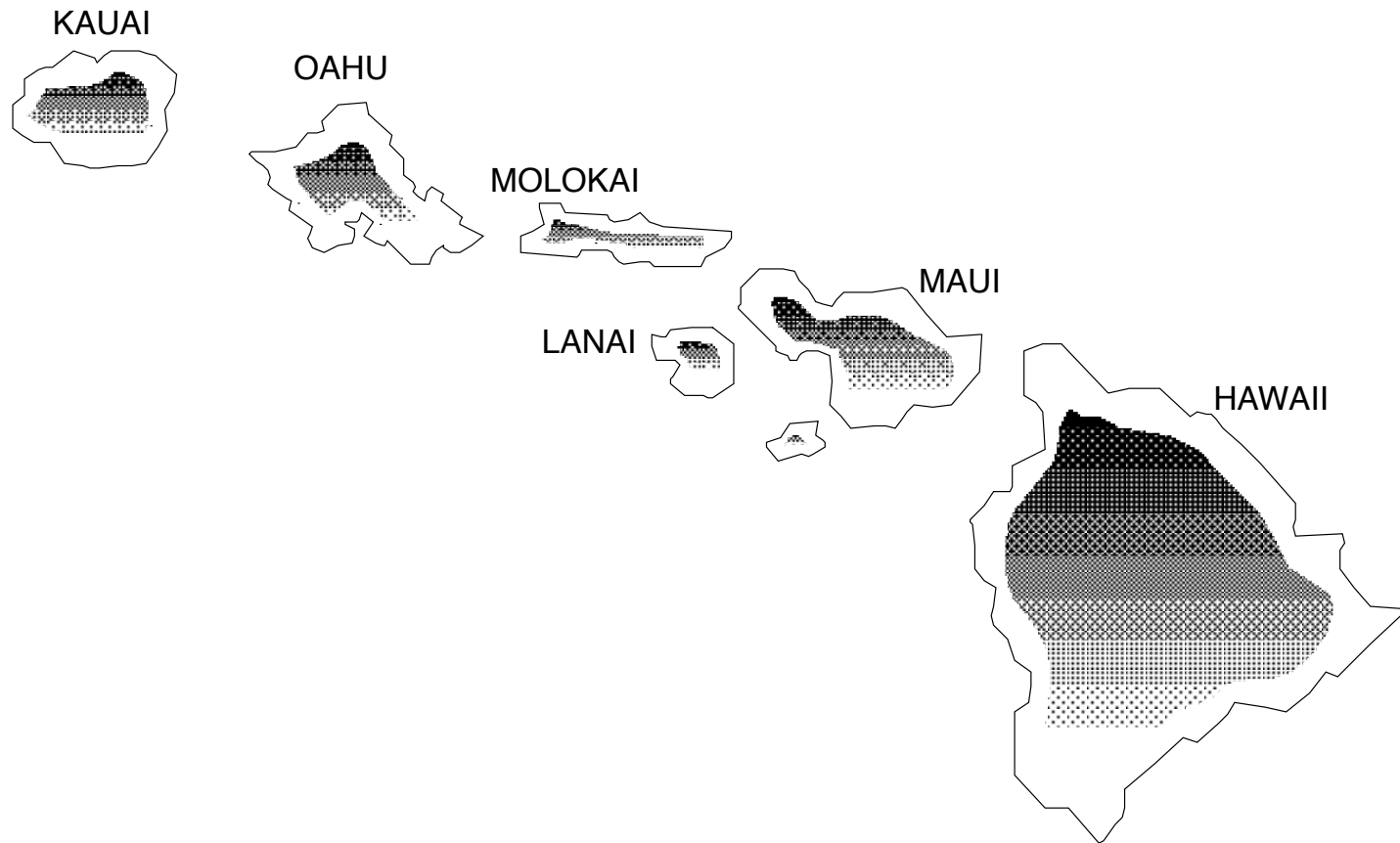
Introduction.....	1
Principles of Good Nutrition.....	2
The Food Groups .....	4
Nutrient Content by Food Group .....	5
Meal Planning Using Food Groups.....	6
Hawaiian Example Menu.....	8
Meal Plan Form .....	9
Measuring Your Foods.....	10
Calcium/Milk Group .....	12
Starch Group .....	13
Fruit Group .....	15
Vegetable Group.....	17
Protein/Meat Group A (lean) .....	19
Protein/Meat Group B (medium fat).....	21
Protein/Meat Group C (high in fat).....	23
Protein/Meat Group D (very high in fat).....	24
Fat Group A (high in unstaturated fats) .....	25
Fat Group B (high in saturated fats) .....	26
Foods that Do Not Need to be Measured.....	27
Other Foods for Occasional Use .....	28
Ethnic Food Dishes .....	30
Nutrient Value and Food Groups of Plate Lunches .....	33
Fast Food Restaurants.....	34



# Introduction

---

Diet is an important part of the treatment and prevention of many diseases including obesity, diabetes, heart disease and high blood pressure. The Hawaiian Food Group Lists have been prepared to help provide food composition information so a modified diet can be more easily followed.



# Principles of Good Nutrition

---

■ **Maintain a healthy weight.** Obesity increases your risk of chronic diseases such as diabetes, hypertension and coronary heart disease.

---

■ **Eat a variety of foods.** Eating a variety of foods increases your chance 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, seafood, poultry, and other lean meats. Watch your portion sizes of all meat—it's easy to eat too much. Eat fewer foods high in saturated fat such as canned luncheon meat, corned beef, coconut milk, gravy, salad dressing, chicken/turkey wings and tails. Eat fewer foods high in trans fat commonly found in margarine, shortening, pastries, fried foods, and processed snacks.

---

■ **Eat more starches high in fiber.** Starches are a good source of energy, vitamins, and minerals. Fiber in foods may help to lower blood-glucose and blood lipid levels. Most all people should increase the amount of starches high in fiber. 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.

---

**■ Eat less sugar.**

Sugar provides only calories and very little vitamins or minerals. Sugar consumption also increases the risk of dental cavities. Foods high in added sugar include desserts (such as cakes and pies), sugary breakfast foods (such as toaster pastries and sugar coated cereals), cookies, candy, pastries, table sugar, honey, sweetened 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. Try to use less salt in cooking and at the table. Foods high in sodium, such as processed and convenience foods, are noted in this booklet with the symbol “\*.” A high source is defined as 560 mg sodium per serving.

---

**■ 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 about working it into your meal plan.

---

**■ Potassium.**

Foods high in potassium are recommended as part of a healthy eating regime for most people. Some people, especially those on kidney dialysis, may have to limit their potassium intake. A high source of potassium is defined as more than 300 mg potassium per serving and is noted in this booklet with the symbol “β.”

---

# The Food Groups

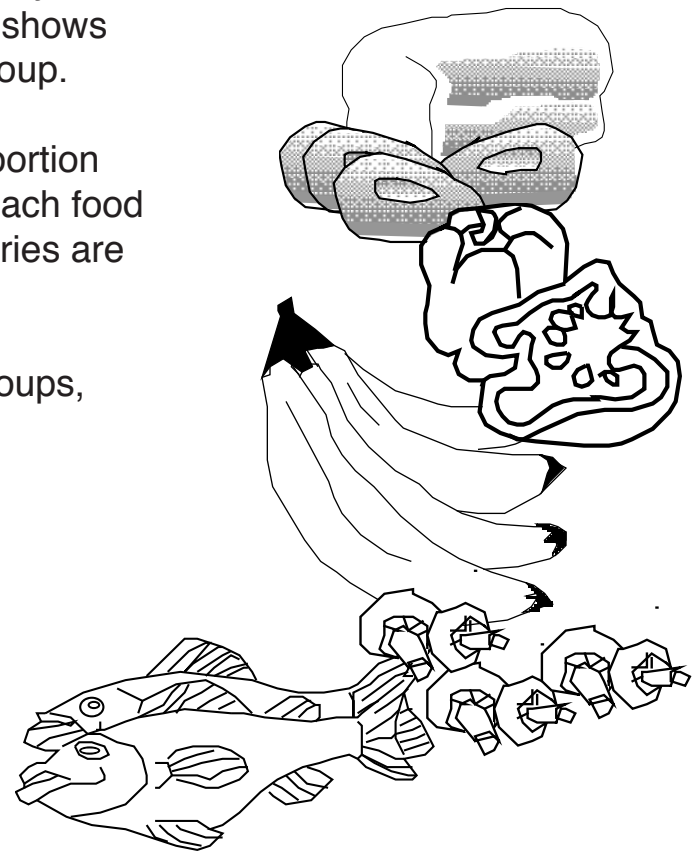
---

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 and contain about the same amount of carbohydrate, protein, fat, and calories. 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 the portion size may vary. Because foods are so different, serving size for each food is adjusted so the amount of carbohydrate, protein, fat, and calories are similar for each choice.

If you have a favorite food that is not included in any of these groups, ask your nutritionist to help work it into your meal plan.



# Nutrient Content by Food Group

Food Group	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
<b>Starch</b>	15	3	trace	80
<b>Protein/Meat</b>				
A–Very Lean	—	7	0–1	35
B–Lean	—	7	3	55
C–Medium-Fat	—	7	5	75
D–High-Fat	—	7	8	100
<b>Vegetable</b>	5	2	—	25
<b>Fruit</b>	15	—	—	60
<b>Calcium/Milk</b>				
Skim	12	8	trace	90
Reduced Fat	12	8	5	120
Whole	12	8	8	150
<b>Fat</b>	—	—	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. These foods contain calories, protein, calcium, phosphorus, vitamin A and several B vitamins.

---

## **Vegetable Group**

The Vegetable Group includes some vegetables high in potassium, vitamin A, vitamin C and fiber which are important to health. High vitamin A sources (over 333 RE per serving) will be indicated with a “√” symbol, high vitamin C sources (over 30 mg per serving) will be indicated with a “+” symbol and high potassium sources will be indicated with a “β” symbol in this booklet.

---

## **Fruit Group**

The Fruit Group includes all kinds of fruit. Some fruits are excellent sources of vitamin C and potassium. 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. Whole grain cereals, rice, noodles, dried beans and peas, and starchy vegetables (such as taro, breadfruit, and sweet potatoes) are good sources of many B vitamins, and potassium. Whole grains are also high in fiber.

---

## **Protein/Meat Group**

The Protein/Meat Group includes foods which provide protein, some fat, minerals and vitamins and varying levels of fat. This group includes meats, fish, poultry, eggs, tofu, and cheese.

The **kind** of meat or other protein foods makes a difference. The Protein/Meat Group has been divided into four lists: very lean, lean, medium and high fat Protein/Meat Groups.

Most meats you eat should be lean since fat contributes twice as many calories as protein or carbohydrate. Cut off all 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.

---

## **Fat Group**

The Fat Group includes foods high in fats. There are several categories of fats, notably: **1) Saturated Fats** such as fats from animals and coconut palm oils; **2) Unsaturated Fats** (polyunsaturated and monosaturated) are liquid vegetable oils and **3) Trans Fats** commonly found in margarine, shortening, pastries, snack foods, and fried foods. 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.

---

# Example Hawaiian Menu

The following sample menus are provided to show you how to use your Meal Plan. The fat content provides approximately 25% of the total calorie intake. The protein content is 15–20% and carbohydrate content about 50% of total calories. These sample menus are planned to meet the nutritional needs of adults and are not meant to be used for children.

## Sample Menu (1600 calories)

<b>Daily Servings:</b>	Calcium/Milk	Vegetables	Fruit	Starch	Protein/Meat A	Protein/Meat B	Protein/Meat C	Fat
	2	3	4	8	2	2	1	4

### Breakfast

1 Fruit	1/2 papaya
2 Starch	2 slices whole grain toast
1 Calcium/Milk	1 cup skim milk
1 Fat	1 teaspoon margarine

### Lunch

2 Protein/Meat B	2 ounces lean pork
2 Starch	2 slices whole grain bread
1 Vegetable	1/2 cup eggplant
1 Fat	1 teaspoon mayonnaise
1 Fruit	1/2 cup mango

### Snack

1 Starch	3 soda crackers
1 Protein/Meat C	1 level tablespoon peanut butter

### Dinner

2 Protein/Meat A	Stirfry: 2 ounces skinless chicken breast
2 Vegetable	1/2 cup green pepper
	1/2 cup cooked green leaves
1 Fat	1 teaspoon margarine
1 Fruit	3/4 cup fresh pineapple
1 Calcium/Milk	
(add 1 Fat)	1/2 cup tofu made with calcium
3 Starch	1 cup cooked rice

### Snack

1 Fruit	1 cup cantaloupe
---------	------------------

# Meal Plan Form

---

You may want to divide your food for the day this way:

Meal Plan	Number of Servings	Food	Amount
<b>Breakfast:</b>			
Fruit Group	_____	_____	_____
Protein/Meat Group (A, B, C, or D)	_____	_____	_____
Starch Group	_____	_____	_____
Fat Group	_____	_____	_____
Calcium/Milk Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____
<b>Lunch:</b>			
Protein/Meat Group _____	_____	_____	_____
Starch Group	_____	_____	_____
Vegetable Group	_____	_____	_____
Fat Group	_____	_____	_____
Fruit Group	_____	_____	_____
Calcium/Milk Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____
<b>Dinner:</b>			
Protein/Meat Group _____	_____	_____	_____
Starch Group	_____	_____	_____
Vegetable Group	_____	_____	_____
Fat Group	_____	_____	_____
Fruit Group	_____	_____	_____
Coffee or tea, plain	_____	_____	_____
<b>Snack:</b>			
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.

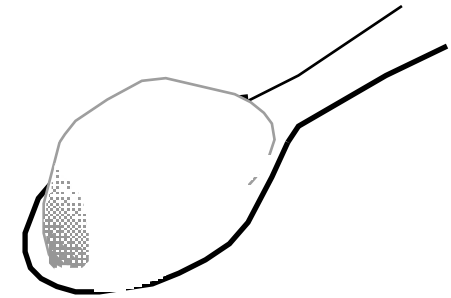
You need a set of measuring cups which includes a full 8-ounce cup, a half cup, a third of a cup and a quarter cup. You also need a teaspoon, a tablespoon, and a ruler to measure your meats.

All measurements in this book 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.

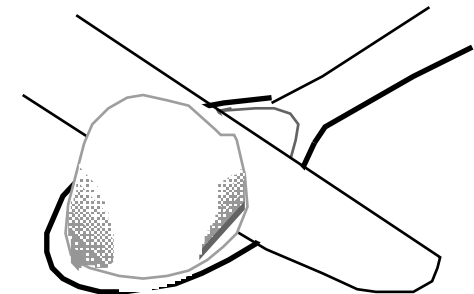
A small food scale is also very helpful especially for measuring meats. Make sure the scale measures ounces accurately.

Foods which are eaten cooked should be measured after they are cooked. Any fat that is used in cooking must be counted as part of a fat group. 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.

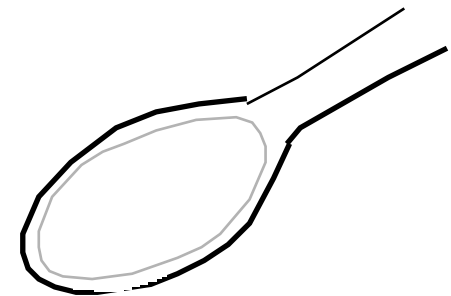
Measure your foods until you can train your eye to be accurate. Check all your measurements every once in a while to be sure you are correct. You may want to measure your usual bowls and plates so you do not have to measure all the time.



**Heaping Spoonful**

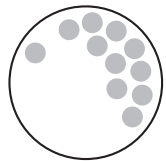


**Leveling Spoonful**



**Level Spoonful**

A golf ball, tennis ball, yo-yo, computer mouse, baseball, fist, and a deck of playing cards make convenient guides to judge moderate portions of food.

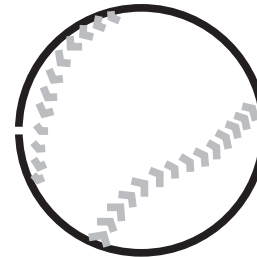


**Golf Ball**



**2 Tablespoon measure**

2 Tablespoon salad dressing,  
peanut butter, margarine, etc.



**Baseball Ball**



**Large fruit (or 1 cup volume)**

Apple or orange



**Tennis Ball**



**Medium/small fruit**

1/2 cup measure

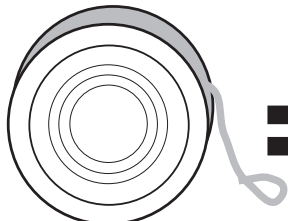


**Woman's Fist**



**1 cup**

Ready-to-eat breakfast cereal

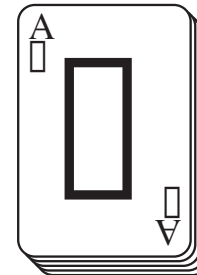


**Yo-Yo**



**1 English muffin**

1 English muffin = 2 bread  
servings

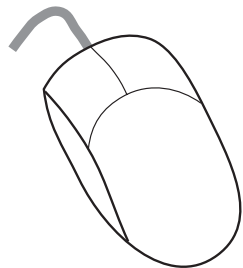


**Deck of Cards**



**3 ounce measure**

Moderate portion of meat



**Computer Mouse**



**1/2 to 3/4 cup**

Baked potato; ground or chopped  
foods; 1/2 cup = 2 oz.



# Calcium/Milk Group

One nonfat calcium/milk serving contains approximately 90 calories, 12 grams carbohydrates, 8 grams protein and a trace of fat. (For those who watch potassium intake, limit milk product servings. A cup of milk contains over 300 mg potassium).

Food	Measure
<b>Nonfat Milk</b>	
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	3/4 cup (6 oz.)
<b>Reduced Fat Milk</b> (add 1 fat for each)	
Low fat soy milk (unsweetened)	1 cup
Low fat buttermilk	1 cup
2% milk	1 cup
Evaporated 2% milk	1/2 cup
Yogurt prepared with low fat or 2% milk, unflavored	3/4 cup (6 oz.)
Yogurt prepared with 2% milk, flavored (add 1 fruit)	3/4 cup (6 oz.)
Yogurt, light, with artificial sweetener prepared with 1% milk	1 cup
Yoplait, regular (add 1 fruit)	3/4 cup (6 oz.)
Yoplait, light	3/4 cup (6 oz.)
<b>Whole milk</b> (add 2 fat groups)	
Whole milk	1 cup
Evaporated milk	1/2 cup
Yogurt prepared with whole milk, unflavored	1 cup
Yogurt prepared with whole milk, with fruit (add 1 fruit)	1 cup



**1 Cup Skim Milk**



**1/2 Cup Evaporated Milk  
Add 2 Fat Exchanges**



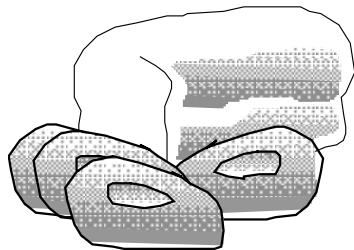
**1/3 Cup Nonfat Dry  
Milk Powder**

Note: There are many calcium fortified products on the market for those that do not eat dairy products. Check the labels. A good source contains 300 mg or more calcium per serving.

# Starch Group

One starch serving contains approximately 80 calories, 15 grams of carbohydrate and 3 grams of protein.

Food	Measure
<b>Breads</b>	
Bagel	1/2 (3" diameter) or 1 ounce
Biscuit	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 ounce
Noodles	1/3 cup
Pancake (add 1 fat)	1 (4" diameter)
Pita	1 (6" diameter)
Pretzels	3/4 ounce
Rice cake	2 (4" diameter)
Roll, plain	1 (2" diameter)
Stuffing (add 1 fat)	1/4 cup
Taco shell (add 1 fat)	2 hard shells
Tortilla (unfried)	1/2 (8" diameter)
Waffle (add 1 fat)	1 (4-1/2" diameter)



+Good source of vitamin C  
√Good source of vitamin A  
\*Food high in salt  
βFood high in potassium

Food	Measure
<b>Cereals</b>	
All cooked	1/2 cup
βBran Flakes, All Bran, Raisin Bran	1/2 cup
βBran (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
<b>Coconut</b>	
βImmature meat (sponge) (add 1 fat)	1-3/4 cups
βCoconut water	2 cups
<b>Crackers</b>	
Crepe Pilot	1-1/2
Graham	3 (2-1/2" square)
Melba toast	4 (3-3/4" x 2")
Mochi Crunch	1/3 cup
Ritz, plain	4
Ry Krisp, double square wafer	3
Saloon pilot	1
Saltines	6 (2" square)
Soda	3 (2-1/2" square)
Wheat Thins	7

# Starch Group (Continued)

Food	Measure
<b>Flour Products</b>	
Cornstarch	2 tablespoons
Flour, all kinds	2 tablespoons
Noodles, cellophane	3/4 cup
Noodles; macaroni, spaghetti	1/3 cup cooked
Buckwheat noodles	1/3 cup cooked
Won ton wrapper, 7" square	1
*Ramen, dry (add 2 fat)	1/2 block (1-1/2 oz. dry)
*Ramen, fresh, frozen (0 fat)	1/2 cup cooked
<b>Rice</b>	
Long rice, cooked	1/2 cup
Mochi	1 (2" x-1/2")
Rice, cooked	
Brown	1/3 cup
Instant	1/3 cup
White, enriched	1/3 cup
<b>Soup</b>	
*Noodle/rice base	1 cup
*Cream base (add 1 fat)	1 cup

## Starchy Vegetables — Raw or Cooked

Arrowroot	2 ounces
βArtichoke	1 whole
βBeans and peas; dried, cooked	1/3 cup
βBurdock (gobo)	1/2 cup
βBreadfruit, cooked	1/3 cup

## Starchy Vegetables *(Continued)*

Food	Measure
βCassava	1/3 cup
βCorn	1/2 cup
βCorn on the cob	1 (6" long)
βLima beans	1/2 cup
βLotus root	3/4 cup
Parsnips	2/3 cup
Peas, green	1/2 cup
βPidgeon peas, pods	1/2 cup
βPlantain (green banana)	1/2 medium or 1/2 cup
βPoi from taro or breadfruit, 2 finger	1/2 cup
Popcorn (without butter)	3 cups
βPotatoes	
White, whole	1 (" diameter)
White, mashed, plain	1/2 cup
β√Sweet potato or yams	1/2 cup
β√Pumpkin	3/4 cup
βSoybeans, green	1/2 cup
√Squash, winter, yellow	3/4 cup
βTaro (cooked)	1/2 cup (or-1/2" slice)

+Good source of vitamin C √Good source of vitamin A *Food high in salt βFood high in potassium
---------------------------------------------------------------------------------------------------------

# 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**.

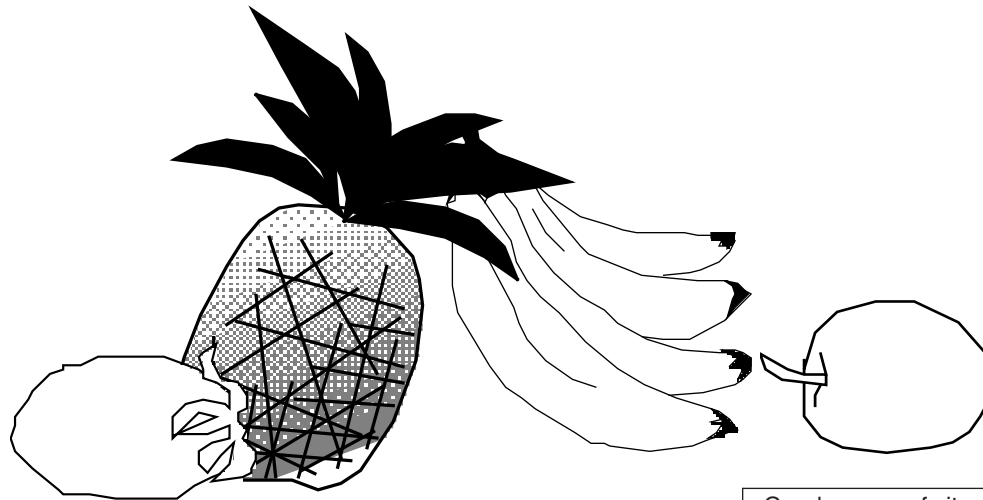
Food	Measure	Food	Measure
Apple, fresh	1/2 medium or 1 small (2" diameter)	+Grapefruit, fresh	1/2 medium (3-1/2" diameter)
Apple, mountain	2 medium	+Grapefruit, canned & drained	3/4 cup
Applesauce	1/2 cup	+Grapefruit, juice	1/2 cup
Apple juice	1/2 cup	+βGuava, fresh	1 medium (2-1/2" diameter)
βApricots, fresh	4 medium	+βHoneydew melon	1 cup
βApricots, dried	4 halves	βJack fruit	1/3 cup
Apricots, canned & drained	4 halves	Juice (fruit)	1/2 cup
βBanana	1/2 medium or 1/2 cup or 4"	+βKiwi	1 large, 1/2 cup
βBanana, dried	3 tablespoons	Kumquat	5 fruits
Blueberries	3/4 cup	+Lychee	10 fruits or 1/2 cup
√+βCantalope	1 cup	+Mandarin orange	3/4 cup
Cherries, fresh	12 pieces	√+βMango, ripe	1/2 cup or 1/2 small
Cherries, canned & drained	1/2 cup	βMango, green	3/4 cup
Cranberry juice cocktail	1/4 cup	βNectarine	1 (1-1/2" diameter)
βDates	2-1/2 fruits	Ohelo berries	1-1/2 cups
Figs, fresh	2 medium, 2" each	+βOrange, fresh	1/2 large or 1 small
Figs, canned & drained	2	+βOrange juice	1/2 cup
Fruit cocktail & drained	1/2 cup		
Fruit, dried	2 tablespoons		
Grapes, fresh	10 large grapes or 15 small		
Grape juice			

+Good source of vitamin C  
 √Good source of vitamin A  
 \*Food high in salt  
 βFood high in potassium

# Fruit Group (Continued)

Food	Measure
√+βPapaya	1/2 medium or 1 cup cubed
+βPassion fruit juice	1/2 cup
Peach, fresh	1 medium
Peach, canned & drained	1/2 cup or 2 halves
βPear, fresh	1/2 large or 1 small
βPear, dried	1
Pear, canned & drained	2 small halves or 1/2 cup
βPersimmon, Japanese	1/2 medium
βPersimmon, native	2 fruits
+Pineapple, fresh,	3/4 cup
+Pineapple, canned in own juice	3/4 cup
+Pineapple juice	1/2 cup
Plums, fresh	2 medium
Plums, canned & drained	4
+Poha berries	1 cup
βPomegranate	1/2 medium
+βPomelo (Jabon)	1 cup sections
βPrunes, dried	3 medium
βPrune juice	1/3 cup

Food	Measure
Raisins	2 tablespoons
βSoursop, pulp	1/3 cup
+Starfruit	1-1/2 cups
+Strawberries	1-1/4 cups
Sweetsop	1/2 of a 3" fruit
+Tangerine	2 medium
Watermelon	1-1/4 cup cubed



+Good source of vitamin C  
 √Good source of vitamin A  
 \*Food high in salt  
 βFood high in potassium

# Vegetable Group

---

One vegetable serving contains about 25 calories, 5 grams of carbohydrate and 2 grams of protein.  
One exchange is 1/2 cup cooked or 1 cup raw.

βAloe vera juice	√Kale	β√+Vegetable juice
+Asparagus	βKohlrabi	
		Water chestnuts
Bamboo shoot	Leeks	
Bean sprouts, mung		Zucchini
βBeans, goa (winged)	Mushrooms	
Beans, green		
Beets	Okra	
Beet greens	Onion, round	
βBittermelon, fruit		
√+Broccoli	√βPapaya green	
+Brussel sprouts	Pea pods	
	+Pepper, green, red, yellow, or bell	
√Carrots	√Pumpkin leaves	
+Cauliflower	βPurslane	
Chayote, fruit		
Chayote, leaves	Rutabaga	
Collards		
Cucumber	√βSpinach	
	√Squash, leaves	
√Dandelion greens	√βSweet potato leaves/shoots	
	√Swiss chard	
Eggplant		
	+βTaro leaves	
βFernshoots (warabi)	+βTomato, canned or fresh	
	+βTomato juice	
βGourd, dish cloth	βTomato paste	
Gourd, dried (1 strip)	Turnip	
Gourd, white flowered	√Turnip greens	
Green beans		



+Good source of vitamin C  
√Good source of vitamin A  
\*Food high in salt  
βFood high in potassium



# Vegetable Group (Continued)

---

These may be eaten raw as desired  
or up to one cup cooked.

βBanana blossom  
Bok choy

βCabbage - all kinds  
βCelery

Green Onions

βKombu seaweed  
Kon yaku

Lettuce

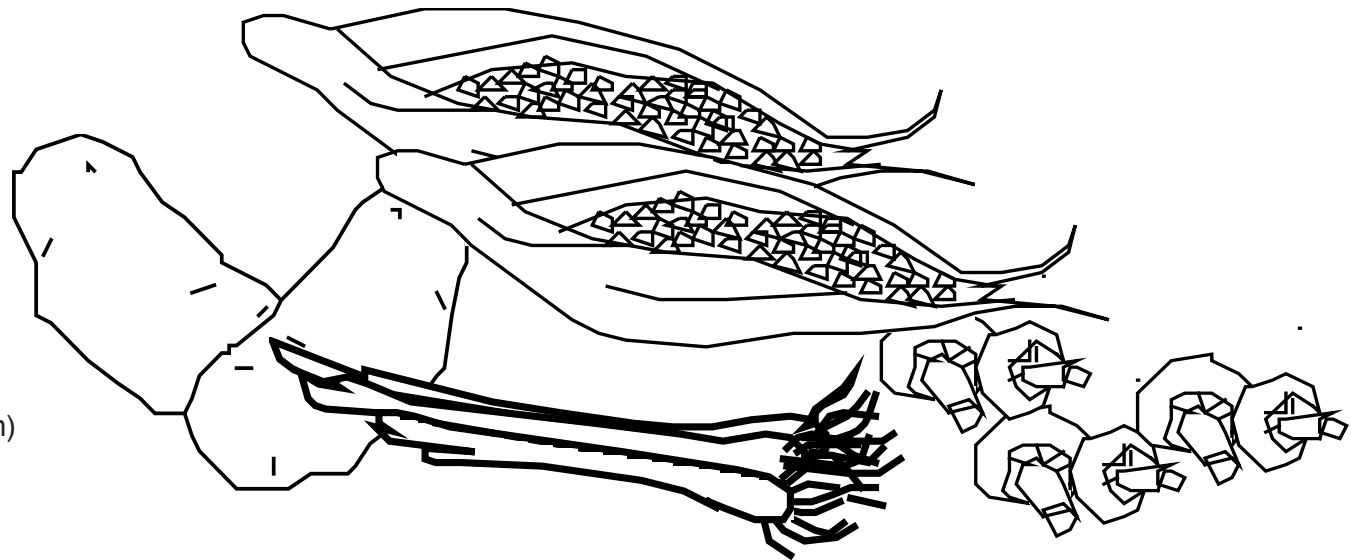
βSeaweed  
Sprouts

+Radishes (includes daikon)

√Turnip leaves

\*Ume (plum)

Watercress



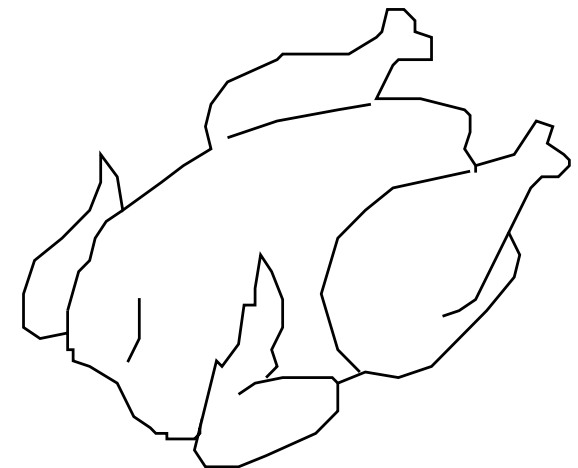
+Good source of vitamin C  
√Good source of vitamin A  
\*Food high in salt  
βFood high in potassium

# Protein/Meat Group A (very lean)

The protein/meat groups have been divided into four groups according to the fat content.

**Protein/Meat Group A** (very lean). One protein/meat serving contains approximately 35 calories, 7 grams protein, and 0-1 grams fat.

Food	Measure
<b>Cheese</b> Fat free	1 ounce or 1" cube
<b>Chicken</b> (skin removed) Breast	1 oz. or 1 piece (3" x 3" x 1/4")
<b>Egg</b> Egg substitute Egg whites, large	1/4 cup 2
<b>Pork</b> Blood	1/4 cup
<b>Seafood</b> Abalone, canned and drained Bigeye (Aweoweo), cooked Blue Fish or Croaker; cooked Bonito (Kawakawa); cooked Goat Fish (Weke, Dama, Moano, Kumu), cooked Halibut, cooked Jack Fish, Amber; cooked Jack Fish, Blue Runner; cooked Jack Fish, Trevally; cooked Lobster Mahi Mahi (Dolphinfish); cooked Milk Fish, cooked; cooked Parrot Fish (Uhu); cooked	1 ounce 1 ounce 1 ounce 1 ounce 1 ounce 1 ounce 1 ounce 1 ounce 1 ounce 1 ounce 1 ounce 1 ounce 1 ounce 1 ounce 1 ounce

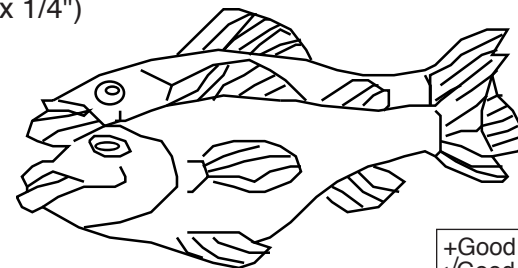


+Good source of vitamin C  
√Good source of vitamin A  
\*Food high in salt  
βFood high in potassium

# Protein/Meat Group A (very lean) (continued)

---

<i>Food</i>	<i>Measure</i>
<b>Seafood</b> <i>(Continued)</i>	
Pollock; cooked	1 ounce
Rock Fish; cooked	1 ounce
Scad, bigeyed (Akule, Halalu, Aji); cooked	1 ounce
Squirrel Fish, Red (Menpachi, Uu); cooked	1 ounce
Surgeon Fish (Kala, Kole, Palani); cooked	1 ounce
Tilapia; cooked	1 ounce
Tuna, canned in water	1 ounce
Tuna (Ahi), cooked	1 ounce
Tuna, Bluefin (Maguro); cooked	1 ounce
Tuna, Skipjack (Aku, Katsuo); cooked	1 ounce
Yellowtail, Japanese (Hamachi); cooked	1 ounce
<b>βTofu, okara</b>	1/2 cup
<b>Turkey</b>	
Breast (skin removed)	1 oz. or 1 piece (3" x 3" x 1/4")



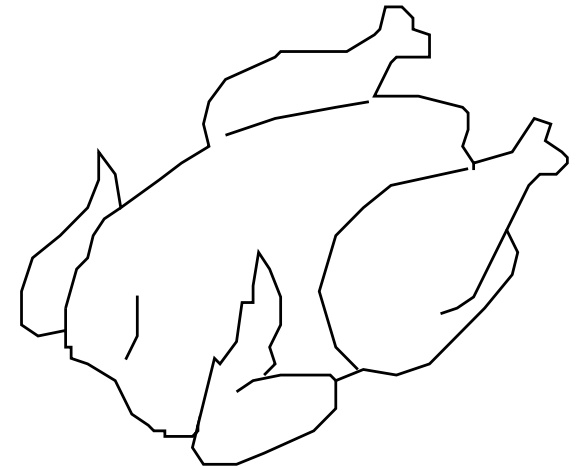
+Good source of vitamin C  
 ✓Good source of vitamin A  
 \*Food high in salt  
 βFood high in potassium

# Protein/Meat Group B (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.

Food	Measure
<b>Beef</b>	
*Jerky	3/4 ounce
Lean chuck	1 ounce or 1 piece (3" x 2" x 1/4")
Flank steak	1 ounce or 1 piece (3" x 2" x 1/4")
Ground beef (less than 10% fat)	1 ounce
Porterhouse steak	1 ounce or 1 piece (3" x 2" x 1/4")
T-bone steak	1 ounce or 1 piece (3" x 2" x 1/4")
Sirloin steak	1 ounce or 1 piece (3" x 2" x 1/4")
Tenderloin steak	1 ounce or 1 piece (3" x 2" x 1/4")
Round steak	1 ounce or 1 piece (3" x 2" x 1/4")
Rump steak	1 ounce or 1 piece (3" x 2" x 1/4")
<b>Cheese</b>	
Containing less than 5% fat	1 ounce or 1" cube
Cottage, dry or 2% butterfat	1/4 cup
Parmesan	2 tablespoons
Farmers	1 ounce or 1" cube
Ricotta	1 ounce or 1" cube
<b>Chicken</b> (skin removed, cooked)	
Drumstick	1 ounce
Thigh	1/2 piece (4 pieces to one pound)
Roasted meat	1 ounce or piece (3" x 3" x 1/4")



+Good source of vitamin C  
 ✓Good source of vitamin A  
 \*Food high in salt  
 βFood high in potassium

Note: The Calcium/Milk group is included when cheese is consumed.

# Protein/Meat Group B (lean) (Continued)

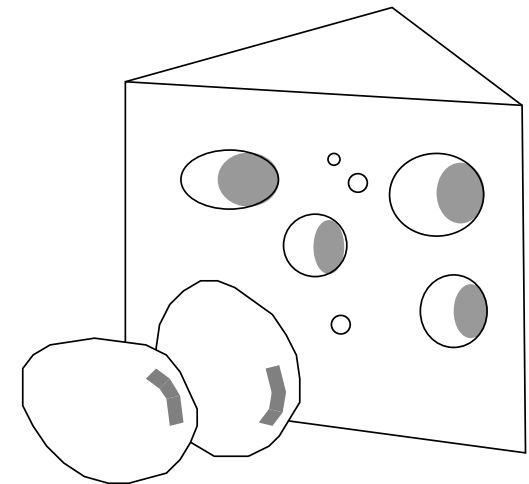
Food	Measure
<b>Liver or heart</b>	1 ounce
β <b>Natto</b> (fermented soybean)	1 ounce
<b>Pork</b> Lean leg	1 ounce or 1 piece (3" x 3" x 1/4")
<b>Seafood</b>	
Catfish	1 ounce
Opelu, steamed	1 ounce
Mackerel, cooked	1 ounce
Wahoo (Ono); cooked	1 ounce
Fish cake paste	1/4 cup
*Salmon, canned, drained	1/4 cup
*Sardines, canned in oil, drained	2 ounces
*Tuna, canned in oil, drained	1 ounce
<b>Tofu</b>	1/2 ounce
<b>Turkey</b> (skin removed)	1 ounce
Dark meat, roasted	1 ounce
*Turkey ham, turkey pastrami	1 ounce or 1 piece (3" x 3" x 1/4")
<b>Veal</b> Chop or roast	1 ounce or 1 piece (3" x 2" x 1/4")

+Good source of vitamin C  
 ✓Good source of vitamin A  
 \*Food high in salt  
 βFood high in potassium

# Protein/Meat Group C (medium fat)

**Protein/Meat Group C** (medium fat). One protein/meat serving contains approximately 75 calories, 7 grams protein, and 5 grams fat.

Food	Measure
<b>Beef</b> *Corned beef	1 ounce or 1 piece (3" x 2" x 1/4")
Ground beef (20% fat)	1 ounce
Rib eye	1 ounce or 1 piece (3" x 2" x 1/4")
<b>Cheese</b> Cottage, creamed	1/4 cup
Mozzarella, Ricotta, Farmers, Gouda, Neufchatel	1 ounce or 1" cube
<b>Chicken</b> Wing with skin	1 wing (6 pieces to one pound)
<b>Dog</b>	1 ounce
<b>Duck, Goose</b> (skin and fat removed)	1 ounce
<b>Egg</b> , whole, chicken or duck	1 large
<b>Fish</b> Shad, American; cooked	1 ounce
<b>Lamb</b> Lean leg, loin, rib, shank, shoulder, sirloin	1 ounce or 1 piece (3" x 2" x 1/4")
<b>Pork</b> *Boiled ham, butt, loin, shoulder, arm, picnic	1 ounce or 1 piece (3" x 2" x 1/4")
Shoulder blade, *Canadian bacon	1 ounce or 1 piece (3" x 2" x 1/4")
<b>Sweetbreads</b> (brains, gizzards)	1 ounce
<b>Turkey</b> , ground (20% fat)	1 ounce



+Good source of vitamin C  
 ✓Good source of vitamin A  
 \*Food high in salt  
 βFood high in potassium



# Protein/Meat Group D (high in fat)

**Protein/Meat Group D** (high in fat). One protein/meat serving contains approximately 100 calories, 7 grams protein, and 8 grams fat.

Food	Measure
<b>Beef</b> Brisket	1 ounce
Ground beef (30% or more fat)	1 ounce
Lean short ribs	1 ounce
Rib roast, club and rib steak	1 ounce or 1 piece (3" x 2" x 1/4")
Spare ribs (meat, without bone)	1 ounce
<b>Cheese</b> Cheddar, American, Monterey, Swiss, Provolone, Blue	1 ounce or 1" cube
<b>*Cold cuts</b>	1 ounce
<b>*Frankfurter</b>	1 (10 per pound)
<b>Lamb</b>	1 ounce or 1 piece (3" x 2" x 1/4")
<b>Peanut butter</b>	1 tablespoon
<b>Pork</b> Spareribs, loins (back ribs), ground pork, country style ham, pork belly	1 ounce or 1 slice (3" x 2" x 1/4")
<b>*Sausage</b> Lup chong, Portugese, Vienna	1 ounce, link or patty
<b>*Spam</b> (canned luncheon meat)	1 ounce or 1 slice (3" x 2" x 1/4")
<b>Tofu</b> , extra firm	1/2 cup
<b>Turkey tail</b>	1/2 ounce
<b>Wings</b> Chicken	1
Turkey	1/2



+Good source of vitamin C  
 ✓Good source of vitamin A  
 \*Food high in salt  
 βFood high in potassium

# 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>
<b>Avocado</b>	1/8 of 4" diameter
<b>Dressings, Salad</b> All varieties	1 tablespoon
Reduced calorie	2 tablespoons
Mayonnaise	1 teaspoon
Mayonnaise, reduced calorie	1 tablespoon
Miso	1 tablespoon
<b>Margarine</b> (first ingredient, liquid oil)	1 teaspoon
<b>Nuts</b> Almonds	1 tablespoon (6 nuts)
Cashews	1 tablespoon (6 nuts)
Macadamia	1 tablespoon (6 nuts)
Peanuts	1 tablespoon (10 nuts)
Pecans	1 tablespoon (4 halves)
Pistachio	1 tablespoon (6 nuts)
Walnuts	1 tablespoon (4 halves)
Other nuts	1 tablespoon
<b>Oil</b> cottonseed, corn safflower, sesame, soybean and sunflower	1 teaspoon
<b>Olives</b> , ripe	10 small or 5 large
<b>Peanut butter</b>	1/2 tablespoon
<b>Peanut dipping sauce</b> (Thai style)	1-1/2 tablespoons
<b>Sesame seeds</b>	1 tablespoon
<b>Sunflower seeds</b> , unshelled	1/4 cup
shelled	1 tablespoon
<b>Tartar sauce</b>	2 teaspoons

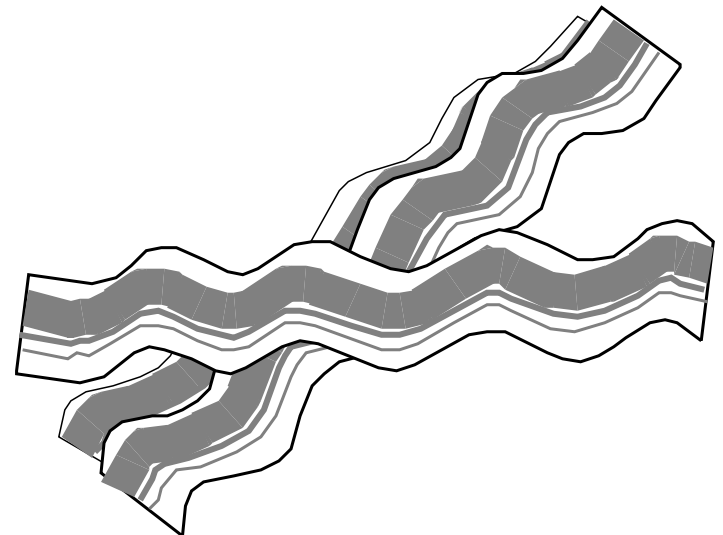


+Good source of vitamin C  
 ✓Good source of vitamin A  
 \*Food high in salt  
 βFood high in potassium

# Fat Group B (high in saturated fats)

**Fat Group A - high in saturated fats.** One fat serving contains approximately 45 calories and 5 grams of fat.

Food	Measure
<b>Butter</b>	1 teaspoon
<b>*Bacon</b> , crisp	1 slice
<b>Cheese, cream</b>	1 tablespoon
<b>Coconut</b> βImmature 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
βMilk (1 cup water to 1 cup cream)	2 tablespoons
Coconut, grated	1-1/2 tablespoons
<b>Cream</b> Coffee cream	2 tablespoons
Sour cream	2 tablespoons
Whipping, heavy, liquid	1 tablespoon
<b>Margarine</b> (first ingredient hydrogenated or hardened oil)	1 teaspoon
<b>Non-dairy creamer</b> Liquid	2 tablespoons
Powder	1-1/2 tablespoons
<b>*Salt pork</b>	1/4 oz.
<b>Solid cooking fats</b> (including lard, shortening)	1 teaspoon
<b>Sour cream</b>	2 tablespoons



+Good source of vitamin C  
 ✓Good source of vitamin A  
 \*Food high in salt  
 βFood high in potassium

# Foods that Do Not Need to be Measured

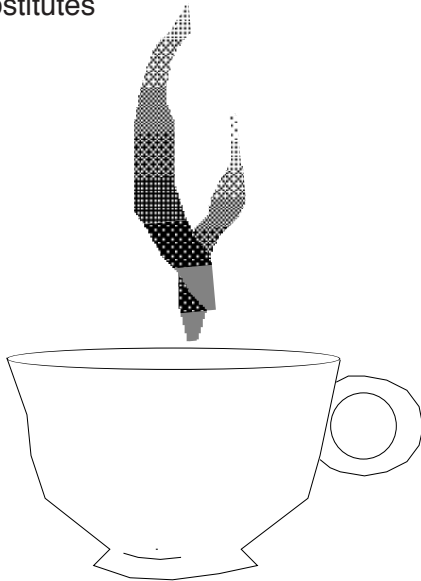
Some foods and condiments have very little carbohydrate, protein or fat and can be used without measuring and with a few exceptions, as often as you like unless you are on a sodium restricted diet.

## Beverages

Carbonated water, club soda  
Coffee, plain  
Soft drinks, artificially sweetened  
Sugar free drink mixes  
Tea  
Water

## Desserts

Gelatin desserts,  
artificially sweetened  
Sugar substitutes



## Soups

\*Bouillon, without fat  
\*Clear broth

## Seasonings

Chives  
\*Fish sauce  
\*Furikake  
Garlic  
\*Ginger, raw or pickled  
\*Mustard, dry or prepared  
Nori  
Parsley  
Pepper  
\*Pickled melon (narazuke)  
\*Pickled scallions (rakkyo, rankyo)  
\*Salt (in moderation)  
\*Soy Sauce (in moderation)  
Spices and herbs  
\*Tabasco sauce  
\*Tsukudani (seasoned seaweed)  
Vinegar  
Wasabe

## Miscellaneous

Catsup (1 tablespoon)  
Cranberries, unsweetened  
(1/2 cup)  
Fat free whipped topping  
(2 tablespoons)  
Korean red pepper paste  
(1/2 tablespoon)  
Non stick pan spray  
\*Pickles, unsweetened  
Salad dressing, low calorie  
(2 tablespoons)  
βSeaweeds  
\*Taco sauce (1 tablespoon)  
βTamarind  
\*Tokyo Ruke/Zuke (pickled  
vegetable) (1 tablespoon)  
\*Tsukemono (Japanese pickled  
vegetables) (1 tablespoon)

+Good source of vitamin C  
√Good source of vitamin A  
\*Food high in salt  
βFood high in potassium

# 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	
Bibinka or baked mochi	1 cubic inch or 1 ounce	1/2 starch, 1/2 fat	
Bread, banana nut	1 piece (1/10 loaf 9"x5"; 1-1/2 oz.)	1 starch, 1-1/2 fat, 1 fruit	
Brownie, no frosting	2" square	1/2 starch, 1 fat, 1/2 fruit	
Cake, angel food or sponge	cupcake size, flat top, 1 ounce	1/2 starch, 1/2 fat, 1/2 fruit	
Cake, no icing	cupcake size, flat top, 1 ounce	1/2 starch, 1 fat, 1/2 fruit	
Cake, with icing	cupcake size, flat top, 1 ounce	1/2 starch, 2 fat, 1/2 fruit	
Canned chow mein noodles	1/2 cup	1 starch, 1-1/2 fat	
*Chinese black beans, preserved	2 Tablespoons	1 starch	
βChinese New Year pudding/cake, made w/rice flour (gau)	1 cubic inch	1/2 starch	
Chocolate haupia pie	1 piece (1/8th of 9" dia.; 8 oz.)	1/2 milk, 2 starch, 8 fat, 2 fruit	
Cookies	2 small (1-3/4" diameter)	1/2 starch, 1 fat, 1/2 fruit	
Donut, cake	1 ounce	1/2 starch, 1 fat, 1/2 fruit	
French fried potatoes	10 pieces	1 starch, 1 fat	
French toast, made w/ Portuguese sweet bread	1 slice (3 ounces)	1-1/2 starch, 1 "C" protein/meat, 1 fat	
Frozen fruit yogurt	1/3 cup	1 fruit	
Ginger crystallized (candied)	1 Tablespoon	1/2 fruit	
Granola bars	1	1 starch, 1 fat	@Because of minimal nutrient content, fat is used as the equivalent exchange.

+βHalo Halo	1/2 cup	1/2 fruit, 1 starch, 1 fat
βHaupia, coconut pudding, Hawaiian style	1/2 cup	4 fat, 2 fruit
Ice cream, any flavor	1/2 cup	1 fruit, 2 fat
Ice milk	1/2 cup	1 fruit, 1 fat
Jam, jelly, honey	1 tablespoon	1 starch
Jello	1/2 cup	1 fruit
Juice drinks	12 oz. can	2-1/2 fruit
Macadamia nuts, chocolate covered	1 piece	1 fruit, 1-1/2 fat
Macaroni or potato salad	1/2 cup	1 starch, 3 fat
Malasada	1 ounce	1 fruit, 1/2 fat
Manju, Japanese pastry w/ sweet bean paste	1 ounce	1 fruit, 1/2 fat
Mochi, plain	1 (2" diameter x-1/2" or 1-1/2 oz.)	1 starch, 1/2 fruit
Mochi ice cream	1 piece (1-1/2 ounces)	1/2 starch, 1 fat
Mochi with sweet bean filling	1-1/2 ounces (2 1/4" dia. x 1/2")	1 starch, 1/2 fruit
Muffin	2" diameter	1/2 starch, 1 fat, 1/2 fruit
Okoshi (puffed rice cake)	2	1 starch
Pie, fruit	1/8 pie	1 starch, 2 fruit, 3 fat
Popsicle	1/2 twin pop	1 fruit
Senbei	2 wafers	1 starch
Sherbet, any flavor	1/4 cup	1 fruit
Soda, sweetened	12 ounce can	2-1/2 fruit
*Snack chips, all varieties	1 ounce	1 starch, 2 fat
Sugar	1 tablespoon	1 fruit
Sugar cane, stalk, peeled	4 ounce	1 fruit
Tofu pie	1 piece (1/8 of 9" dia.; 150 g.)	2 fruit, 2 fat
Vanilla wafers	6 small	1/2 starch, 1/2 fruit
Yokan	1 ounce	1/2 starch

+Good source of vitamin C ✓Good source of vitamin A *Food high in salt βFood high in potassium
---------------------------------------------------------------------------------------------------------



# Ethnic Food Dishes

Recipe	Measure	Food Group	+Good source of vitamin C √Good source of vitamin A *Food high in salt βFood high in potassium
<b>Chinese</b>			
*β+Beef broccoli	1 cup	1 starch, 1 vegetable, 1-1/2 "B" protein/meat, 1 fat	
*β+Beef w/ tomato	1 cup	1/2 starch, 1 vegetable, 2 "B" protein/meat	
*Chinese cake noodles, fried w/meat, seafood, and vegetables	1 cup	1-1/2 starch, 1/2 vegetable, 1/2 "B" protein/meat, 1 "C" protein/meat, 1 fat	
Chinese chicken salad w/ dressing	1 cup	1/2 starch, 1/2 vegetable, 1/2 "B" protein/meat, 2 fat	
Chinese green onion pancake	1 pancake (1-1/2 ounces)	1-1/2 starch, 1/2 fat	
*Chinese noodle soup w/ meat and vegetables (Tang mein)	1 cup	1/2 starch, 1/2 vegetable, 1-1/2 "C" protein/meat	
*Duck egg, yolk, salted	1 each	1 "C" protein/meat	
*Orange chicken	1 cup	2 starch, 4 "C" protein/meat, 2 fat	
Pork Char Siu	1 ounce	1/2 starch, 1 "C" protein/meat	
Pot sticker, with meat, steamed	1 ounce	1/2 starch, 1 "C" protein/meat	
βSoy beans, cooked	1/3 cup	1/2 starch, 1 "C" protein/meat	
*Thick rice soup, Chinese style (Jook or Congee)	1 cup	1 starch, 1/2 "C" protein/meat	
*Won Ton Mein soup	1 cup	2 starch, 1/2 vegetable, 1-1/2 "C" protein/meat	
<b>Filipino</b>			
+Chicken w/ green leaves	1 cup	1/2 vegetable, 2 "C" protein/meat	
βChicken w/ green papaya (Tinola)	1 cup	1/2 vegetable, 2-1/2 "C" protein/meat	
Chicken w/ vegetables (Sinigang)	1 cup	1/2 vegetable, 2-1/2 "C" protein/meat	
βChicken, pork w/ vegetables, (Pochero)	1 cup	1/2 vegetable, 2.5 "C" protein/meat, 1 fat	
Eggplant w/hot garlic sauce and pork	1 cup	1-1/2 vegetable, 2 "B" protein/meat, 2-1/2 fat	
βFish w/ veggies (Bulanglang)	1 cup	1-1/2 vegetable, 2-1/2 "B" protein/meat	
Lumpia	3 ounces	1/2 vegetable, 1/2 starch, 1/2 "B" protein/meat, 4-1/2 fat	
β*Mung beans w/pork vegetables (Balatong)	1 cup	1 starch, 1/2 vegetable, 1 "C" protein/meat	
β*Pinachet	1 cup	2 vegetable, 2 "D" protein/meat	
β*Pork Adobo	1 cup	5 "C" protein/meat	
Pork and veggies, Bulanglang	1 cup	2 vegetable, 2 "C" protein/meat	
β*Pork Guistantes	1 cup	1/2 starch, 1/2 vegetable, 2 "C" protein/meat	

## Japanese

β*Beef curry, brown	1 cup	1/2 starch, 1/2 vegetable, 3 "C" protein/meat, 1 fat
β*Beef Sukiyaki	1 cup	1/2 starch, 1/2 vegetable, 1-1/2 "C" protein/meat
*Chicken and egg over rice (Oyako, Donburi)	1 cup	1-1/2 starch, 1/2 "B" protein/meat, 1/2 "C" protein/meat
√β*Chicken Tofu	1 cup	1 starch, 1/2 vegetable, 2 "C" protein/meat, 1 fat
Namasu	1/2 cup	1/2 starch, 1 vegetable
Natto (fermented soybeans)	1/2 cup	1 starch, 2 "C" protein/meat
√β*Pork Nishime	1 cup	1 starch, 1/2 vegetable, 1/2 "C" protein/meat, 1/2 fat
Red bean soup sweetened (Zenzai)	1/2 cup	3.5 starch
Rice gruel or porridge, plain (Okaya or Okai)	1 cup	1 starch
*Rice w/ Azuki beans (Sekihan)	1 cup	4 starch
Somen salad w/ sauce	1/2 cup	1 starch, 1/2 vegetable, 1/2 "C" protein/meat
Sushi, California roll	1 small	1/2 starch, 1/2 vegetable
Sushi, cone (Inari)	1 small	1/2 starch
Ton Katsu sauce	1 Tablespoon	1 starch
Yaki Soba (noodles, fried w/meat and vegetables)	1 cup	1 starch, 1 vegetable, 1/2 "B" protein/meat, 1/2 "C" protein/meat
<b>Local Food</b>		
*Chicken long rice	1 cup	1/2 vegetable, 1 "C" protein/meat
*Kalua pig	3 oz.	3 "C" protein/meat
*Kalua pork and cabbage	1 cup	1 vegetable, 2 "C" protein/meat
β*Loco Moco (2 scoops rice, 1 hamburger patty, 1 egg, gravy)	1 serving	4 starch, 2 "D" protein/meat, 1 fat
Macaroni potato salad	1/2 cup	1 starch, 3-1/2 fat
√Manapua, filled w/ vegetables	1 item	1-1/2 starch, 1 vegetable, 1/2 fat
*Oxtail soup	1 cup	3 "C" protein/meat, 1 fat
β*Pastele	1 item	1 starch, 1-1/2 vegetable, 2-1/2 "C" protein/meat, 2 fat
*Pig's feet soup	1 cup	1/2 vegetable, 1 "C" protein/meat
√β*Pork Lau Lau	1 cup or 1 Lau Lau	1/2 vegetable, 2-1/2 "B" protein/meat, 3-1/2 "C" protein/meat
β*Portuguese bean soup	1 cup	1/2 vegetable, 1/2 "C" protein/meat, 1-1/2 "D" protein/meat
√Prune Mui	1 item or 1 ounce	1 fruit
*Saimin from frozen	1 package	2-1/2 starch
*Spam Musubi (riceball with spam and nori)	1, 6 ounces	2-1/2 starch, 1/2 "D" protein/meat
+√β*Squid Luau	1 cup	2-1/2 "B" protein/meat, 1-1/2 fat
*Tuna, fresh, raw, Hawaiian style (Ahi Poke)	1/4 cup	1-1/2 "A" protein/meat

# Ethnic Food Dishes (Continued)

Recipe	Measure	Food Group	+Good source of vitamin C √Good source of vitamin A *Food high in salt βFood high in potassium
<b>Vietnamese, Thai, Korean</b>			
*Bean sprout salad, Korean style	1/2 cup	1-1/2 vegetable, 1/2 fat	
β*Beef w/ long rice and vegetables, Korean style (Chap Cha'ae)	1 cup	1 starch, 1-1/2 vegetable, 1/2 "C" protein/meat, 1/2 fat	
β*Beef w/ rice and vegetables, Korean style (Bibim Bap)	1 cup	1-1/2 starch, 1 vegetable, 1 "D" protein/meat, 1/2 fat	
*Beef, Korean style (Meat Jun)	1 slice (1 ounce)	1 "C" protein/meat, 1/2 fat	
*Beef, Korean style ribs (Kalbi)	1 rib (1 ounce)	1/2 starch, 1 "C" protein/meat, 1 fat	
β*Chicken curry, green, made w/ coconut milk	1 cup	1/2 vegetable, 3-1/2 "C" protein/meat, 2-1/2 fat	
√β*Chicken sandwich, Vietnamese style	1 sandwich (8 ounces)	3 starch, 1 vegetable, 2 "C" protein/meat, 1 fat	
*Cod, dry, seasoned, Korean style (Taegu)	1 tablespoon	1/2 "A" protein/meat, 1/2 fat	
*Cold noodles w/ meat and veggies, Korean style (Bibim Kook Soo)	1 cup	1-1/2 starch, 1/2 vegetable, 1/2 "C" protein/meat, 1 fat	
+β*Green papaya salad, Thai style (Som Tam)	1 cup	1/2 starch, 1 vegetable, 1/2 "A" protein/meat, 1/2 fat	
βKim Chee stew w/ beef and tofu, Korean style (Chigae)	1 cup	1 vegetable, 2 "C" protein/meat	
*Kook Soo (noodle soup w/ beef and vegetables)	1 cup	1-1/2 starch, 1/2 vegetable, 1/2 "C" protein/meat, 1 fat	
Pindaettok Korean style (Mung bean pancake)	1 pancake (4 ounces)	1-1/2 starch, 1/2 vegetable, 1/2 "C" protein/meat, 1 fat	
√Summer roll (vegetables and noodles in rice paper wrapper)	1 roll (4 ounces)	1-1/2 starch, 1/2 "A" protein/meat	

# Nutrient Value and Food Groups of Plate Lunches<sup>1,2</sup>

Amounts		Calories	Fat (g)	Protein (g)	FOOD GROUPS				
					Starch	Fruit	Vegetable	Protein/Meat	Fat
<b>βCHICKEN KATSU</b>									
<b>with 2 scoops rice</b>	<b>6 oz. chicken, 1-1/2 cup rice</b>	<b>729</b>	<b>32</b>	<b>40</b>	<b>5</b>			<b>5(B)</b>	<b>2</b>
*with macaroni salad	3/4 cup salad	990	52	43	7			5(B)	6
*with tossed salad, french dressing	1 cup salad, 2T dressing	870	45	41	5		1/2	5(B)	5
*with tossed salad, no dressing	1 cup salad	740	32	41	5		1/2	5(B)	2
<b>βHAMBURGER STEAK</b>									
<b>with 2 scoops rice</b>	<b>5 oz. ground beef, 1-1/2 cup rice</b>	<b>710</b>	<b>34</b>	<b>43</b>	<b>5</b>			<b>5(B)</b>	<b>2</b>
*with macaroni salad, gravy	3/4 cup salad, 1/4 cup gravy	1135	59	47	7			5(B)	7
*with tossed salad, french dressing, gravy	1 cup salad, 2T dressing, 1/4 cup gravy	1025	53	45	5		1/2	5(B)	6
with tossed salad, no dressing, no gravy	1 cup salad	815	34	44	5		1/2	5(B)	2
<b>βMAHIMAHİ</b>									
<b>with 2 scoops rice</b>	<b>5 oz. fish, 1-1/2 cup rice</b>	<b>461</b>	<b>8</b>	<b>33</b>	<b>5</b>			<b>5(A)</b>	
*with macaroni salad, tartar sauce	3/4 cup salad, 3T tartar sauce	967	54	36	7			5(A)	8
*with macaroni salad, no tartar sauce	3/4 cup salad	747	30	36	7			5(A)	4
*with tossed salad, french dressing, tartar sauce	1 cup salad, 3T dressing, 3T tartar sauce	847	46	34	5-1/2		1/2	5(A)	7
*with tossed salad, french dressing, no tartar sauce	1 cup salad, 3T dressing	627	23	34	5-1/2		1/2	5(A)	3
with tossed salad, no dressing, no tartar sauce	1 cup salad	472	8	34	5-1/2		1/2	5(A)	
with tossed salad, no dressing, tartar sauce	1 cup salad, 3T tartar sauce	692	31	34	5-1/2		1/2	5(A)	4
<b>βTERI BEEF</b>									
<b>with 2 scoops rice</b>	<b>5 oz. beef, 1-1/2 cup rice</b>	<b>790</b>	<b>23</b>	<b>52</b>	<b>5</b>			<b>5(B)</b>	
*with macaroni salad	3/4 cup salad	1095	47	55	7			5(B)	4
*with tossed salad, french dressing	1 cup salad, 2T dressing	980	41	53	5		1/2	5(B)	3
*with tossed salad, no dressing	1 cup salad	800	23	53	5		1/2	5(B)	

<sup>1</sup>All values are averages of 7 to 9 samples obtained from 5 to 8 plate lunch establishments.

<sup>2</sup>Nutrients values were calculated based on average weights of each item on the sample plates.

\*Food high in salt  
βFood high in potassium

# Fast Food Restaurants

Food	Measure	Calories	Food Group	+Good source of vitamin C √Good source of vitamin A *Food high in salt βFood high in potassium
<b>Burger King</b>				
*Cheeseburger	1	350	2 starch, 2 "C" protein/meat, 1 fat	
βChicken garden salad	1	410	1 starch, 2 vegetable, 2-1/2 "C" protein/meat, 2 fat	
*Chicken tenders				
with BBQ dipping sauce	6 pieces	290	1-1/2 starch, 2 "C" protein/meat, 1 fat	
*Croissant with bacon, egg and cheese	1	340	2 starch, 1 "C" protein/meat, 2-1/2 fat	
*βFrench fries	Small	230	2 starch, 2 fat	
*French toast sticks	5	390	1-1/2 starch, 1-1/2 fruit, 1/2 "C" protein/meat, 3 fat	
+*βGarden salad	1	20	1 vegetable	
*Hamburger	1	310	2 starch, 2 "C" protein/meat	
βMilk shake, vanilla	Small	400	1 milk, 3 fat	
*βWhopper	1	700	3-1/2 starch, 3 "C" protein/meat, 4-1/2 fat	
<b>Dairy Queen</b>				
*βBlizzard, Oreo cookie	Medium	700	1-1/2 milk, 6 fruit, 4-1/2 fat	
*Grilled chicken sandwich	1	520	3 starch, 2 "B" protein/meat	
*Hot dog	1	400	2 starch, 2 "D" protein/meat, 1 fat	
Misty, cherry	Medium	140	1-1/2 starch, 1 fat	
*Onion rings	Small (4 oz.)	470	2-1/2 starch, 2 vegetable, 6 fat	
*Single hamburger	1	600	3 starch, 1/2 vegetable, 3-1/2 "D" protein/meat, 1/2 fat	
βSundae, chocolate	Medium	400	1 milk, 2 fat, 4 fruit	
βVanilla cone	Small	280	1 milk, 1-1/2 fruit, 1 fat	
<b>Domino's Pizza</b>				
Bread stick	1 (37 g.)	120	1 starch, 1/2 fat	
*βCheese pizza, 12" medium, thin crust	2 slices (159 g.)	380	3-1/2 starch, 1 "D" protein/meat	
*βCheese pizza, 12" medium, deep dish	2 slices (181 g.)	480	3-1/2 starch, 1 "D" protein/meat	
Cinna stick	1 (34 g.)	110	1 starch, 1/2 fat	
*βPepperoni pizza, 12" medium	2 slices (196 g.)	530	3-1/2 starch, 2-1/2 "D" protein/meat	

## Kentucky Fried Chicken

*Boneless Firey Buffalo Wings	6	520	2 starch, 3 "C" protein/meat, 1/2 fat
*Breast, with skin	1	380	1/2 starch, 4-1/2 "C" protein/meat
Breast, without skin	1	140	2-1/2 "B" protein/meat
Cole slaw	1 serving	190	1 starch, 1 vegetable, 2 fat
Corn-on-the-cob, 3"	1	70	1 starch
Lemon meringue	1 slice	240	1/2 starch, 2 fat, 2-1/2 fruit
βMashed potatoes w/gravy	1 serving	120	1 starch, 1 fat
Pecan pie	1 slice	480	1 starch, 3-1/2 fruit, 4 fat
Popcorn chicken, individual	1	380	1-1/2 starch, 3 "C" protein/meat, 1 fat

## McDonald's

*Chicken McNuggets	6 pieces	250	1 starch, 2 "B" protein/meat, 1 fat
*Egg McMuffin	1	290	2 starch, 1-1/2 "C" protein/meat, 1/2 fat
English muffin	1	150	2 starch
*Filet-o-fish	1	400	3 starch, 2 "B" protein/meat, 1 fat
βFrench fries	Small	230	2 starch, 1-1/2 fat
Fruit and walnut salad	1	310	3 fruit, 2-1/2 fat
βFruit and yogurt parfait			
with granola	1	160	1 starch, 1/2 fruit, 1/2 milk
*Hamburger	1	260	2 starch, 1 "D" protein/meat
Hot cakes and sausage	1	770	4 starch, 3 fruit, 1 "D" protein/meat, 4 fats
*Quarter pounder	1	420	2 starch, 2-1/2 "D" protein/meat, 1 fat
Scrambled eggs	1	180	2 "C" protein/meat, 1 fat
Side salad	1	20	1 vegetable
βVanilla lowfat frozen			
yogurt cone	1	150	1/2 starch, 1/2 milk, 1/2 fruit, 1/2 fat

# Fast Food Restaurants (Continued)

Food	Measure	Calories	Food Group	+Good source of vitamin C √Good source of vitamin A *Food high in salt βFood high in potassium
<b>Pizza Hut</b>				
*βItalian sausage, medium pizza	1 personal pan	400	1-1/2 starch, 1-1/2 "D" protein/meat, 2 fat, 1 vegetable	
*βPan pizza, cheese, medium pizza	1 personal pan	280	1-1/2 starch, 1 "D" protein/meat, 1 fat, 1 vegetable	
*βThin-n-crispy, cheese, 12" medium pizza	1 slice	220	1 starch, 1-1/2 "D" protein/meat, 1/2 vegetable	
<b>Subway</b>				
*βGarden salad	1 large	50	2 vegetable	
*Sub sandwich, meatball	6"	430	3 starch, 1-1/2 "D" protein/meat, 1/2 fat, 1/2 vegetable	
*Sub sandwich, ham	6"	360	3 starch, 1-1/2 "C" protein/meat, 1/2 fat, 1/2 vegetable	
*Tuna salad	1 small	210	2 vegetable, 2 "B" protein/meat, 1-1/2 fat	
<b>Taco Bell</b>				
*βBean burrito	1	450	4 starch, 1-1/2 "D" protein/meat, 1 fat	
*βBeef burrito, double supreme	1	400	2-1/2 starch, 2 "D" protein/meat, 1 fat	
*Chicken Fajita	1	230	1-1/2 starch, 1/2 "C" protein/meat, 1/2 "D" protein/meat	
*Fajita steak with guacamole	1	270	1-1/2 starch, 1 "D" protein/meat, 1 fat	