

Hawaiian

Food Choices for Healthful Living

based on food group lists



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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	11
Starch Group	12
Fruit Group	14
Vegetable Group	16
Protein/Meat Group A (lean)	18
Protein/Meat Group B (medium fat)	19
Protein/Meat Group C (high in fat)	21
Fat Group A (high in unstatuated fats)	22
Fat Group B (high in saturated fats)	23
Foods that Do Not Need to be Measured	24
Other Foods for Occasional Use	25
Common Recipies	26
Nutrient Value and Food Groups of Plate Lunches	28
Fast Food Restaurants	29

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Nutrient analysis sources:

Nutritionist III, “N” Squared Computing, 1992
Exchanges for All Occasions, by M. Franz, MS, RD, 1993

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.

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Hawaiian Food Choices for Healthy Living Based on Food Group Lists

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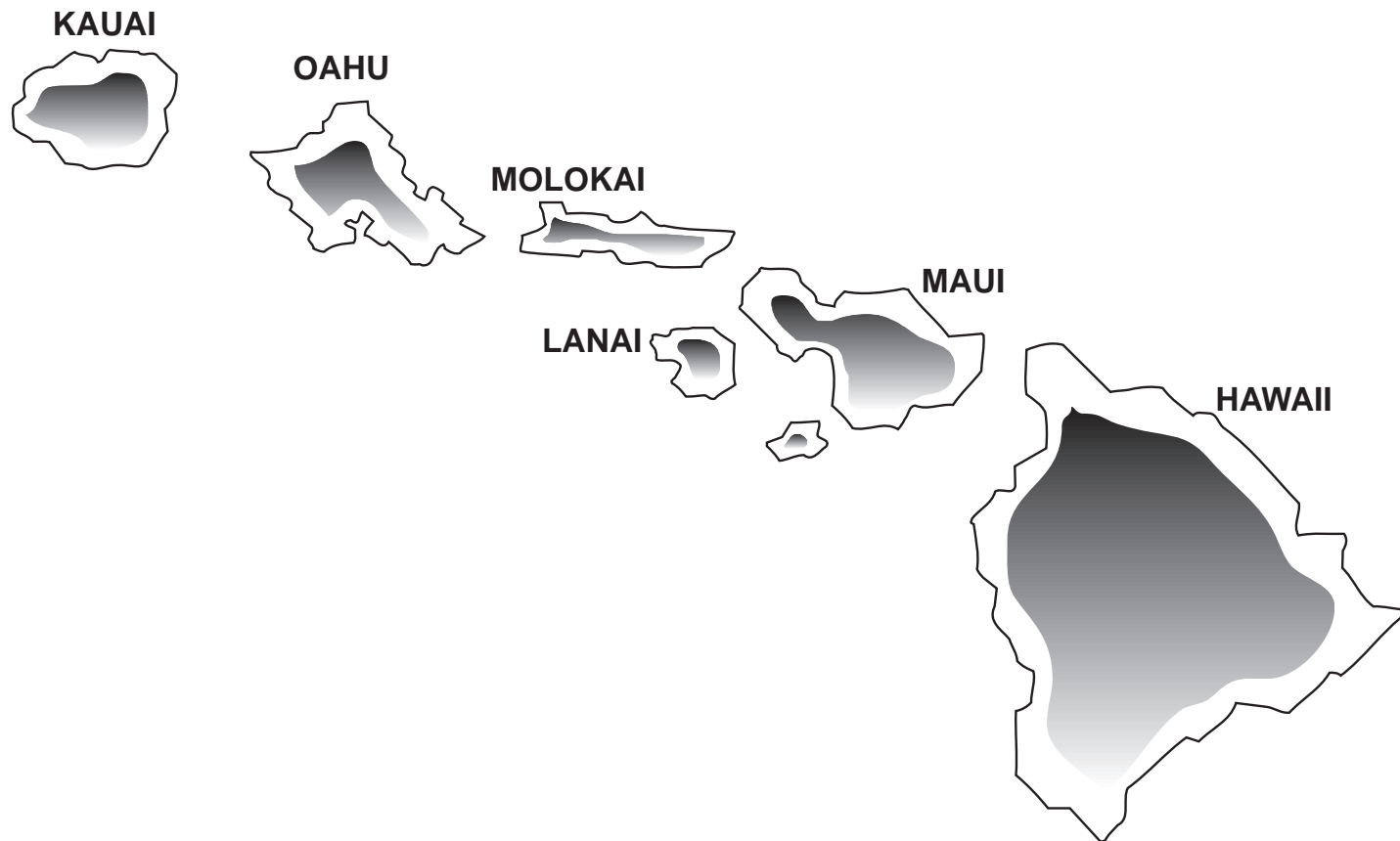
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Introduction

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



Principles of Good Nutrition

■ **Maintain a healthy weight.** Obesity increases your risk for diabetes, hypertension and coronary heart disease.

■ **Eat a variety of foods.** Eating a variety of foods increases your chances 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, sea food, poultry, and other lean meats. Watch your portion sizes of all meat - it's easy to eat too much. Eat fewer high-fat foods such as canned luncheon meat, corned beef (from keg & can), coconut milk, gravy, salad dressing, chicken/turkey wings and tails.

■ **Eat more starches, especially those high in fiber.** Starches are a good source of energy, vitamins, and minerals. Fiber in foods may help to lower blood-glucose and blood-fat levels. All people should increase the amount of carbohydrate and fiber they eat. 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.

Principles of Good Nutrition *(Continued)*

■ **Eat less sugar.**

Sugar has only calories (energy) and no vitamins or minerals, and it increases the risk of dental cavities. Foods high in added sugar include desserts such as cakes and pies, sugary breakfast foods (such as toaster pasteries and sugar coated cereals), cookies, candy, pastries, table sugar, honey, sweet 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. High blood pressure may be made worse by eating too much salt and sodium. Try to use less salt in cooking and at the table. Foods that are high in sodium, such as processed and convenience foods, are noted in this booklet with a special symbol ✦.

■ **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 on how to work it into your meal plan.

The Food Groups

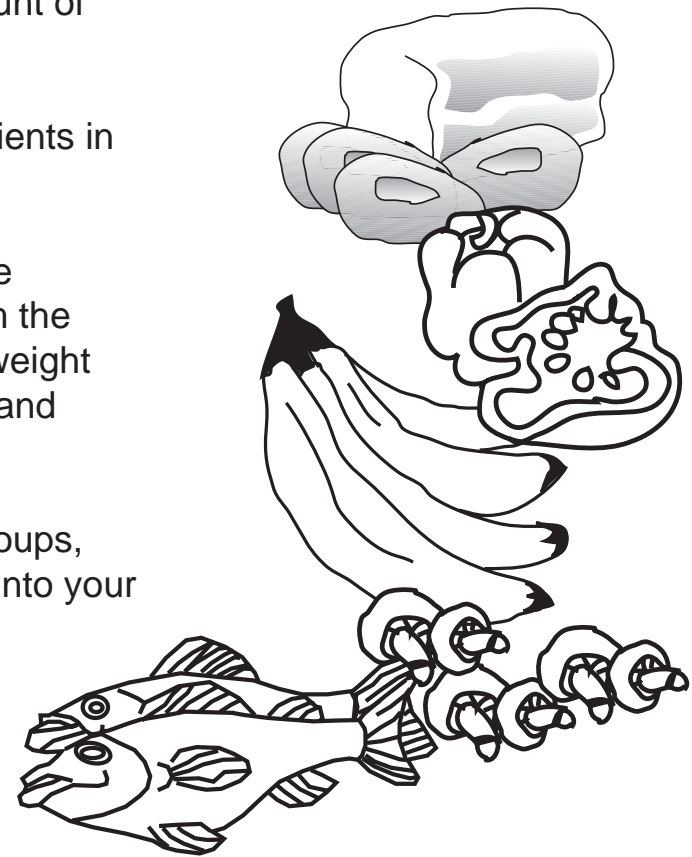
To make it easier for you to follow your meal plan and to meet your nutritional needs, foods have been divided into six Food Groups.

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 - each choice contains about the same amount of carbohydrate, protein, fat, and calories (energy).

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 some choices are for a larger amount of food than another choice from the same list. Because foods are so different, the measurement or weight for each food is set so the amount of carbohydrate, protein, fat, and calories (energy) are the same for each choice.

If you have a favorite food that is not included in any of these groups, ask your nutritionist about it. That food can probably be worked into your meal plan.



Nutrient Content by Food Group

Food Group	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories (energy)
Starch	15	3	trace	80
Protein/Meat				
Lean	—	7	3	55
Medium-fat	—	7	5	75
High-fat	—	7	8	100
Vegetable	5	2	—	25
Fruit	15	—	—	60
Calcium/Milk				
Skim	12	8	trace	90
Lowfat	12	8	5	120
Whole	12	8	8	150
Fat	—	—	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, tofu made with calcium, and fish with bones. These foods contain calories (energy), protein, calcium, vitamin A and several B vitamins.

Vegetable Group

The Vegetable Group includes some vegetables high in vitamin A, vitamin C and fiber which are important to health. High vitamin A sources will be indicated with a √ and high vitamin C sources will be indicated with a + symbol in this booklet.

Fruit Group

The Fruit Group includes all kinds of fruit. Some fruits contain small amounts of vitamin C; some are excellent sources of vitamin C. 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. Cereals, rice, noodles, dried beans and peas, and starchy vegetables such as taro, breadfruit, sweet potatoes and others are good sources of many B vitamins, and other vitamins and minerals. Whole grains are high in fiber.

Meal Planning Using Food Groups *(Continued)*

Protein/Meat Group

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

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

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

Fat Group

The Fat Group include foods high in fats. There are two categories of fats: **1) Saturated Fats** such as fats from animals and coconut palm oils; **2) Unsaturated Fats** or liquid vegetable oils. 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.

Hawaiian Example Menu

The following sample menus have been worked out to show you how to use your Meal Plan. The fat content has been reduced to provide approximately 25% of the total energy intake. The protein content is 15-20% and carbohydrate content 50-55% of total energy. 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)

Daily Servings:	Calcium/Milk	Vegetables	Fruit	Starch	Protein/Meat A	Protein/Meat B	Protein/Meat C	Fat
	2	3	4	8	2	2	1	4
Breakfast				Dinner				
1 Fruit	1/2 papaya	2 Protein/Meat A	2 Starch	2 Slices toast	2 Vegetable	Stirfry: 2 ounces chicken breast	1/2 cup green pepper	1/2/ cup cooked green leaves
1 Calcium/Milk	1 cup skim milk	1 Fat	1 Fat	1 teaspoon margarine	1 Fruit	1 teaspoon margarine	3/4 cup pineapple	
Lunch					1 Calcium/Milk (add 1 Fat)	1/2 cup tofu		
2 Protein/Meat B	2 ounces pork	3 Starch	3 Starch	2 slices bread	1 cup rice			
1 Vegetable	1/2 cup eggplant			1 teaspoon mayonnaise				
1 Fat	1 teaspoon margarine							
1 Fruit	1/2 mango							
Snack					Snack			
1 Starch	3 soda crackers				1 Fruit	1/3 cantaloupe		
1 Protein/Meat C	1 tablespoon peanut butter							

Meal Plan Form

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

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

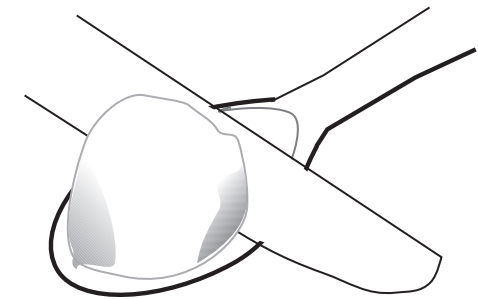
A small food scale is also very helpful especially for measuring meats. Make sure the scale measures ounces accurately.

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.

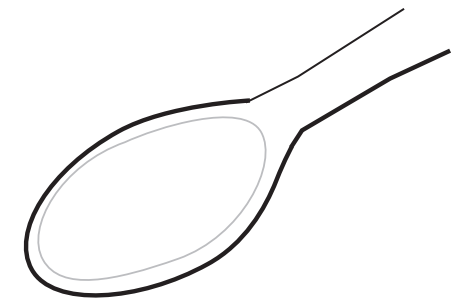
Foods which are eaten cooked should be measured after they are cooked. Fat that is used in cooking must be counted as a fat serving. Frying adds a great deal of fat. For example, a breast of chicken which has been rolled in flour and fried may add 1 starch group and 2 or more fat groups.



Heaping Spoonful






Leveling Spoonful



Level Spoonful

Calcium/Milk Group

One nonfat calcium/milk serving contains approximately 90 calories, 12 grams carbohydrates, 8 grams protein and a trace of fat.

<i>Food</i>	<i>Measure</i>	<i>Food</i>	<i>Measure</i>
Cheese (add 1 fat)		Fish, sardines, mackerel, salmon; canned with bones (add 1 fat)	2 ounces
Farmers	1 ounce	Tofu made with calcium (add 1 fat)	1/2 cup
Parmesan	2 tablespoons	Whole milk (add 2 fat groups)	
Ricotta	1 ounce	Whole milk	1 cup
Cheese (add 2 fat)		Evaporated milk	1/2 cup
American	1 ounce	Yogurt prepared with whole milk, unflavored	1 cup
Cheddar	1 ounce		
Mozzarella	1 ounce		
Swiss	1 ounce		
Dark green leafy vegetables*	3 cups		
Nonfat Milk			
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	1 cup		
Low Fat Milk (add 1 fat)			
2% milk	1 cup		
Evaporated 2% milk	1/2 cup		
Yogurt prepared with 2% milk, unflavored	1 cup		
Yogurt prepared with 2% milk, flavored (add 1 fruit)	1 cup		

1 Cup Skim Milk

1/3 Cup Nonfat Dry Milk Powder

1/2 Cup Evaporated Milk
Add 2 Fat Exchanges

*Calcium may not be well absorbed.

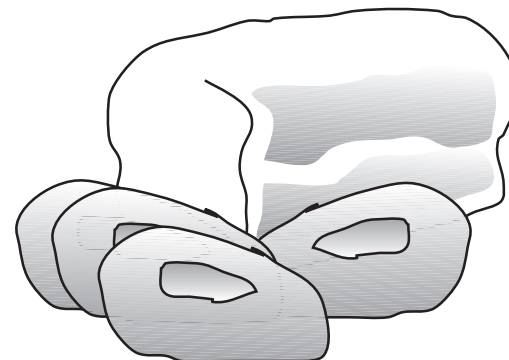
Starch Group

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

<i>Food</i>	<i>Measure</i>
Bread	
Biscuit (add 1 fat)	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
Noodles, chowmein (add 1 fat)	1/2 cup
Pancake (add 1 fat)	1 (4" diameter)
Pita	1 (6" diameter)
Roll, plain	1 (2" diameter)
Taco shell (add 1 fat)	2
Tortilla (unfried)	1 (6" diameter)
Waffle (add 1 fat)	1 (4-1/2" diameter)

Cereals	
All cooked	1/2 cup
Bran Flakes, All Bran, Raisin Bran	1/2 cup
Bran (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

<i>Food</i>	<i>Measure</i>
Coconut	
Immature meat (sponge) (add 1 fat)	1-3/4 cups
Water	2 cups
Crackers	
Fiji biscuits	1
Creme Pilot	1-1/2
Graham	3 (2-1/2" square)
Melba toast	4 (3-3/4" x 2")
Mochi Crunch	1/4 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 (add 1 fat)	14



Starch Group *(Continued)*

<i>Food</i>	<i>Measure</i>	<i>Food</i>	<i>Measure</i>
Flour Products		Starchy Vegetables <i>(Continued)</i>	
Cornstarch	2 tablespoons	Burdock (gobo)	1/2 cup
Flour	2-1/2 tablespoons	Breadfruit, cooked	1/4 cup
Noodles; cellophane	3/4 cup	Cassava	1/3 cup
Noodles; macaroni, spaghetti	1/2 cup cooked	Corn	1/2 cup
Saimin	1/2 cup	Corn on the cob	1 (6" long)
Stuffing	1/4 cup	Lima beans	1/2 cup
Won ton pi	6	Mixed vegetables	2/3 cups
		Parsnips	2/3 cup
Rice		Peas, green	1/2 cup
Long rice, cooked	1/2 cup	Pidgeon peas, pods	1/2 cup
Mochi	1 (2" x-1/2")	Plantain (green banana)	1/2 medium or 1/2 cup
Rice, cooked		Poi from taro or breadfruit, 2 finger	1/2 cup
Brown	1/3 cup	Popcorn (without butter)	3 cups
Instant	1/3 cup	Potatoes	
White, enriched	1/3 cup	White, whole	1 (" diameter)
		White, mashed, plain	1/2 cup
★Soup		√Sweet potato or yams	1/3 cup
Noodle/rice base	1 cup	Pretzels	3/4 ounce
Cream base (add 1 fat)	1 cup	√Pumpkin	3/4 cup
		Soybeans, green	1/2 cup
Starchy Vegetables		Squash, winter, yellow	3/4 cup
Arrowroot	2 ounces	Taro (raw and cooked)	1/2 cup (or-1/2" slice)
Artichoke	1 whole		
Barley	1-1/2 tablespoon		
Beans and peas; dried, cooked	1/3 cup		
Beans, baked	1/4 cup		

★Food high in salt

√Good source of Vitamin A

Fruit Group

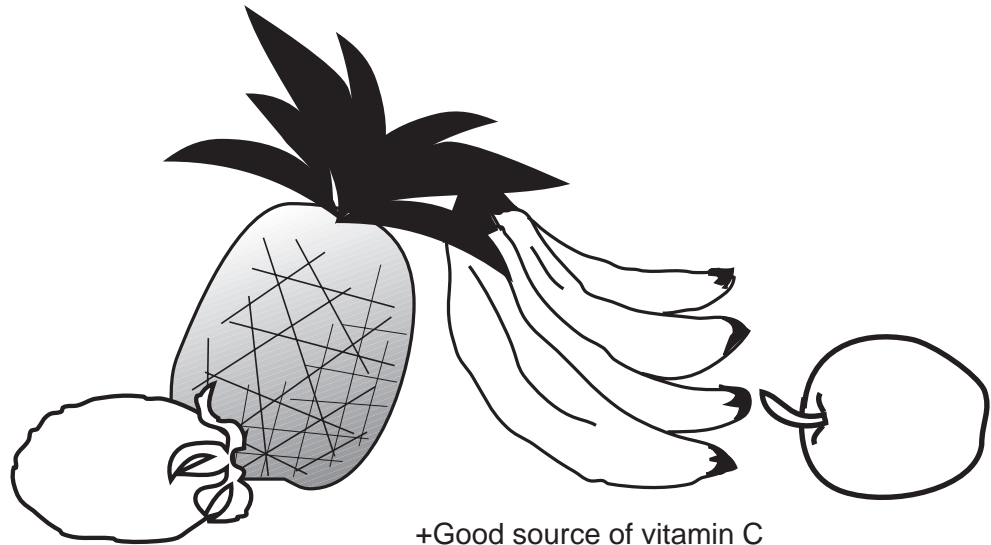
One fruit serving contains approximately 60 calories and 15 grams of carbohydrate. These fruit may be fresh, cooked, dried, or frozen **without sugar**.

<i>Food</i>	<i>Measure</i>	<i>Food</i>	<i>Measure</i>
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 sections	3/4 cup
Applesauce	1/2 cup	+Grapefruit, juice	1/2 cup
Apple juice	1/2 cup	+Guava, fresh	1 medium (2-1/2" diameter)
Apricots, fresh	4 medium		
Apricots, dried	7 halves	+Honeydew melon	1/8 medium (1 cup)
Apricots, canned	4 halves		
		Juice (other)	1/2 cup
Banana	1/2 medium or 1/2 cup		
Blueberries	3/4 cup	+Kiwi	1 large
√+Cantalope	1/3 of 5" diameter fruit (1 cup)	+Lychees	10 fruits or 1/2 cup
Cherries, fresh	12 pieces		
Cherries, canned	1/2 cup	+Mandarin orange	3/4 cup
Cranberry juice cocktail	1/4 cup	√+Mango	1/2 cup or 1/2 small
Dates	2-1/2	Nectarine	1 (1-1/2" diameter)
Figs, fresh	2 medium	Ohelo berries	1-1/2 cups
Figs, canned	2	+Orange, fresh	1/2 large or 1 small
Fruit cocktail	1/2 cup	+Orange juice	1/2 cup
Fruit, dried	2 tablespoons		
Grapes, fresh	10 grapes, large or 15 small		
Grape juice, canned	1/3 cup		
Grape juice, frozen	1/3 cup		

+Good source of vitamin C
√Good source of vitamin A

Fruit Group *(Continued)*

<i>Food</i>	<i>Measure</i>	<i>Food</i>	<i>Measure</i>
√+Papaya	1/2 medium or 1 cup cubed	Raisins	2 tablespoons
+Passion fruit juice	1/2 cup	Soursop, pulp	1/3 cup
Peach, fresh	1 medium	+Starfruit	1-1/2 cups, cubed
Peach, canned	1/2 cup or 2 halves	+Strawberries	1-1/4 cups
Pear, fresh	1/2 large or 1 small	+Tangerine	2 medium
Pear, dried	1	Watermelon	1-1/4 cup cubed
Pear, canned	2 small halves or 1/2 cup		
Persimmon, Japanese	1/2 medium		
Persimmon, native	1 medium		
+Pineapple, fresh,	3/4 cup		
+Pineapple, canned in own juice	3/4 cup		
+Pineapple juice	1/2 cup		
Plums, fresh	2 medium		
Plums, canned	4		
+Poha berries	1 cup		
Pomegranate	1/2 medium		
+Pomelo (Pommalo)	1 cup sections		
Prunes, dried	3 medium		
Prunes, juice	1/3 cup		



+Good source of vitamin C
 √Good source of vitamin A

Vegetable Group

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

- Artichoke
 - +Asparagus

 - Bamboo shoot
 - Banana bud
 - Bean sprouts
 - Beans, goa (winged)
 - Beans, green
 - Beets
 - Beet greens
 - Bittermelon, fruit
 - √+Broccoli
 - +Brussel sprouts

 - √Carrots
 - +Cauliflower
 - Celery
 - Chayote, fruit
 - Chayote, leaves
 - Collards
 - Cucumber

 - √Dandelion greens

 - Eggplant

 - Gourd, dish cloth
 - Gourd, white flowered
 - +Green pepper
- √Kale
 - Kohlrabi

 - Leeks

 - Mushrooms

 - Okra
 - Onion, round

 - √Papaya green
 - Pea pods
 - +Pepper, green or bell
 - √Pumpkin leaves

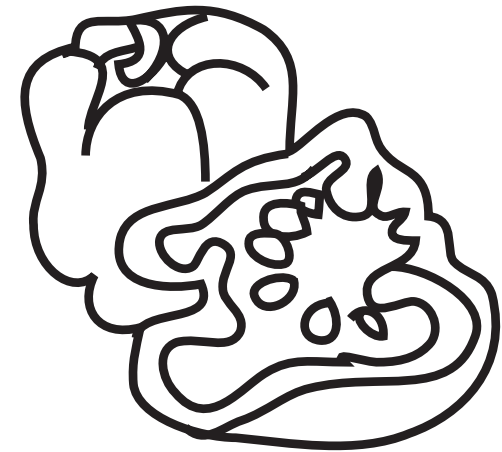
 - Rutabaga

 - √Spinach
 - √Squash, leaf tips
 - √Sweet potato leaves/shoots
 - √Swiss chard

 - +Taro leaves
 - +Tomato, canned or fresh
 - +Tomato juice
 - Tomato paste
 - Turnip
 - √Turnip greens

√+Vegetable juice

Water chestnuts
Zucchini

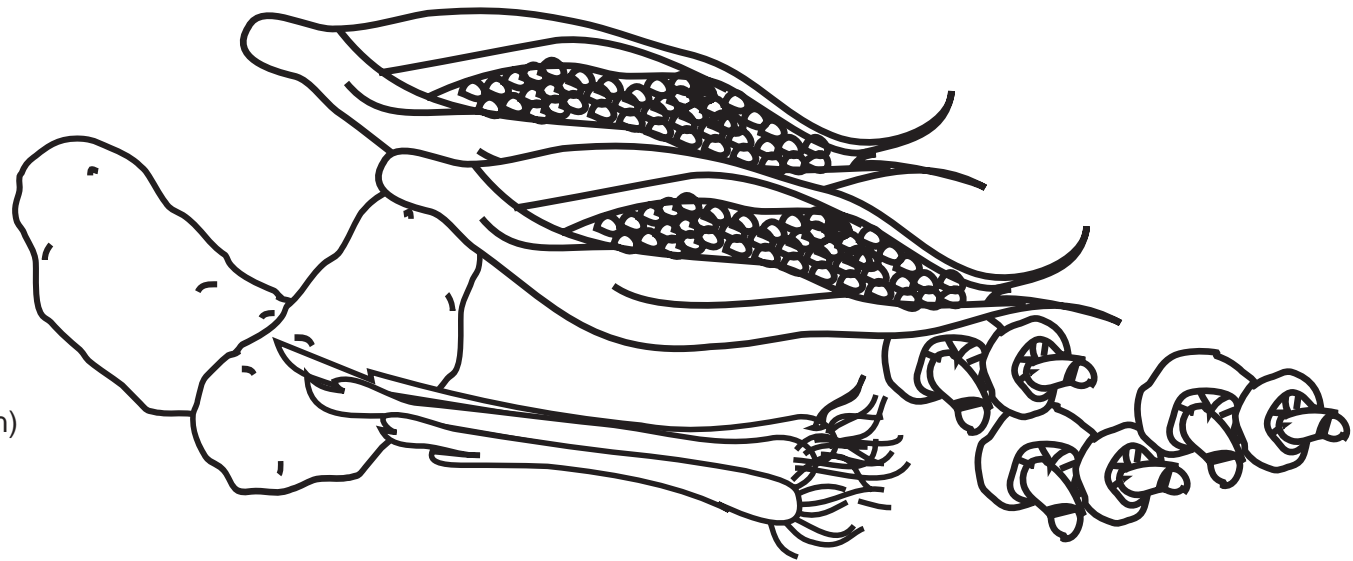


+Good source of vitamin C
√Good source of vitamin A

Vegetable Group (Continued)

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

- Cabbage - all kinds
- Celery
- √ Fern leaves and stems
- Green Onions
- Kombu seaweed
- Lettuce
- Nori seaweed
- Parsley
- + Radishes (includes daikon)
- √ Radish leaves
- Watercress



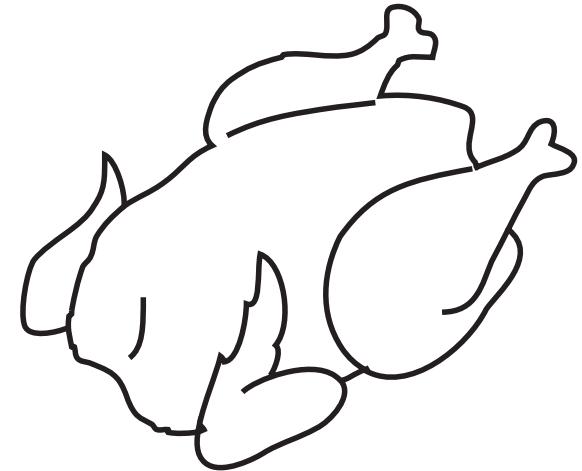
+Good source of vitamin C
√Good source of vitamin A

Protein/Meat Group A (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.

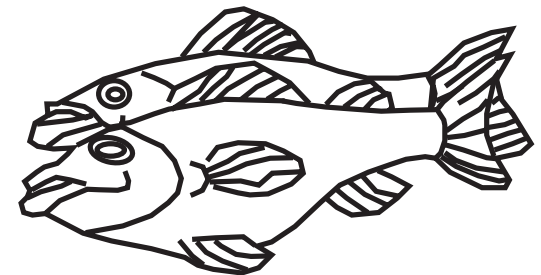
<i>Food</i>	<i>Measure</i>
Beef ★Chipped beef	1 ounce or 1 slice (3" x 2" x 1/4")
Lean chuck, flank steak, ground beef (less than 10% fat), porterhouse, T-bone, sirloin, tenderloin steaks, round, rump	1 ounce or 1 slice (3" x 2" x 1/4")
★ Beef jerky	3/4 ounce
Cheese Cheese containing less than 5% fat	1 ounce or 1" cube
Cottage, dry or 2% butterfat	1/4 cup
Parmesan	2 tablespoons
Farmers	1 ounce
Ricotta	1 ounce
Chicken (skin removed)	1 ounce or 1 slice (3" x 3" x 1/4")
Breast	(5 pieces to one pound)
Drumstick	1 ounce or 1 slice (3" x 3" x 1/4")
Thigh	1/2 piece (4 pieces to one pound)
Roasted	1 ounce or slice (3" x 3" x 1/4")
Egg	Egg substitute 1/4 cup
Whites, large	3



★Food high in salt

Protein/Meat Group A (Continued)

<i>Food</i>	<i>Measure</i>
Fish Abalone, catfish, lobster, mackerel (opelu)	1 oz.
Ahi, cod, opakapaka, mahimahi, red snapper, sole	1 oz. or 1 slice (3" x 3" x 1/4")
Clams, cuttlefish, opihi, scallops, shrimp, squid, octopus	1/3 cup
Fish cake paste	1/4 cup
★Salmon, canned, drained	1/4 cup
★Sardines, canned in oil, drained	2 oz.
Sea slug	1 cup
★Tuna, canned in water	1 oz.
Natto	1/4 cup
Pork Lean leg	1 oz. or 1 slice (3" x 3" x 1/4")
Soybeans	1/3 cup
Turkey (skin removed)	
★White and dark meat, roasted	
★Turkey ham, turkey pastrami, turkey breast	1 oz. or 1 slice (3" x 3" x 1/4")
Veal Chop or roast	1 oz. or 1 slice (3" x 2" x 1/4")

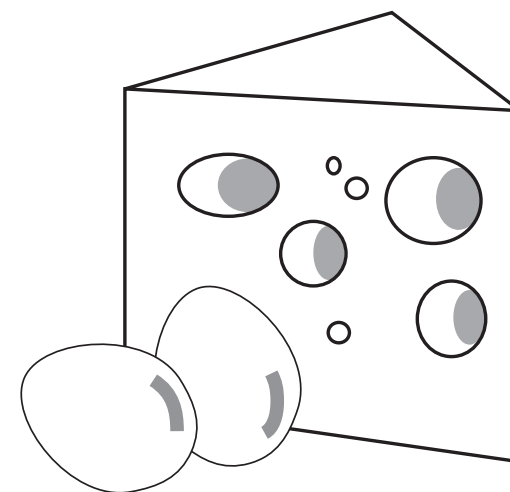


★Food high in salt

Protein/Meat Group B (medium fat)

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

<i>Food</i>	<i>Measure</i>
Beef ★Corned beef	1 oz. or 1 slice (3" x 2" x 1/4")
Ground beef (15% fat)	1 oz.
Rib eye	1 oz. or 1 slice (3" x 2" x 1/4")
Cheese Cottage, creamed	1/4 cup
Mozzarella, Ricotta, Farmers, Gouda, Neufchatel	1 oz.
Chicken Wing with skin	1 wing (6 pieces to one pound)
Dog	1 oz.
Duck, Goose (skin and fat removed)	1 oz.
Lamb Lean leg, loin, rib, shank, shoulder, sirloin	1 oz. or 1 slice (3" x 2" x 1/4")
Pork ★Ham, butt, loin, shoulder, arm, picnic	1 oz. or 1 slice (3" x 2" x 1/4")
Shoulder blade, ★Canadian bacon	1 oz. or 1 slice (3" x 2" x 1/4")
Tofu	1/3 cup or 3 oz. (1/6 of a block)
Turkey , ground	1 oz.
Egg , whole	1 large
Liver, heart, kidney, or sweetbreads	1 oz.



★Food high in salt

Protein/Meat Group C (high in fat)

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

<i>Food</i>	<i>Measure</i>
Beef Brisket	1 oz.
Ground beef (20% or more fat)	1 oz.
Lean short ribs	1 oz.
Rib roast, club and rib steak	1 oz. or 1 slice (3" x 2" x 1/4")
Spare ribs (meat, without bone)	1 oz.
Cheese Cheddar, American, Monterey, Swiss, Provolone, Blue	1 oz. or 1" cube
★ Cold cuts	1 slice
★ Frankfurter	1 (10 to a pound)
Lamb	1 oz. or 1 slice (3" x 2" x 1/4")
★ Luncheon meat	1 oz.
Peanut butter	1 tablespoon
Pork Spareribs, loins (back ribs), ground pork, country style ham	1 oz or 1 slice (3" x 2" x 1/4")
★ Sausage Lup chong, Portugese, Vienna	1 oz., link or pattie
★ Spam (canned luncheon meat)	1 oz.
Turkey tail	1/2 oz.
Wings Chicken	1
Turkey	1/2



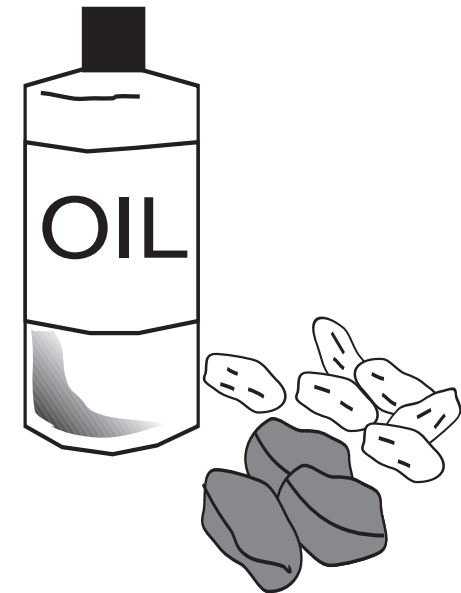
★Food high in salt

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.

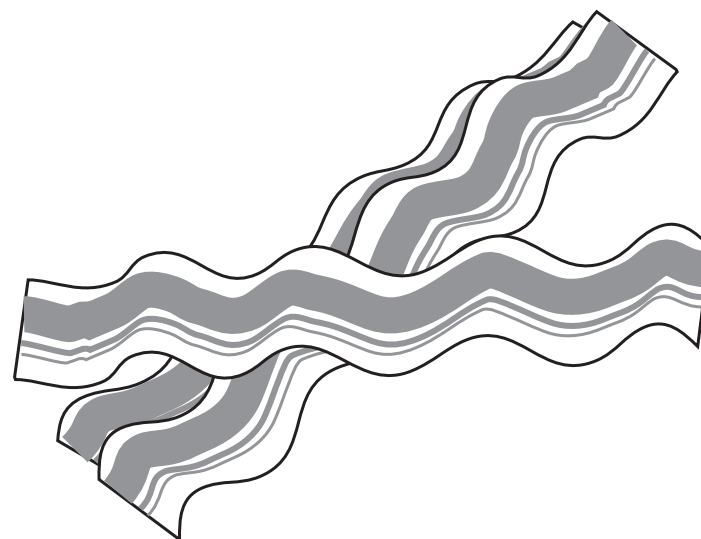
<i>Food</i>	<i>Measure</i>
Avocado	1/8 of 4" diameter
Dressings, Salad	
All varieties	1 tablespoon
Reduced calorie	2 tablespoons
Mayonnaise	1 teaspoon
Mayonnaise, reduced calorie	1 tablespoon
Margarine (first ingredient, liquid oil)	1 teaspoon
Nuts	
Almonds	6
Cashews	1 tablespoon
Macadamia	1 tablespoon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



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.

<i>Food</i>	<i>Measure</i>
Butter	1 teaspoon
★ Bacon , crisp	1 slice
Cheese, cream	1 tablespoon
Coconut Immature 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
Milk (1 cup water to 1 cup cream)	2 tablespoons
Coconut, grated	2 tablespoons
Coffee whitener Liquid	2 tablespoons
Powder	4 tablespoons or 1/4 cup
Cream Table	2 tablespoons
Whipped	2 tablespoons
Whipping, heavy	1 tablespoon
Margarine (first ingredient hydrogenated or hardened oil)	1 teaspoon
★ Salt pork	1/4 oz.
Solid cooking fats , lard, shortening	1 teaspoon
Sour cream	2 tablespoons



★Food high in salt.

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.

Beverages

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

Desserts

- Gelatin desserts,
artificially sweetened
- Sugar substitutes

Miscellaneous

- Non stick pan spray
- Pickles, unsweetened
- Seaweeds
- Taco sauce (1 tablespoon)

★Soups

- Bouillon, without fat
- Clear broth

Seasonings

- Chives
- Fish sauce
- Garlic
- Ginger
- Mustard, dry or prepared
- Parsley
- Pepper
- ★Salt (in moderation)
- ★Soy Sauce (in moderation)
- Spices and herbs
- Tabasco sauce
- Vinegar



★Food high in salt

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
Brownie, no frosting	1 (3" x1-1/2" x 7/8")	1 starch, 1 fat
Cake, angel food or sponge	cupcake size, flat top	1 starch, 1/2 fat
Cake, no icing	cupcake size, flat top	1 starch, 1 fat
Cake, with icing	cupcake size, flat top	1 starch, 2 fat
Cookies	2 small (1-3/4" across)	1 starch, 1 fat
Donut, cake	1	1 starch, 1 fat
French fried potatoes	10	1 starch, 1 fat
Frozen fruit yogurt	1/3 cup	1 starch
Granola bars	1	1 starch, 1 fat
Ice cream, any flavor	1/2 cup	1 starch, 2 fat
Ice milk	1/2 cup	1 starch, 1 fat
Jam, jelly, honey	1 tablespoon	1 fruit
Jello	1/2 cup	1 fruit
Juice drinks	12 oz. can	2-1/2 fruit
Macaroni or Potato Salad	1/2 cup	1 starch, 3 fat
Malasada	1	1 starch, 3-1/2 fat
Manju	1 (2-3/8" diameter x 3/4")	1 starch
Mochi	1 (2" diameter x-1/2")	1-1/2 starch
Mochi with sweet bean filling	1 (2 1/4" diameter x-1/2")	1-1/2 starch
Muffin	2" diameter	1 starch, 1 fat
Pie, fruit	1/8 pie	2 starch, 1 fruit, 3 fat
Popsicle	1/2 twin pop	1 fruit
Sherbert, any flavor	1/4 cup	1 starch
Soda, sweetened	12 ounce can	2-1/2 fruits
Snack chips, all varieties	1 ounce	1 starch, 2 fat
Sugar	1 tablespoon	1 fruit
Sugar cane, stalk, peeled	4 ounce	1 fruit
Vanilla wafers	6 small	1 starch
Yogurt with fruit	1 cup	1 milk, 1 fruit, 1 fat

*Because of minimal nutrient value, fat is used as the equivalent exchange

Common Recipes

<i>Recipe</i>	<i>Measure</i>	<i>Food Group</i>
Adobo, chicken or pork	4 oz.	3 "A" protein/meat, 1-1/2 fat
Ahi, baked	3 oz.	3 "A" protein/meat, 1 fat
Chicken, baked, without skin	4 oz.	4 "A" protein/meat
Chicken Curry with coconut milk on noodles	1 cup	1/2 vegetable, 3 starch, 2 "A" protein/meat, 3-1/2 fat
Chicken Lau Lau	3 oz. chicken and 1 cup taro leaves	2 vegetable, 3 "A" protein/meat
Chicken Nishime	1 cup	1/2 vegetable, 1/2 starch, 7 "A" protein/meat
Chili	1 cup	2 starch, 2 "B" protein/meat
Dim sum, half moon	1 (3-1/2" long)	1 starch, 1 fat
Eggplant with hot garlic sauce and pork	1 cup	1-1/2 vegetable, 2 "B" protein/meat, 2-1/2 fat
Fish ball soup	2 cups	1/2 vegetable, 3-1/2 "A" protein/meat
Fish, baked, poached or steamed	4 oz.	3-1/2 "A" protein/meat, 1/2 fat
Fried rice with beef	1 cup	1-1/2 starch, 1 "B" protein/meat, 1 fat
Green papaya salad	1 cup	1/2 vegetable, 1/2 fruit, 1-1/2 fat
Hawaiian pancake with bananas and peanut butter	4 oz. (2 pancakes)	1/2 fruit, 1-1/2 starch, 1/2 "A" protein/meat, 2-1/2 fat
Hulihuli chicken	4 oz. meat	4 "B" protein/meat, 1/2 fat
Jai	1-1/2 cup	4 vegetable, 1/2 "A" protein/meat, 2-1/2 fat
Kalua Pig	4 oz.	3 "B" protein/meat, 2 fat

Common Recipes *(Continued)*

<i>Recipe</i>	<i>Measure</i>	<i>Food Group</i>
Lemon Chicken	6 oz.	4-1/2 "A" protein/meat, 2 fat
Lomilomi salmon	4 oz.	1 vegetable, 2 "A" protein/meat
Lumpia	3 oz.	1/2 vegetable, 1/2 starch, 1/2 "B" protein/meat, 4-1/2 fat
Malay Noodle stir fry (chicken and cabbage on rice)	1 cup	1 vegetable, 1-1/2 starch, 1 "A" protein/meat, 1 fat
Manapua	1 (3-1/2" diameter, 1 5/8")	2 starch, 1 "C" protein/meat, 2 fat
Maple syrup shoyu chicken	4 oz.	4 "A" protein/meat, 2 fat
Mohinga (fish soup with rice and spaghetti)	1-1/2 cup	1 vegetable, 1-1/2 starch, 1-1/2 "A" protein/meat, 1/2 fat
Pasta Salad	1/2 cup	1 vegetable, 1 starch, 2 fat
Pork and beans	1/2 cup	1 starch, 1 "C" protein/meat
Portuguese sausage and baked beans	1/2 cup	1 starch, 1-1/2 "C" protein/meat, 3 fat
Portuguese sweet starch	2 oz. slice	1-1/2 starch, 1 fat
Potato salad	1/2 cup	1 starch, 3 fat
Pudding, taro or starchfruit	1/2 cup	2 starch, 2 fat
Spaghetti with meat sauce	1 cup	1-1/2 starch, 2 "B" protein/meat, 1 vegetable
Sushi, norimaki	1 (1" thick)	1 starch
Sushi, inari	1 cone	2 starch
Tempura, fishcake	1 cake (4 ounce)	1 starch, 1-1/2 "A" protein/meat
Tofu with black bean sauce and black mushrooms	1 cup	1 starch, 5 "B" protein/meat, 2 fat
Watercress soup with pork	1-1/2 cup	1 vegetable, 1 "B" protein/meat
Wonton chips	1/2 cup (20 pieces)	1 starch, 1 fat
Wonton, crisp	3 small	1 starch, 2 fat

Nutrient Value and Food Groups of Plate Lunches^{1,2}

Amounts	Calories	Fat (g)	Protein (g)	FOOD GROUPS					
				Starch	Fruit	Vegetable	Protein/Meat	Fat	
MAHIMAHI									
with 2 scoops rice	7 oz. fish, 1-1/2 cup rice	650	12	46	5			5(A)	
★with macaroni salad, tartar sauce	3/4 cup salad, 3T tartar sauce	1153	58	49	7			5(A)	8
★with macaroni salad, no tartar sauce	3/4 cup salad	933	34	49	7			5(A)	4
★with tossed salad, french dressing, tartar sauce	1 cup salad, 3T dressing, 3T tartar sauce	1035	50	47	5-1/2		1/2	5(A)	7
★with tossed salad, french dressing, no tartar sauce	1 cup salad, 3T dressing	815	27	47	5-1/2		1/2	5(A)	3
with tossed salad, no dressing, no tartar sauce	1 cup salad	661	12	47	5-1/2		1/2	5(A)	
with tossed salad, no dressing, tartar sauce	1 cup salad, 3T tartar sauce	880	35	47	5-1/2		1/2	5(A)	4
CHICKEN KATSU									
with 2 scoops rice	9 oz. chicken, 1-1/2 cup rice	1105	48	60	5			7(A)	4
★with macaroni salad	3/4 cup salad	1356	68	63	7			7(A)	8
★with tossed salad, french dressing	1 cup salad, 2T dressing	1237	61	61	5		1/2	7(A)	7
★with tossed salad, no dressing	1 cup salad	1104	48	61	5		1/2	7(A)	4
TERI BEEF									
with 2 scoops rice	5 oz. beef, 1-1/2 cup rice	790	23	52	5			5(B)	
★with macaroni salad	3/4 cup salad	1093	47	55	7			5(B)	4
★with tossed salad, french dressing	1 cup salad, 2T dressing	982	41	53	5		1/2	5(B)	3
★with tossed salad, no dressing	1 cup salad	798	23	53	5		1/2	5(B)	
HAMBURGER									
with 2 scoops rice	5 oz. ground beef, 1-1/2 cup rice	708	34	43	5			5(B)	2
★with macaroni salad, gravy	3/4 cup salad, 1/4 cup gravy	1134	59	47	7			5(B)	7
★with tossed salad, french dressing, gravy	1 cup salad, 2T dressing, 1/4 cup gravy	1026	53	45	5		1/2	5(B)	6
with tossed salad, no dressing, no gravy	1 cup salad	816	34	44	5		1/2	5(B)	2

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

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

★Food high in salt

Fast Food Restaurants

<i>Food</i>	<i>Measure</i>	<i>Calories</i>	<i>Food Group</i>
Burger King			
Hamburger	1	272	2 starch, 2 "B" protein/meat
Cheeseburger	1	317	2 starch, 2 "B" protein/meat, 1 fat
Whopper Jr.	1	322	2 starch, 2 "B" protein/meat, 1 fat
Chicken Tenders			
with BBQ dipping sauce	6 pieces	275	1 starch, 2 "B" protein/meat, 2 fat
BK Broiler	1 sandwich	265	2 starch, 3 "A" protein/meat
BK Broiler Sauce	1 order	90	2 fat
Garden Salad	1	90	1 vegetable, 1 fat
Salad bar without dressing	1	28	1 vegetable
Reduced calorie Italian salad dressing	1 pkg.	30	1/2 fat
French Fries	Regular	235	1-1/2 starch, 2 fat
Dairy Queen			
Single Hamburger	1	310	2 starch, 3 "B" protein/meat, 1 fat
Hot Dog	1	280	1-1/2 starch, 1 "B" protein/meat, 2 fat
BBQ Beef Sandwich	1	225	2 starch, 2 "A" protein/meat
Grilled Chicken	1	300	2 starch, 3 "A" protein/meat
Fillet Sandwich	1	300	2 starch, 3 "A" protein/meat
Fish Sandwich	1	400	3 starch, 2 "B" protein/meat, 1 fat
French Fries	Small	210	2 starch, 2 fat
Cone	Regular	230	2-1/2 starch, 1 fat
DQ Sandwich	1	140	1-1/2 starch, 1 fat
Dilly Bar	1	210	1-1/2 starch, 2 fat
Yogurt Cone	Regular	180	2-1/2 starch
Domino's Pizza			
Cheese Pizza, 16" large	2 slices	376	4 starch, 2 "B" protein/meat
Ham Pizza, 16" large	2 slices	417	4 starch, 2 "B" protein/meat

Fast Food Restaurants *(Continued)*

<i>Food</i>	<i>Measure</i>	<i>Calories</i>	<i>Food Group</i>
Kentucky Fried Chicken			
Original Recipe			
Breast	1	260	1/2 starch, 3 "B" protein/meat
Drumstick	1	152	2 "B" protein/meat
Skinfree Crispy			
Breast	1	296	1 starch, 3 "B" protein/meat
Drumstick	1	166	2 "B" protein/meat
Mashed Potatoes with Gravy	1	71	1 starch
Corn-on-the-Cob	1	90	2 starch
Cole Slaw	1	114	2 vegetable, 1 fat
McDonald's			
Hamburger	1	225	2 starch, 1 "B" protein/meat, 1 fat
Quarter Pounder	1	410	2 starch, 3 "B" protein/meat, 1 fat
McLean Deluxe	1	320	2 starch, 3 "A" protein/meat
McLean Deluxe with Cheese	1	370	2 starch, 3 "A" protein/meat, 1 fat
Chicken McNuggets	6 pieces	270	1 starch, 2 "B" protein/meat, 1 fat
French Fries	Medium	320	2-1/2 starch, 3 fat
Garden Salad	1	50	1 vegetable
Chef Salad	1	170	1 vegetable, 2 "B" protein/meat
Lite Vinaigrette Dressing	2 oz. packet	48	1 fat
Egg McMuffin	Regular	280	2 starch, 2 "B" protein/meat
Scrambled Eggs	1	140	2 "B" protein/meat
English Muffin with Butter	1	170	2 starch, 1 fat
Apple Bran			
or Blueberry Muffin	1	180	2-1/2 starch
Vanilla Lowfat Frozen			
Yogurt Cone	1	105	1-1/2 starch

Fast Food Restaurants *(Continued)*

<i>Food</i>	<i>Measure</i>	<i>Calories</i>	<i>Food Group</i>
Pizza Hut			
Thin-n-Crispy, Cheese, 12" medium pizza	2 slices	398	2 starch, 1 "B" protein/meat, 1 vegetable
Hand-Tossed Pizza, Pepperoni, 12" medium pizza	2 slices	492	4 starch, 3 "B" protein/meat
Pan Pizza, Cheese, 12" medium pizza	2 slices	492	4 starch, 3 "B" protein/meat
Subway			
Cold Cut Combo Sub	6"	427	3 starch, 2 "B" protein/meat, 2 fat
Protein/meatball sub	6"	459	3 starch, 2 "B" protein/meat, 2 fat
Turkey Breast Sub	6"	322	3 starch, 3 "B" protein/meat
Roast Beef Sub	6"	345	3 starch, 2 "B" protein/meat
Taco Bell			
Bean Burrito	1	427	4 starch, 1 "B" protein/meat, 2 fat
Beef Burrito	1	402	2-1/2 starch, 2 "B" protein/meat, 1 fat
Tostada	1	243	1 starch, 2 "B" protein/meat, 1 fat
Taco	1	184	1 starch, 2 "A" protein/meat
Soft Taco	1	213	1 starch, 1-1/2 "B" protein/meat, 1 fat
Fajita Steak with Guacamole	1	269	1 starch, 2 "B" protein/meat, 1 fat
Chicken Fajita	1	225	1 starch, 2 "B" protein/meat