

# Island Foods are Healthy:

## Guide for Nutritious Diets



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In Pacific Island cultures sharing food is an important part of tradition. Food is shared to welcome new members to our family, celebrate events like birthdays, promotions, anniversaries and or retirement and to say the final farewell to loved ones.

We try to balance the fact that we have plenty of food, our desire to fully share in the generosity of our host and our growing awareness of the relationship between diet and health.

Sometimes it seems that the messages we hear are saying we must choose either good food or good health. This publication is designed to show how to enjoy good food, good times and good health. This publication is divided into sections that follow the way a party table is often arranged.

Each section will include recommendations for which foods contribute the most to good health. You will also find suggestions for making substitutions or changes in the way foods are prepared so they can contribute more to good health and still taste “good”.

Bread Tortillas Rice Breadfruit Sweet Potato Bananas	Meats	Vegetables & Salads	Desserts
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The recipes used to analyze the foods mentioned in this booklet are composites created by GCE by comparing recipes from 3 or more local cooks or are taken from Festive Foods of Guam Communities, a Guam Cooperative Extension publication.

The nutrient analysis (what is in each food) was done using FIAS™. This is a computer program that can identify what nutrients are in foods. The exchange values assigned to foods are based on the American Diabetes Association and The American Dietetic Association exchange system.

This publication will demonstrate that coconut cream, coconut milk and achote are part of many of our island recipes. Coconut cream is produced by squeezing the meat of two coconuts with one cup of water. Coconut milk is made by the same process using two cups of water. Although achote is frequently used it is not indicated in the ingredient list because of its minimal nutrient contribution.

Food names are taken from a variety of sources including Leblon Finatenas Para Guam 1985, compiled by Inetnon Famalaoan and “Chamorro and Scientific Names of Fruits and Vegetables”, by V. Artero, F. Cruz and V. Santos of Guam Cooperative Extension. Spellings of food names may vary from an individual reader’s standard of correctness.



No disrespect or bias is intended. It is also acknowledged that each person or family has a unique way of preparing each of the traditional favorites included in this publication. Some recipes are commonly used modern adaptations of traditional recipes. This publication is not intended to be a recipe book. For detailed recipes and instructions contact Dr. M.E. Camacho at Guam Cooperative Extension 735-2025.

There are some tools that can be used to learn how to eat for better health. The first is Reading Nutrition Labels. The other two tools, The Daily Food Guide for Health (adapted from USDA food guide pyramid), and the 8 Steps To Good Food, Good Times and Good Health (adapted from USDA Dietary Guidelines) are shown on the next two pages.

## READING NUTRITION LABELS

*Serving sizes are usually measured in cups or other common household measurements*

*This shows how many calories are provided by one serving of the food.*

*Your recommended daily allowance for total fat is 65 g. Use these figures to see which foods are high in fat.*

*If you have high blood pressure you need to be careful not to eat too much salt. Your recommended daily allowance is less than 2400 mg. Use these figures to avoid choosing high sodium foods.*

*% Daily Value shows how much this food provides towards your daily diet.*

Nutrition Facts	
Serving Size	
Amount per Serving	
Calories	Calories from Fat
% Daily Value *	
Total Fat	
Saturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Protein	
Vitamin A	Vitamin C
Calcium	Iron

*Women are often anemic especially those pregnant or lactating. Eating food high in iron can prevent anemia. Use this information to choose foods high in iron.*

The 8 Steps To Good Food, Good Times, and Good Health (adapted from USDA Dietary Guidelines).

☞ EAT VARIETY OF FOODS

☞ BALANCE THE FOOD YOU EAT WITH PHYSICAL ACTIVITY TO MAINTAIN OR IMPROVE YOUR WEIGHT

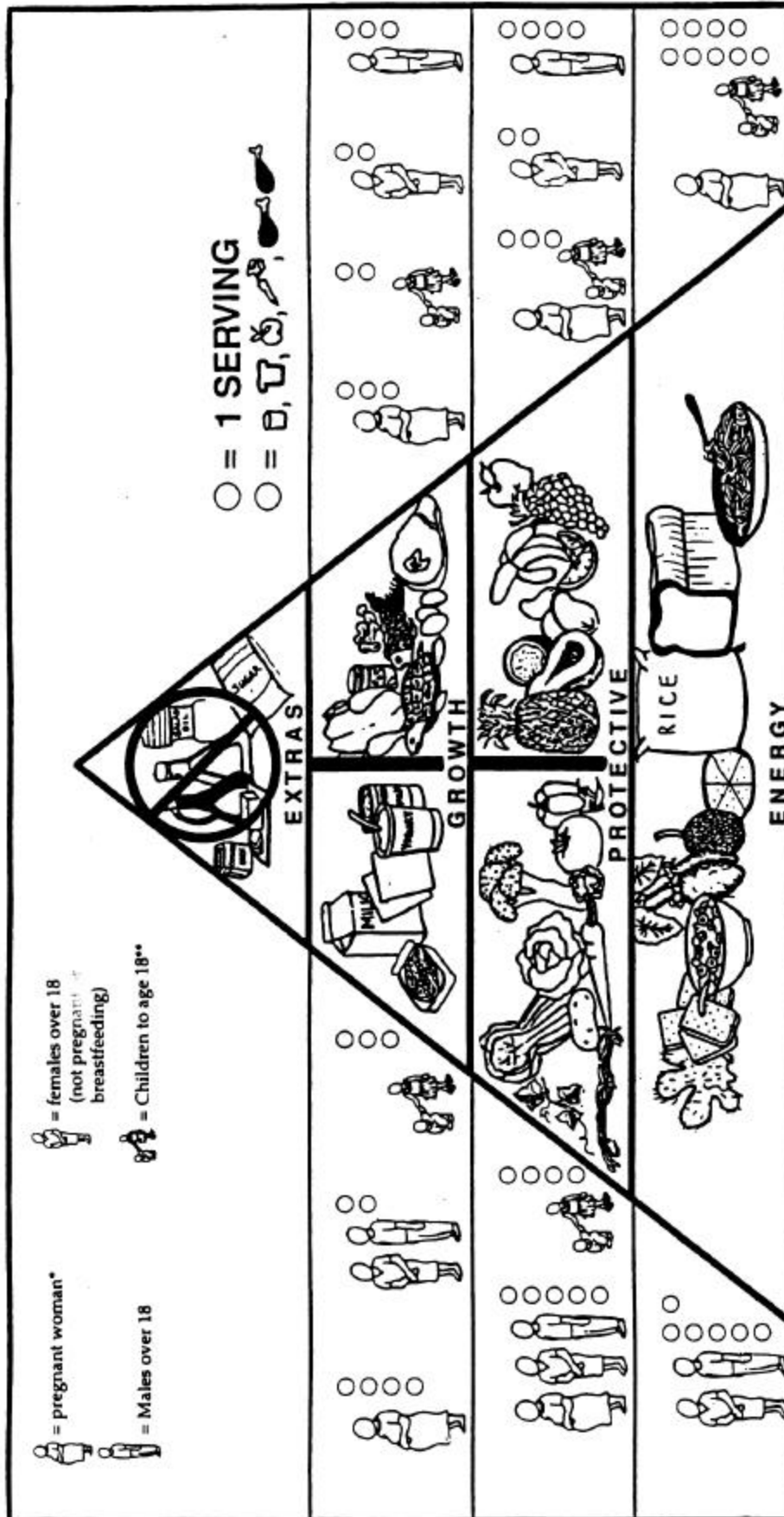
☞ CHOOSE MORE ENERGY AND PROTECTIVE FOODS THAN GROWTH FOOD

☞ CHOOSE FOODS LOW IN FAT AND CHOLESTEROL

☞ CHOOSE FOODS LOW IN SUGAR

☞ CHOOSE FOODS WITH LESS SALT AND SODIUM

☞ AVOID ALCOHOL IF YOU CAN. IF YOU DRINK LIMIT YOURSELF TO NO MORE THAN ONE OR TWO BEERS, GLASSES OF WINE OR MIXED DRINKS IN A DAY. PREGNANT AND BREASTFEEDING WOMEN SHOULD AVOID ALL ALCOHOL.

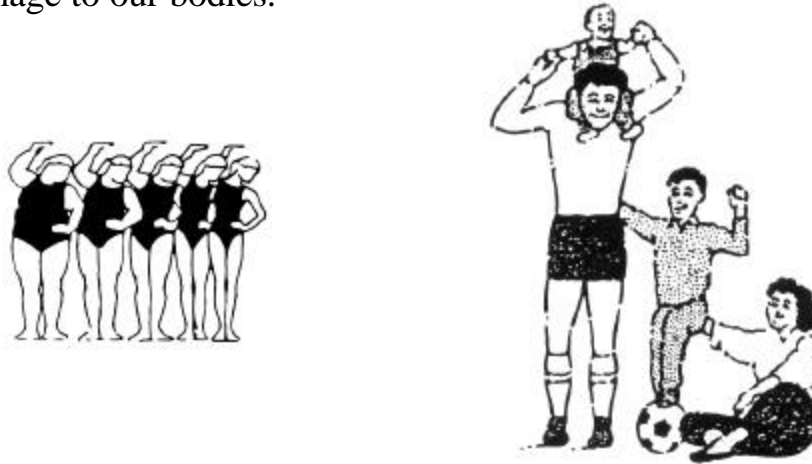


# DAILY FOOD GUIDE FOR HEALTHY BODIES

\*The program of the University of Guam Cooperative Extension are open to all regardless of age, race, color, national origin, religion, sex, or disability. \*\*The material is based upon work supported by the Extension Service, U.S. Department of Agriculture, under special license from the U.S. Department of Agriculture.

## **What does the body need to be healthy?**

The right foods in the right amounts, activity, and protection from harmful behaviors such as drugs, even tobacco and alcohol. Three foods needed can be put into three groups. Energy foods keep our bodies and minds active. Growth foods help children grow and help adults repair their bodies to remain strong. Protective foods help keep us from getting sick and also repair damage to our bodies.



Choosing foods in the right amount is just one part of good health. The way we cook our food can also affect our health. Activity or exercise are also important for good health.

### **BALANCE ACTIVITY AND FOOD INTAKE**





The Food Guide for Healthy Bodies shows which foods give us growth, energy and protection and how much of each kind of food we need to stay healthy throughout our lives.

Not so many years ago people often walked to church and to work but not today. We know driving is faster but it may keep our bodies from getting the amount of exercise needed to keep us healthy. That means that today we need to plan ways to get enough exercise to use up any extra energy or calories from food we eat. That is hard to do because it takes lots of exercise to use up the extra energy or (calories) we sometimes get from the food we eat.

This Chart shows how many calories we can get from some favorite regional foods and how long we need to exercise to use up those calories.

This represents the energy used by a 180 pound person.

<b>Foods</b>	<b>Exercise needed to use the calories in the food.</b>
Potato Salad 1 cup serving = 424 kcalories 33.5 g fat = 302 kcalories from fat	Medium aerobics for one hour In-line skating for 1 hour Rowing at 11mph for 30 minutes
4 Spareribs (5 in. long) = 738 kcalories 28 g fat = 252 kcalories from fat	Volleyball for 1 hour 45 minutes Step aerobics for 1 hour Sparring (boxing) for one hour
1 cup Red rice = 390 kcalories 6 g fat = 54 kcalories from fat	Golf for 1 hour carrying own club High impact aerobics for 50 minutes
Latiya (3/4 cup)=260 kcalories 8 g fat = 72 kcalories from fat	Cycling at 6 mph for 45 minutes Golf pulling a cart for 45 minutes
2 breaded fried chicken drumsticks = 234 kcalories 14 g fat = 126 kcalories from fat	Swimming for 30 minutes Walking pushing a child in stroller for 1 hour and 15 minutes
Fried lumpia 2 pieces = 360 kcalories 20 g fat = 180 kcalories	Running (7.5 mph) for 30 minutes Stair climber for 1 hour

If we don't balance the exercise and the amount and kind of food we eat, our bodies store the unused energy as fat and extra weight.

## HOW OUR BODY USES NUTRIENTS



**Carbohydrates**



**Proteins**



**Fats**

**Available Energy**  
(for daily energy)  
**pounds)**

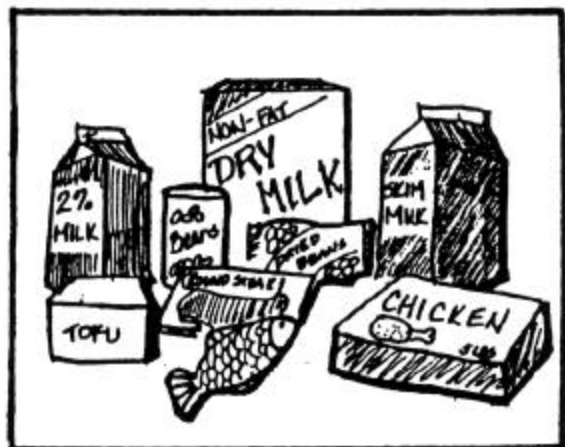
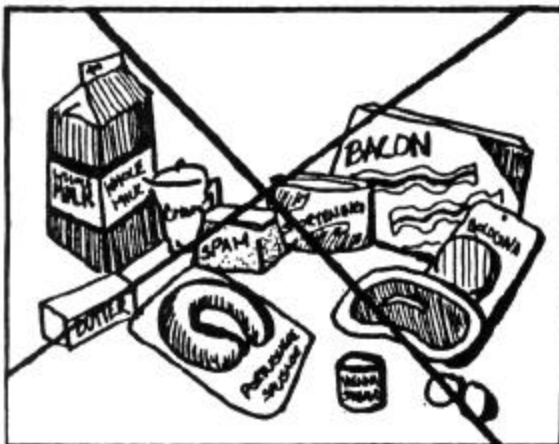
**(for building muscles)**

**Stored Energy**  
(as extra

As this picture shows it is hardest for our bodies to use up extra energy from fats found in foods. That is why the food guide pyramid suggests that we eat more energy and protective foods than growth foods.

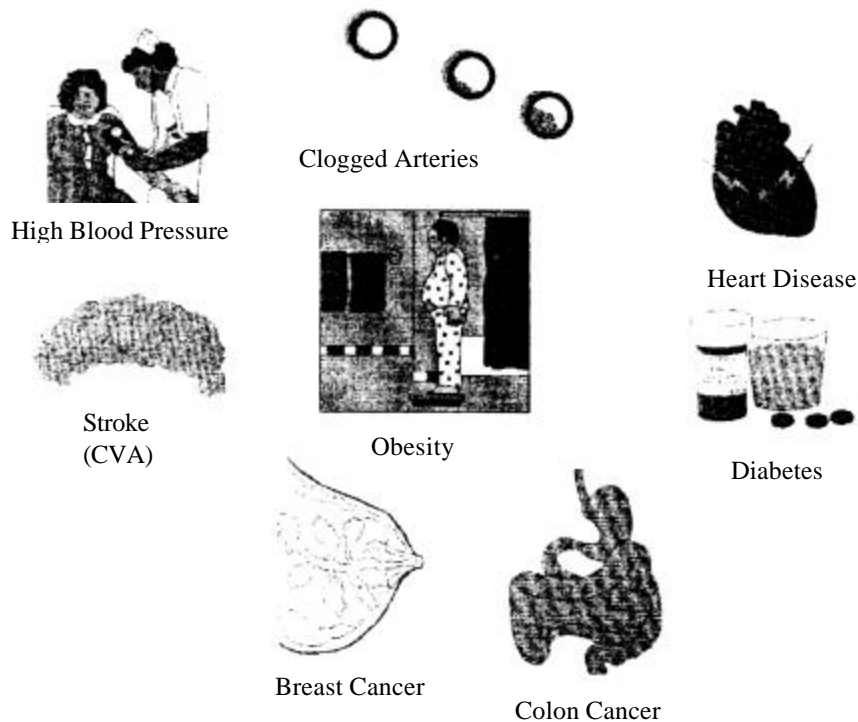
Many foods from the growth group on the Food Guide for Healthy Bodies are high in fat. Especially foods like roast pig, fried chicken, fried fish, canned meats, sausages and hot dogs.

**LIMIT USE OF THESE:**      **INSTEAD, USE MORE OF THESE:**



When a person eats too much fat it can lead to many health problems.

**Health problems  
associated with  
high fat intake**



Many of these health problems are common in the Pacific. In the past 20-30 years all region of the Pacific have noticed increases in the number of people who are overweight and have these health problems. In 1987 the Society for Nutrition Education held the Pacific Conference: Nutrition Challenges in the Changing World. Each island in the Pacific region reported that they were beginning to see more of these health problems.

What can we do to make sure that we and our children and grandchildren do not develop serious health problems from eating too much of the wrong kinds of foods? The best way is to learn which foods are best for us and how we can make the foods we like to eat better for us.

## How Do You Score On Fat??

Do the foods you eat provide more fat than is good for you?

Answer the question below, then see if your diet is likely to make you more healthy or less healthy.

1. Fried, deep-fat or breaded food?
2. Fatty meats such as sausage, luncheon meats, canned meats such as SPAM or meat with fat on it?
3. Whole milk, cheese or ice cream?
4. High-fat desserts such as cream pies, doughnuts, or cakes?
5. Sauces, gravies or creamy salad dressing?
6. Breads with lots of fat like pan de leche or croissants?
7. Whipped cream, half and half, sour cream or cream cheese?
8. Butter, margarine, or coconut milk on vegetables?
9. Butter, margarine, or mayonnaise on bread or sandwiches?

	SELDOM OR NEVER	1 OR 2 TIMES A WEEK	3 TO 5 TIMES A WEEK	ALMOST DAILY

Look at your answers. If you have checked the last column more than three times you may be eating too much fat. You can eat less of these foods or eat them less often.



In the next 4 sections there is information about the foods that we find at parties and gatherings. This booklet will help you decide if you need to change the way you eat to reduce the extra calories and fat in your diet.

The booklet also shows which foods do the most to make you healthy and how to improve the foods that taste good but may make you unhealthy. The serving sizes are actual sizes to help you judge how much of a food to eat at a time.

The symbols of people are taken from the Food Guide for Healthy Bodies are to help you find the suggested number of servings for good health. The symbols are:

#### MALES OVER 18 YEARS



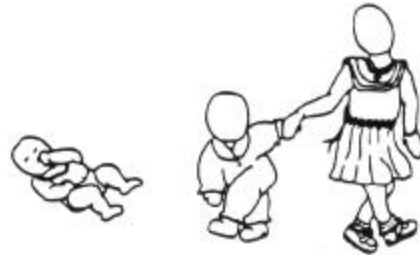
#### FEMALES OVER 18 YEARS



#### PREGNANT AND BREASTFEEDING



#### CHILDREN 2 TO 18 YEARS



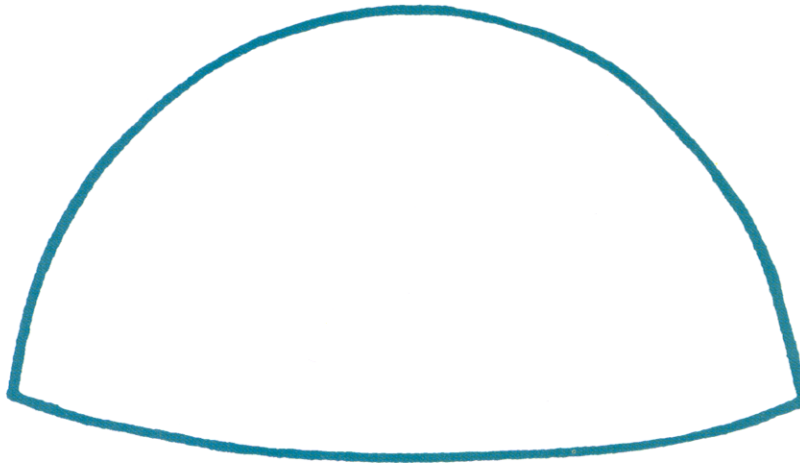
*\*(UNDER 18 AND  
PREGNANT NEED EXTRA  
MILK, MEAT AND VEGETABLE  
SERVINGS)*

# Section 1 - Aggon or Energy Foods



## What is a serving?

One slice of bread, 2 crab or navy biscuits or a scoop of rice or piece of taro, cassava, breadfruit, or sweet potato this size:



## Ways to reduce fat and calories in this food group.

Make tortilla Harina with non fat dry milk or skim evaporated milk and a little powdered coconut milk instead of just coconut milk.

If you want to know more about how to make these changes, call Consumer and Family Sciences unit at Guam Cooperative Extension, University of Guam 735-2022.

The foods in the energy group can have different amounts of fat depending on what is in the food or how it was cooked. If the energy food is fried, cooked in coconut milk, or has mayonnaise or oil added to it, each serving has extra fat calories. The extra fat can make you more likely to be unhealthy. It is a good idea to take less of those kinds of food. Potato salad and red rice are examples of energy foods with lots of added fat and calories.

This is how much of extra fat and calories each of these foods has in it.

1 cup Potato Salad = 424 kcalories  
33.5 g fat = 302 kcalories from fat



This is how many teaspoons of fat are in potato salad.

1 cup Red rice = 390 kcalories  
6 g fat = 54 kcalories from fat



This is how many teaspoons of fat are in red rice.

White rice, tortillas, and some breads have less fat than potato salad, red rice, or corn soup.

<b>Hineksa (white rice)</b> 1/2 cup	<b>Titiya (tortilla) 8"</b>	<b>Pan (bread) 1 dinner roll</b>
less than 1 gram of fat = less than 9 kcalories 130 total kcalories	3 grams of fat = 27 kcalories 180 kcalories	3 grams of fat = 27 kcalories 120 total kcalories



This is how many teaspoons of fat in rice.



This is how many teaspoons of fat in titiya.



This is how many teaspoons of fat in one dinner roll.

None of these foods have as much fiber or vitamins as foods like taro (suni), kalamasa (pumpkin), chotda (cooking bananas) and lemai breadfruit). It is a good idea to eat more taro (suni), kalamasa (pumpkin),

chotda (cooking bananas), and lemai (breadfruit) than potato salad, red rice, corn soup, or even plain rice, bread and tortillas. Fiber comes from plant foods especially fruits and vegetables. The next page will explain how fiber helps our body in several ways.



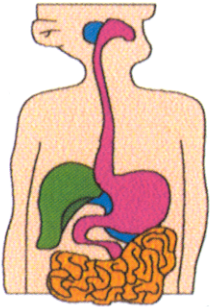
# Fiber's Health Benefits

✓ Helps Control Heart Disease



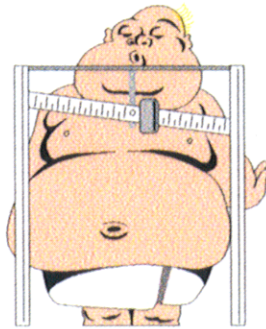
- by taking away  
fats and  
cholesterol

✓ Prevents Colon Cancer



- by speeding  
up passage of  
wastes

✓ Helps Control Weight



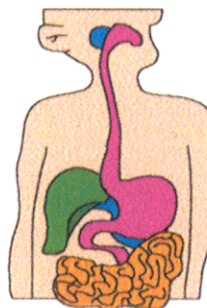
- by being more  
filling with less  
calories

## Fiber



-softens stool  
by holding  
water

✓ Prevents Constipation



- controls blood  
sugar by  
slowing down  
digestion

✓ Helps Control Diabetes

## ***Examples of Aggon/Energy Foods***

- Chamorro Sushi
- Fried Empanada (*Cream of Rice & Bacon Turnover*)
- Garlic Fried Rice
- Gollai Appan Chotda (*Plantain Banana with Coconut Milk*)
- Gollai Appan Dagu (*Yam cooked in coconut milk*)
- Gollai Appan Lemmai (*Breadfruit in Coconut Milk*)
- Red Rice
- Tamales Gisu (*Steamed Masa Harina*)
- Titiyas Harina (*Flour Tortilla*)
- Titiyas Mai'es (*Corn Tortilla*)

## Chamorro Sushi

### Ingredients:

- 8 cups cooked rice
- 8 sheets laver seaweed
- 1 can luncheon meat
- 3 large eggs
- 2 cups radish (daigo)

Serving Size: 2 slices (1 1/2" thick)

Yield: 16.00 servings

Exchange List: 1/2 MEAT (C) 1 STARCH 1 FRUIT

Nutrition Facts	
Serving Size 2 slices (1 1/2" thick)	
<b>Amount per Serving</b>	
<b>Calories</b> 204	Calories from Fat 6
<b>% Daily Value *</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 52 mg	<b>17%</b>
<b>Sodium</b> 849 mg	<b>35%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
<b>Protein</b> 8g	
Vitamin A 3%	● Vitamin C 6%
Calcium 2%	● Iron 10%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	185 mg
<b>Phosphorus</b>	103 mg
<b>Folate</b>	8µg
<b>Fiber</b>	1gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
 • Fat 9      • Carbohydrate 4      • Protein 4

***Fried Empanada***  
***(Cream of Rice & Bacon Turnover)***

**Ingredients:**

1 1/4 cups dry cream of rice	1 pound bacon
5 cloves garlic	1 large onion
2 tablespoons black pepper	15 pounds masa, corn flour
12 pieces hot pepper	5 cups water
3 teaspoons salt	16 ounces cornstarch

Serving Size: 1 empanada

Yield: 110.60 servings

**Exchange List: 2 1/2 STARCH 1 FRUIT 1 1/2 FAT**

✓ **Hint:** Reduce  
amount of bacon by 1/2.

Nutrition Facts	
Serving Size 1 empanada	
Amount per Serving	
<b>Calories</b> 303	Calories from Fat 68
% Daily Value *	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 1 mg	<b>0%</b>
<b>Sodium</b> 103mg	<b>4%</b>
<b>Total Carbohydrate</b> 53g	<b>18%</b>
<b>Protein</b> 6g	
Vitamin A 0%	● Vitamin C 2%
Calcium 7%	● Iron 30%

Nutrient	Amount per Serving
<b>Potassium</b>	195 mg
<b>Phosphorus</b>	144 mg
<b>Folate</b>	10 µg
<b>Fiber</b>	8 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9      • Carbohydrate 4      • Protein 4



## Garlic Fried Rice

### Ingredients:

3 1/2 cups cooked rice  
 1/4 cup vegetable oil  
 1 cloves garlic  
 1 tablespoon soy sauce

Serving Size: 1/2 cup

Yield: 5.50 servings

**Exchange List: 1 STARCH 3/4 FRUIT 2 FAT**

Nutrition Facts	
Serving Size 1/2 cup	
Amount per Serving	
<b>Calories</b> 218	Calories from Fat 92
% Daily Value *	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 189 mg	<b>8%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
<b>Protein</b> 3g	
Vitamin A 0%	● Vitamin C 0%
Calcium 1%	● Iron 8%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	48 mg
<b>Phosphorus</b>	52 mg
<b>Folate</b>	3 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
 Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
 • Fat 9      • Carbohydrate 4      • Protein 4

**Gollai Appan Chotda**  
(*Plantain Banana with Coconut Milk*)

**Ingredients:**

5 medium plantain bananas  
1 1/2 cups coconut milk  
1 teaspoon salt

Serving Size: 4 ounces

Yield: 12.00 servings

**Exchange List: 2 STARCH 1 1/2 FAT**

✓ **Hint:** Reduce amount of coconut milk.

<b>Nutrition Facts</b>		
Serving Size 4 ounces		
Amount per Serving		
<b>Calories</b>	188	Calories from Fat 67
% Daily Value *		
<b>Total Fat</b>	7g	<b>11%</b>
Saturated Fat	6g	<b>30%</b>
<b>Cholesterol</b>	0 mg	<b>0%</b>
<b>Sodium</b>	186 mg	<b>62%</b>
<b>Total Carbohydrate</b>	29g	<b>10%</b>
<b>Protein</b>	2g	
Vitamin A	7%	● Vitamin C 19%
Calcium	1%	● Iron 7%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	459 mg
<b>Phosphorus</b>	59 mg
<b>Folate</b>	13 µg
<b>Fiber</b>	3 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9      • Carbohydrate 4      • Protein 4

**Gollai Appan Dagu**  
(*Yam cooked in coconut milk*)

**Ingredients:**

2 pounds yam  
3 cups coconut milk  
1 tablespoon salt  
2 teaspoons granulated sugar

Serving Size: 1/3 cup (2.5 ounces)

Yield: 23.12 servings

**Exchange List:** 1/2 STARCH 1/3 FRUIT 1 1/2 FAT

✓ **Hint:** Reduce amount of coconut milk.

<b>Nutrition Facts</b>	
Serving Size 1/3 cup (2.5 ounces)	
Amount per Serving	
<b>Calories</b> 125	Calories from Fat 67
% Daily Value *	
<b>Total Fat</b> 8g	<b>11%</b>
Saturated Fat 7g	<b>35%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 285 mg	<b>12%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
<b>Protein</b> 1g	
Vitamin A 0%	● Vitamin C 2%
Calcium 1%	● Iron 5%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	402 mg
<b>Phosphorus</b>	53 mg
<b>Folate</b>	13 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9      • Carbohydrate 4      • Protein 4

**Gollai Appan Lemmai**  
*(Breadfruit in Coconut Milk)*

**Ingredients:**

2 pounds breadfruit  
5 cups coconut milk  
5 teaspoons salt

Serving Size: 4 ounces

Yield: 16.77 servings

**Exchange List: 1 1/4 STARCH 3 FAT**

✓ **Hint:** Reduce amount of coconut milk.

<b>Nutrition Facts</b>	
Serving Size 4 ounces	
Amount per Serving	
<b>Calories</b> 238	Calories from Fat 155
% Daily Value *	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 15g	<b>75%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 647 mg	<b>27%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
<b>Protein</b> 2g	
Vitamin A 0%	● Vitamin C 20%
Calcium 2%	● Iron 10%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	427 mg
<b>Phosphorus</b>	88 mg
<b>Folate</b>	13 µg
<b>Fiber</b>	4 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9      • Carbohydrate 4      • Protein 4

## Red Rice

### Ingredients:

2 cups rice  
1 small onion  
2 teaspoons salt  
1/4 cup vegetable oil

Serving Size: 1/2 cup

Yield: 4.34 servings

Exchange List: 1 STARCH 1 FRUIT 3 FAT

✓ **Hint:** Reduce vegetable oil to 1 tablespoon.

Nutrition Facts	
Serving Size 1/2 cup	
Amount per Serving	
<b>Calories</b> 254	Calories from Fat 118
% Daily Value *	
<b>Total Fat</b> 12g	<b>20%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 1022 mg	<b>43%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
<b>Protein</b> 3g	
Vitamin A 0%	● Vitamin C 1%
Calcium 0%	● Iron 12%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	44 mg
<b>Phosphorus</b>	28 mg
<b>Folate</b>	1 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day

Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9 • Carbohydrate 4 • Protein 4

## Tamales Gisu (Steamed Masa Harina)

### Ingredients:

1/4 cup water	2 cloves garlic
2 cups chicken broth	1/2 medium onion
2 cups masa, corn flour	2 tablespoons cornstarch
4 slices bacon	1 teaspoon salt
2 tablespoons vegetable oil	1 teaspoon black pepper

Serving Size: 1 tamale

Yield: 8.00 servings

**Exchange List: 2 STARCH 1 FAT**

Nutrition Facts	
Serving Size 1 tamale	
Amount per Serving	
<b>Calories</b> 167	Calories from Fat 47
% Daily Value *	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 7g	<b>35%</b>
<b>Cholesterol</b> 3 mg	<b>1%</b>
<b>Sodium</b> 520 mg	<b>22%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
<b>Protein</b> 5g	
Vitamin A 0%	● Vitamin C 3%
Calcium 4%	● Iron 16%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	171 mg
<b>Phosphorus</b>	98 mg
<b>Folate</b>	7µg
<b>Fiber</b>	4gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
 • Fat 9      • Carbohydrate 4      • Protein 4

**Titiyas Harina**  
( *Flour Tortilla* )

**Ingredients:**

3 cups white flour	2 tablespoons granulated sugar
1 teaspoon baking powder	1 cup coconut milk
1/4 teaspoon salt	

Serving Size: 1 tortilla (8 ½” diameter)

Yield: 7.00 servings

**Exchange List: 2 STARCH 1 FRUIT 2 FAT**

<b>Nutrition Facts</b>	
Serving Size 1 tortilla (8 ½” diameter)	
Amount per Serving	
<b>Calories</b> 290	Calories from Fat 78
% Daily Value *	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 7g	<b>35%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 82 mg	<b>3%</b>
<b>Total Carbohydrate</b> 47g	<b>16%</b>
<b>Protein</b> 6g	
Vitamin A 0%	● Vitamin C 1%
Calcium 4%	● Iron 20%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	215 mg
<b>Phosphorus</b>	137 mg
<b>Folate</b>	14 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
 • Fat 9      • Carbohydrate 4      • Protein 4

**Titiyas Mai'es**  
(*Corn Tortilla*)

**Ingredients:**

3 cups corn flour, masa harina  
2 cups water

Serving Size: 1 tortilla (8½ " diameter)

Yield: 5.00 servings

**Exchange List: 2 STARCH 1 1/2 FRUIT 1/2 FAT**

<b>Nutrition Facts</b>	
Serving Size 1 tortilla (8½ " diameter)	
Amount per Serving	
<b>Calories</b> 258	Calories from Fat 23
% Daily Value *	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 6mg	<b>0%</b>
<b>Total Carbohydrate</b> 52g	<b>17%</b>
<b>Protein</b> 6g	
Vitamin A 0%	● Vitamin C 0%
Calcium 8%	● Iron 33%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	204 mg
<b>Phosphorus</b>	153 mg
<b>Folate</b>	11 µg
<b>Fiber</b>	9 gm

Based on 2000 kilocalories per day

Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4



## Section 2 - Growth Foods

Leche, chada'  
katne yan guihan.

Milk, eggs, meat and fish.



### What is a serving?

2 eggs, or 2 chicken drumsticks or a piece of meat of fish this size.



This  
Thick

2 -3 OUNCES OF  
COOKED LEAN MEAT  
=  
1 SERVING

## Ways to reduce fat and calories in this food group.

Cook meat on a rack or grill so fat can drip away. Barbecuing is a popular way to do this.



Chill kadu (meat broth) until fat on top gets solid. Lift off the hardened fat. Reheat the (kadu) soup.



Trim fat off steak and pork chops before cooking.



Remove skin from chicken before eating.



Roast or bake on a rack or barbecue or broil on a grill instead of frying.



The growth foods are important to help young people grow and to help older people repair their bodies. On Guam and in other parts of the Pacific, people often eat much more of these foods than they need to be healthy.

People also choose foods from this group that have extra fat.

Meats and other proteins that are high in fat must be eaten in smaller portions and less often.

Here are some of the foods most commonly eaten on Guam. They are divided into three groups; the ones a person can choose every day, the ones a person should choose once or twice a month and the ones that should be eaten only on very special occasions and in very small amounts.

<b>Choose every day</b>	<b>once or twice a month</b>	<b>special occasions and in very small amounts</b>
Chicken or turkey, roasted or boiled without skin.	Cheese	Canned meats (like luncheon meats, potted meats, vienna sausages, and stews).
Fish, not fried	Fish canned in oil	Ham, bacon, and cold cuts.
Fish canned in water	Egg yolks	Fried fish
Egg whites	Whole eggs	Beef and Pork steaks and ribs
Beef, with all visible fat removed		Peanut butter
Tofu		Chicken & turkey wings
		Liver, heart & kidneys

Barbecuing and boiling (like making kadu) are ways to cook meat and fish that help protect your health.

Boiling or poaching eggs or adding them to soups are ways to have less fat in the eggs you eat. Frying meat or eggs and scrambling eggs adds more fat.

Some foods in this group also high in cholesterol. If you have high blood cholesterol, follow your doctor's instructions, eat less of all the foods in this group, get more exercise, and eat foods with fiber, like mendioka (cassava), kamuti (sweet potatoes), taro (suni), and other fruits and vegetables.

## *Examples of Growth Foods*

- Arroz Caldo (*Chicken Rice Soup*)
- Arroz a la Valenciana (*Special Chicken Rice Dish*)
- Bistek (*Beef with Vinegar Sauce*)
- BBQ Chicken
- BBQ Pork Spare Ribs
- Beef Kabobs
- Beef Kelaguen
- Beef with Ampalaya (*Sautéed Beef with Bittermelon*)
- Chicken Adobo (*Chicken in Vinegar and Soy Sauce*)
- Chicken Corn Soup
- Chicken Kelaguen
- Chopsteak (*Beef with Vegetables*)
- Embotido (*Special Meat Loaf*)
- Empanada (*Filipino*)
- Eskabechi (*Fish and Vegetables*)
- Fish Kelaguen
- Fish Relyeno
- Kadun Guihan (*Fish Stew*)
- Kadun Katne yan Chotda (*Beef Stew with Bananas*)
- Kadun Pika (*Peppered Chicken*)
- Kare-Kare (*Oxtail in Peanut Butter Sauce*)
- Kelaguen Uhang (*Shrimp Kelaguen*)
- Mechado (*Simmered Roast Beef*)
- Menudo (*Pork and Vegetables*)
- Morcon (*Stuffed Beef*)
- Noodles, Vegetables, and Pork
- Pancit Bihon
- Pancit Canton
- Pancit Palabok
- Paksiw na Lechon (*Roast Pork in Special Sauce*)
- Pork Adobo (*Pork in Vinegar and Soy Sauce*)
- Pork Estufao (*Pork in Vinegar and Soy Sauce*)
- Salmon Finadeni (*Salmon with Lime Juice*)
- Sarsiyado (*Fried Fish with Tomato Sauce*)
- Bunelos Uhang (*Shrimp Patties*)
- Sotanghon Soup (*Chicken with Bean Thread Noodles Soup*)
- SPAM Kelaguen
- Tinaktak Katne (*Pounded Beef in Coconut Milk*)
- Troson Katne (*Beef Pot Roast*)

## Arroz Caldo (Chicken Rice Soup)

### Ingredients:

2 pounds chicken	2 1/2 cups cooked rice
10 cloves garlic	4 cups water
1 medium onion	3 tablespoons fish sauce
1 teaspoon ginger root	4 medium spring onions

Serving Size: ½ cup

Yield: 15.00 servings

**Exchange List:** 1 1/2 MEAT (B) 1/2 VEGETABLE 1/2 STARCH 1/4 FAT

<b>Nutrition Facts</b>	
Serving Size 1/2 cup	
Amount per Serving	
<b>Calories</b> 171	Calories from Fat 83
% Daily Value *	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 47mg	<b>16%</b>
<b>Sodium</b> 306mg	<b>13%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
<b>Protein</b> 13g	
Vitamin A 2 %	● Vitamin C 4%
Calcium 2%	● Iron 7%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	154 mg
<b>Phosphorus</b>	98 mg
<b>Folate</b>	7 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

**Arroz a la Valenciana**  
*(Special Chicken Rice Dish)*

**Ingredients:**

2 1/2 pounds chicken  
1 pound pork  
4 1/2 cups chicken broth  
4 cups white rice  
1 teaspoon black pepper

4 cloves garlic  
1/2 cup chopped onions  
1 1/2 ounces (1 small box) raisins  
2 links chorizos  
16 ounces drained chick peas

Serving Size: 1/2 cup

Yield: 27.90 servings

**Exchange List:** 1 MEAT (C) 1 1/2 STARCH 1/4 FRUIT

<b>Nutrition Facts</b>	
Serving Size 1/2 cup	
Amount per Serving	
<b>Calories</b> 238	Calories from Fat 85
% Daily Value *	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 34mg	<b>11%</b>
<b>Sodium</b> 251mg	<b>10%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
<b>Protein</b> 12g	
Vitamin A 1%	● Vitamin C 1%
Calcium 2%	● Iron 13%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	229 mg
<b>Phosphorus</b>	135 mg
<b>Folate</b>	14 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

**Bistek**  
**(Beef with Vinegar Sauce)**

**Ingredients:**

1 1/2 pound top round beef	1/4 cup distilled vinegar
3 cloves garlic	1 teaspoon black pepper
2 teaspoons salt	1 medium onion

Serving Size: 4 ounces

Yield: 5.28 servings

**Exchange List: 6 MEAT (A) 1/2 VEGETABLE**

Nutrition Facts	
Serving Size 4 ounces	
Amount per Serving	
<b>Calories</b> 291	Calories from Fat 100
% Daily Value *	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 125mg	<b>42%</b>
<b>Sodium</b> 973mg	<b>41%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
<b>Protein</b> 45g	
Vitamin A 0%	● Vitamin C 2%
Calcium 1%	● Iron 28%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	693 mg
<b>Phosphorus</b>	384 mg
<b>Folate</b>	19 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day

Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4



## BBQ Chicken

### Ingredients:

3 pounds chicken thighs  
3 cloves garlic  
1 medium onion

1/3 cup distilled vinegar  
1/2 cup soy sauce  
2 teaspoons black pepper

Serving Size: 2 ounces

Yield: 10 servings

Exchange List: 1 1/3 MEAT (B) 1/2 VEGETABLE

✓ **Hint:** Reduce fat by not eating the skin.

Nutrition Facts	
Serving Size 2 ounces	
Amount per Serving	
<b>Calories</b> 117	Calories from Fat 59
% Daily Value *	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 2g	<b>9%</b>
<b>Cholesterol</b> 39mg	<b>13%</b>
<b>Sodium</b> 859mg	<b>36%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
<b>Protein</b> 11g	
Vitamin A 2%	● Vitamin C 2%
Calcium 1%	● Iron 7%

Nutrient	Amount per Serving
<b>Potassium</b>	146 mg
<b>Phosphorus</b>	94 mg
<b>Folate</b>	7 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9 • Carbohydrate 4 • Protein 4

## BBQ Pork Spare Ribs

### Ingredients:

3 pounds pork spareribs	1/2 cup distilled vinegar
3 cloves garlic	1/2 cup soy sauce
1 large onion	1 teaspoon black pepper

Serving Size: 1 medium to large rib

Yield: 15.60 servings

Exchange List: 2 1/3 MEAT (C) 3/4 FAT

Nutrition Facts	
Serving Size 1 medium to large rib	
Amount per Serving	
<b>Calories</b> 257	Calories from Fat 186
% Daily Value *	
<b>Total Fat</b> 21g	<b>32%</b>
Saturated Fat 8g	<b>40%</b>
<b>Cholesterol</b> 68mg	<b>23%</b>
<b>Sodium</b> 594mg	<b>25%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
<b>Protein</b> 16g	
Vitamin A 0%	● Vitamin C 1%
Calcium 3%	● Iron 7%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	263 mg
<b>Phosphorus</b>	223 mg
<b>Folate</b>	7 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day

Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

## Beef Kabobs

### Ingredients:

3 pounds top round beef	1 teaspoon salt
2 limes	1/2 teaspoon black pepper
1/4 cup soy sauce	3 tablespoon lemon juice
2 medium carrots	1 tablespoon granulated sugar
1/4 cup chopped onion	1/2 teaspoon garlic powder
1 small onion	1/2 cup water
3 pieces hot peppers	1/4 cup soy sauce
2 small green bell peppers	

Serving Size: 4 ounces

Yield: 16.00 servings

**Exchange List:** 3 MEAT (B) 3/4 VEGETABLE 1 FAT

<b>Nutrition Facts</b>	
Serving Size 4 ounces	
Amount per Serving	
<b>Calories</b> 273	Calories from Fat 170
% Daily Value *	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 8g	<b>40%</b>
<b>Cholesterol</b> 69mg	<b>23%</b>
<b>Sodium</b> 679mg	<b>29%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
<b>Protein</b> 21g	
Vitamin A 67%	● Vitamin C 22%
Calcium 1%	● Iron 14%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	233 mg
<b>Phosphorus</b>	121 mg
<b>Folate</b>	10 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

## Beef Kelaguen

### Ingredients:

- 1 pound flank steak
- 1/2 cup onions
- 2 tablespoon lemon juice
- 2 pieces hot pepper
- 1 teaspoon salt

Serving Size: 4 ounces

Yield: 4.76 servings

Exchange List: 2 3/4 MEAT (A) 1/4 VEGETABLE

Nutrition Facts	
Serving Size 4 ounces	
Amount per Serving	
<b>Calories</b> 163	Calories from Fat 81
% Daily Value *	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol</b> 48mg	<b>16%</b>
<b>Sodium</b> 519mg	<b>22%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
<b>Protein</b> 19g	
Vitamin A 4%	● Vitamin C 12%
Calcium 1%	● Iron 14%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	388 mg
<b>Phosphorus</b>	192 mg
<b>Folate</b>	14 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

**Beef with Ampalaya**  
*(Beef with Sautéed Bittermelon)*

**Ingredients:**

1 pound bittermelon	5 cloves garlic
1/2 pound ground beef	1/8 teaspoon black pepper
1/2 pound shrimp	2 tablespoons vegetable oil
2 medium tomatoes	1 large egg

Serving Size: ½ cup

Yield: 10.00 servings

**Exchange List:** 1 1/4 MEAT (C) 3/4 VEGETABLE 1/4 FAT

**Hint:** Omit oil -use  
 non-stick pan instead

Nutrition Facts	
Serving Size 1/2 cup	
Amount per Serving	
<b>Calories</b> 155	Calories from Fat 101
% Daily Value *	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 172mg	<b>7%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
<b>Protein</b> 10g	
Vitamin A 10%	● Vitamin C 33%
Calcium 2%	● Iron 9%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	300 mg
<b>Phosphorus</b>	109 mg
<b>Folate</b>	31 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
 Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

## Chicken Adobo (Chicken in Vinegar and Soy Sauce)

### Ingredients:

2 pounds chicken	16 teaspoons garlic (smashed raw)
1/4 cup soy sauce	1/2 teaspoon black pepper
1/4 cup crumbled bay leaf	1/2 cup distilled vinegar
2 cups water	4 pieces tomato
1/3 cup vegetable oil	2 tablespoons corn starch

Serving Size: 4 ounces

Yield: 14.76 servings

Exchange List: 2 MEAT (B) 1 VEGETABLE 3/4 FAT

✓ **Hint:** Reduce fat by cooking garlic in broth or water and removing the skin from the chicken.

Nutrition Facts	
Serving Size 4 ounces	
Amount per Serving	
<b>Calories</b> 210	Calories from Fat 120
% Daily Value *	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 54mg	<b>18%</b>
<b>Sodium</b> 476mg	<b>20%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
<b>Protein</b> 18g	
Vitamin A 4%	● Vitamin C 12%
Calcium 2%	● Iron 8%

Nutrient	Amount per Serving
<b>Potassium</b>	239 mg
<b>Phosphorus</b>	132 mg
<b>Folate</b>	7 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

## Chicken Corn Soup

### Ingredients:

3 pounds of chicken	2-15 ounce canned corn
1/2 medium onions	1 cup coconut milk
2 cloves garlic	5 cups water
1 teaspoon salt	3 tablespoons cornstarch
1 teaspoon black pepper	

Serving Size: 1 cup

Servings: 12.52 cups

Exchange List: 2 MEAT (B) 1 STARCH 1/2 FAT

✓ **Hint:** Reduce fat by removing the skin from the chicken before cooking.

Nutrition Facts	
Serving Size 1 cup	
Amount per Serving	
<b>Calories</b> 221	Calories from Fat 105
% Daily Value *	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 6g	<b>30%</b>
<b>Cholesterol</b> 42mg	<b>14%</b>
<b>Sodium</b> 494mg	<b>21%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
<b>Protein</b> 15g	
Vitamin A 4%	● Vitamin C 8%
Calcium 1%	● Iron 8%

Nutrient	Amount per Serving
<b>Potassium</b>	250 mg
<b>Phosphorus</b>	130 mg
<b>Folate</b>	33 µg
<b>Fiber</b>	4 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

## Chicken Kelaguen

### Ingredients:

2 1/2 pounds chicken	1/2 cup coconut meat
4 lemons	4 pieces hot pepper
1/4 cup chopped onions	

Serving Size: 1/3 cup

Yield: 8.65 servings

Exchange List: 2 MEAT (B) 1/2 VEGETABLE

Nutrition Facts	
Serving Size 1/3 cup	
Amount per Serving	
<b>Calories</b> 159	Calories from Fat 82
% Daily Value *	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 49mg	<b>16%</b>
<b>Sodium</b> 175mg	<b>7%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
<b>Protein</b> 16g	
Vitamin A 4%	● Vitamin C 22%
Calcium 1%	● Iron 6%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	178 mg
<b>Phosphorus</b>	108 mg
<b>Folate</b>	9µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day

Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4



## Chopsteak (Beef with Vegetables)

### Ingredients:

1 1/2 pound top round beef	2 large carrots
1/2 small onion	1 cup sliced green bell pepper
2 cloves garlic	1/2 small head cabbage
1/2 cup soy sauce	1 teaspoon salt
2 large celery stalks	1 teaspoon black pepper

Serving Size: 3/4 cup

Yield: 7.89 servings

**Exchange List: 2 MEAT (B) 1 3/4 VEGETABLE 3/4 FAT**

✓ **Hint:** Reduce the amount of soy sauce and meat used. Increase the amount of vegetables

Nutrition Facts	
Serving Size 3/4 cup	
Amount per Serving	
<b>Calories</b> 221	Calories from Fat 114
% Daily Value *	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol</b> 57mg	<b>19%</b>
<b>Sodium</b> 1402mg	<b>58%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
<b>Protein</b> 19g	
Vitamin A 48%	● Vitamin C 55%
Calcium 4%	● Iron 18%

Nutrient	Amount per Serving
<b>Potassium</b>	564 mg
<b>Phosphorus</b>	211 mg
<b>Folate</b>	41 µg
<b>Fiber</b>	3 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

## Embotido (Special Meat Loaf)

### Ingredients:

1 pound ground beef	1 1/2 ounces raisins
1 pound ground pork	6 egg whites
1 medium onion	1 tablespoon soy sauce
2 pieces raw carrots	1 1/2 teaspoon salt
1 medium white potato	

Serving Size: 2" diameter 1/2" thick

Yield: 23.34 servings

Exchange List: 1 MEAT (B) 1/3 STARCH 1/3 FAT

Nutrition Facts	
Serving Size 2" diameter 1/2" thick	
Amount per Serving	
<b>Calories</b> 107	Calories from Fat 61
% Daily Value *	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 27mg	<b>9%</b>
<b>Sodium</b> 347mg	<b>14%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
<b>Protein</b> 8g	
Vitamin A 12%	● Vitamin C 2%
Calcium 1%	● Iron 4%

Nutrient	Amount per Serving
<b>Potassium</b>	165 mg
<b>Phosphorus</b>	66 mg
<b>Folate</b>	3 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day

### Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

***Fried Empanada***  
***(Filipino)***

**Ingredients:**

1/4 cup vegetable oil  
1 1/3 cup water  
2 1/2 teaspoons salt  
6 1/2 cups white flour  
1/3 cup margarine  
8 cloves garlic  
1/2 cup raisins

1/2 cup chopped onion  
1 cup chopped green bell pepper  
1 pound ground pork  
1/2 teaspoon black pepper  
2 teaspoons curry powder  
1 tablespoon cornstarch

Serving Size: 1 empanada

Yield: 22.00 servings

**Exchange List: 1 MEAT (C) 2 FRUIT**

<b>Nutrition Facts</b>	
Serving Size 1 empanada	
Amount per Serving	
<b>Calories</b> 244	Calories from Fat 79
% Daily Value *	
<b>Total Fat</b> 79g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 13mg	<b>4%</b>
<b>Sodium</b> 287mg	<b>12%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
<b>Protein</b> 8g	
Vitamin A 4%	● Vitamin C 11%
Calcium 1%	● Iron 14%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	146mg
<b>Phosphorus</b>	58 mg
<b>Folate</b>	14µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

## Eskabechi (Fish and Vegetables)

### Ingredients:

2 pounds fish	1 medium onion
1 cup distilled vinegar	1/3 cup ginger root
1 cup water	1/2 pound eggplant
1 teaspoon salt	1/2 pound cabbage
2 tablespoons vegetable oil	1/2 pound string beans
2 cloves garlic	1/2 pound spinach

Serving Size: 1 cup

Yield: 7.60 cups

**Exchange List:** 3 MEAT (A) 2 VEGETABLE 1 FAT

✓ **Hint:** Reduce fat by grilling the fish instead of frying.

Nutrition Facts	
Serving Size 1 cup	
Amount per Serving	
<b>Calories</b> 276	Calories from Fat 137
% Daily Value *	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 391mg	<b>16%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
<b>Protein</b> 24g	
Vitamin A 25%	● Vitamin C 36%
Calcium 8%	● Iron 21%

Nutrient	Amount per Serving
<b>Potassium</b>	834 mg
<b>Phosphorus</b>	278 mg
<b>Folate</b>	80 µg
<b>Fiber</b>	3 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

## Fish Kelaguen

### Ingredients:

1 1/2 pound raw fish  
 3/4 cup chopped onion  
 9 limes  
 1 teaspoon salt  
 4 pieces hot peppers

Serving Size: 4 ounces

Yield: 10.00 servings

Exchange List: 1 1/3 MEAT (A) 1 VEGETABLE

Nutrition Facts	
Serving Size 4 ounces	
Amount per Serving	
<b>Calories</b> 125	Calories from Fat 58
% Daily Value *	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 34mg	<b>11%</b>
<b>Sodium</b> 258mg	<b>11%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
<b>Protein</b> 13g	
Vitamin A 5%	● Vitamin C 21%
Calcium 2%	● Iron 3%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	315 mg
<b>Phosphorus</b>	138 mg
<b>Folate</b>	15 µg
<b>Fiber</b>	0gm

Based in 2000 kilocalories per day

Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

## Fish Relyeno (Stuffed Fish)

### Ingredients:

1 1/2 pound mullet	1/4 cup seedless raisin
2 tablespoons soy sauce	2 large whole eggs
1/2 cup chopped onion	1/4 teaspoon salt
1 large hard boiled egg	1/4 granulated sugar
1/2 cup pickle relish	

Serving Size: 4 ounces

Yield: 7.68 servings

Exchange List: 2 1/4 MEAT (A) 3/4 FRUIT 1 FAT

Nutrition Facts	
Serving Size 4 ounces	
Amount per Serving	
<b>Calories</b> 263	Calories from Fat 139
% Daily Value *	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 126mg	<b>42%</b>
<b>Sodium</b> 534mg	<b>22%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
<b>Protein</b> 20g	
Vitamin A 7%	● Vitamin C 5%
Calcium 5%	● Iron 10%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	432 mg
<b>Phosphorus</b>	2468 mg
<b>Folate</b>	18 µg
<b>Fiber</b>	1 gm

Based in 2000 kilocalories per day

Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

# Kadun Guihan (Fish Stew)

## Ingredients:

1 1/2 pound fish	1 cup coconut milk
2 1/2 tablespoons lemon juice	1/3 cup water
1/2 medium onion	1 teaspoon salt

Serving Size: 4 ounces

Yield: 6.29 servings

Exchange List: 2 MEAT (A) 1/4 FRUIT 1 FAT

Nutrition Facts	
Serving Size 4 ounces	
Amount per Serving	
<b>Calories</b> 213	Calories from Fat 143
% Daily Value *	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 11g	<b>55%</b>
<b>Cholesterol</b> 36mg	<b>12%</b>
<b>Sodium</b> 404mg	<b>17%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
<b>Protein</b> 14g	
Vitamin A 2%	Vitamin C 7%
Calcium 2%	Iron 7%

Nutrient	Amount per Serving
<b>Potassium</b>	352 mg
<b>Phosphorus</b>	167 mg
<b>Folate</b>	15 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

**Kadun Katne yan Chotda**  
**(Beef Stew with Bananas)**

**Ingredients:**

3 pounds stewing beef	1 1/2 teaspoon salt
2 plantain bananas	4 cups water
1 medium onion	1 cup coconut milk
1 teaspoon vegetable oil	

Serving Size: 1 cup

Yield: 11.32 cups

**Exchange List: 2 1/2 MEAT (B) 1 STARCH 1 1/2 FAT**

✓ **Hint:** Use top round or sirloin beef. Omit vegetable oil.

Nutrition Facts	
Serving Size 1 cup	
Amount per Serving	
<b>Calories</b> 326	Calories from Fat 184
% Daily Value *	
<b>Total Fat</b> 20g	<b>31%</b>
Saturated Fat 10g	<b>50%</b>
<b>Cholesterol</b> 72mg	<b>24%</b>
<b>Sodium</b> 502mg	<b>21%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
<b>Protein</b> 21g	
Vitamin A 4%	● Vitamin C 9%
Calcium 1%	● Iron 19%

Nutrient	Amount per Serving
<b>Potassium</b>	438 mg
<b>Phosphorus</b>	194 mg
<b>Folate</b>	18 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4



## Kadun Pika (Peppered Chicken)

### Ingredients:

1 whole chicken	2 tablespoons distilled vinegar
3 cloves garlic	1/2 teaspoon black pepper
1/4 cup onions	4 pieces hot pepper
1/4 cup soy sauce	1 cup coconut milk

Serving Size: 3 ounces

Yield: 5 servings

**Exchange List:** 1 1/3 MEAT (B) 1 2/5 VEGETABLE 2 1/2 FAT

✓ **Hint:** Reduce fat by removing the skin from the chicken before cooking.

Nutrition Facts	
Serving Size 3 ounces	
Amount per Serving	
<b>Calories</b> 251	Calories from Fat 174
% Daily Value *	
<b>Total Fat</b> 19g	<b>30%</b>
Saturated Fat 12g	<b>62%</b>
<b>Cholesterol</b> 39mg	<b>13%</b>
<b>Sodium</b> 868mg	<b>36%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
<b>Protein</b> 12g	
Vitamin A 21%	● Vitamin C 28%
Calcium 2%	● Iron 12%

Nutrient	Amount per Serving
<b>Potassium</b>	331 mg
<b>Phosphorus</b>	153 mg
<b>Folate</b>	18 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

**Kare - Kare**  
**(Oxtail in Peanut Butter Sauce)**

**Ingredients:**

2 pounds beef oxtail	12 ounces string beans
1 pound beef tripe	1/2 cup peanut butter
2 eggplants	1/2 cup water
1/2 pound banana heart	1/2 cup chopped onion
1 tablespoon garlic	

Serving Size: ½ cup

Yield: 12.22 servings

**Exchange List: 1 1/4 MEAT (B) 3/4 VEGETABLE 1 FAT**

Nutrition Facts	
Serving Size 1/2 cup	
Amount per Serving	
<b>Calories</b> 166	Calories from Fat 79
% Daily Value *	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 42mg	<b>14%</b>
<b>Sodium</b> 131mg	<b>5%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
<b>Protein</b> 14g	
Vitamin A 2%	● Vitamin C 10%
Calcium 5%	● Iron 11%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	232 mg
<b>Phosphorus</b>	125 mg
<b>Folate</b>	20 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

**Kelaguen Uhang**  
**(Shrimp Kelaguen)**

**Ingredients:**

1 pound shrimp  
1/4 cup lime juice  
1 1/2 teaspoon salt  
4 piece hot pepper  
1/3 cup coconut meat

Serving Size: 3 ounces

Yield: 4.20 servings

**Exchange List: 2 MEAT (B) 1 VEGETABLE 3/4 FAT**

<b>Nutrition Facts</b>	
Serving Size 3 ounces	
Amount per Serving	
<b>Calories</b> 111	Calories from Fat 32
% Daily Value *	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 122mg	<b>41%</b>
<b>Sodium</b> 845mg	<b>35%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
<b>Protein</b> 17g	
Vitamin A 6%	● Vitamin C 17%
Calcium 4%	● Iron 12%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	118 mg
<b>Phosphorus</b>	90 mg
<b>Folate</b>	5 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

**Mechado**  
**(Simmered Roast Beef)**

**Ingredients:**

2 1/2 pounds top round beef	4 medium potatoes
1 tablespoon soy sauce	1/2 cup distilled vinegar
3 tablespoons vegetable oil	1/4 teaspoon black pepper
4 medium tomatoes	1 teaspoon bay leaf (crumbled)
4 medium onions	

Serving Size: 1 cup

Yield: 10.45 servings

**Exchange List: 3 MEAT (B) 2/3 STARCH 1 VEGETABLE 1 FAT**

<b>Nutrition Facts</b>	
Serving Size 1 cup	
Amount per Serving	
<b>Calories</b> 330	Calories from Fat 178
% Daily Value *	
<b>Total Fat</b> 20g	<b>31%</b>
Saturated Fat 7g	<b>35%</b>
<b>Cholesterol</b> 71mg	<b>24%</b>
<b>Sodium</b> 169mg	<b>7%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
<b>Protein</b> 23g	
Vitamin A 3%	● Vitamin C 31%
Calcium 2%	● Iron 19%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	757 mg
<b>Phosphorus</b>	253 mg
<b>Folate</b>	23 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day

Recommended intake :

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

## Menudo (Pork and Vegetables)

### Ingredients:

1 pound & 1 1/2 ounce pork	1/8 teaspoon black pepper
2 teaspoon salt	4 medium potatoes
1/2 beef liver	1/2 cup packed raisins
3 cloves garlic	2 pieces carrots
1/3 cup onions	1/2 cup chopped tomato

Serving Size: 4 ounces

Yield: 11.64 servings

Exchange List: 1 1/2 MEAT (B) 1 VEGETABLE 3/4 STARCH

Nutrition Facts	
Serving Size 4 ounces	
Amount per Serving	
<b>Calories</b> 191	Calories from Fat 73
% Daily Value *	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 99mg	<b>33%</b>
<b>Sodium</b> 425mg	<b>18%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
<b>Protein</b> 13g	
Vitamin A 187%	● Vitamin C 22%
Calcium 2%	● Iron 15%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	528 mg
<b>Phosphorus</b>	174 mg
<b>Folate</b>	44 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

## Morcon (Stuffed Beef)

### Ingredients:

1 pound topround beef	1 link chorizos
6 limes	1 teaspoon salt
2 tablespoons soy sauce	1 cucumber
1 teaspoon garlic	3 large hard boiled eggs
1/4 teaspoon black pepper	5 cups water
2 thin slices ham	1 teaspoon bay leaf
1/2 cup tomato sauce	2 tablespoons onion

Serving Size: 2" diameter 1/2" thick

Yield: 20.29 servings

Exchange List: 1 MEAT (B) 1/4 FRUIT

Nutrition Facts	
Serving Size 2" diameter 1/2" thick	
Amount per Serving	
<b>Calories</b> 84	Calories from Fat 38
% Daily Value *	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 49mg	<b>16%</b>
<b>Sodium</b> 346mg	<b>14%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
<b>Protein</b> 7g	
Vitamin A 2%	● Vitamin C 8%
Calcium 1%	● Iron 5%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	130 mg
<b>Phosphorus</b>	66 mg
<b>Folate</b>	7 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

## Noodles, Vegetables, and Pork

### Ingredients:

1 pound pork	16 ounces bean sprouts
2 teaspoons salt	3 tablespoons soy sauce
1/4 teaspoon black pepper	1 teaspoon granulated sugar
2 cups chopped cabbage	2 tablespoons cornstarch
2 medium celery stalks	1 1/4 cup chicken broth
1 small green bell pepper	6 ounces long rice noodles

Serving Size: ½ cup

Servings: 16.10 cups

**Exchange List:** 3/4 MEAT (B) 1/2 VEGETABLE 1/4 STARCH 3/4 FAT

✓ **Hint:** Reduce amount of shrimp and pork loin. Omit vegetable oil.

Nutrition Facts	
Serving Size 1/2 cup	
Amount per Serving	
<b>Calories</b> 119	Calories from Fat 63
% Daily Value *	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 19mg	<b>6%</b>
<b>Sodium</b> 704mg	<b>29%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
<b>Protein</b> 8g	
Vitamin A 6%	● Vitamin C 19%
Calcium 3%	● Iron 6%

Nutrient	Amount per Serving
<b>Potassium</b>	272 mg
<b>Phosphorus</b>	97 mg
<b>Folate</b>	26 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

**Pancit Bihon**  
(*Sautéed Rice Noodles*)

**Ingredients:**

1 1/2 pork loin	4 medium celery stalks
4 1/2 ounces shrimp	8 ounces dry long rice noodle
1 large onion	3 tablespoons soy sauce
3 cloves garlic	1 teaspoon salt
1 1/2 cups water	1 teaspoon black pepper
1 medium carrot	2 tablespoons corn oil
1 small green pepper	

Serving Size: ½ cup

Yield: 28.00 servings

**Exchange List:** 1/2 MEAT (B) 1 STARCH 1/3 FAT

Nutrition Facts	
Serving Size 1/2 cup	
Amount per Serving	
<b>Calories</b> 123	Calories from Fat 39
% Daily Value *	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 22mg	<b>7%</b>
<b>Sodium</b> 226mg	<b>9%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
<b>Protein</b> 6g	
Vitamin A 6%	● Vitamin C 5%
Calcium 1%	● Iron 5%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	124 mg
<b>Phosphorus</b>	64 mg
<b>Folate</b>	4 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4



## Pancit Canton

### Ingredients:

1 pound pork	1 teaspoon black pepper
1 dash salt	7 cups dry egg noodles
10 ounces chicken meat	1/3 medium head cabbage
1/2 pound shrimp	1 cup sliced carrots
1 medium onion	1/4 cup soy sauce
3 cloves garlic	

Serving Size: 1 cup

Yield: 12.44 servings

**Exchange List: 2 MEAT (B) 1 VEGETABLE 1 1/2 STARCH**

<b>Nutrition Facts</b>	
Serving Size 1 cup	
Amount per Serving	
<b>Calories</b> 269	Calories from Fat 77
% Daily Value *	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 107mg	<b>36%</b>
<b>Sodium</b> 502mg	<b>21%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
<b>Protein</b> 22g	
Vitamin A 32%	● Vitamin C 18%
Calcium 4%	● Iron 19%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	347 mg
<b>Phosphorus</b>	228 mg
<b>Folate</b>	25 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day

Recommended intake :

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

**Pancit Palabok**  
(*Noodles with Sauce*)

**Ingredients:**

1 pound & 1 1/2 ounce long rice noodles	1 cup bean sprouts
9 cups water	1/2 cup pork rinds
6 cloves garlic	2 large boiled eggs
1 cup diced cooked pork	1/2 cup cooked shrimp
2 pieces tofu	1 small onion
1 cup diced celery	1 piece lemon
3 cups watercress broth	2 teaspoons salt
6 tablespoons white flour	2 teaspoons black pepper
1/2 cup cooked fish	2 teaspoons fish sauce

Serving Size: 1 cup

Yield: 19.53 servings

**Exchange List:** 1/2 MEAT (A) 1/2 VEGETABLE 1 1/2 STARCH 1/2 FAT

<b>Nutrition Facts</b>	
Serving Size 1 cup	
Amount per Serving	
<b>Calories</b> 161	Calories from Fat 29
% Daily Value *	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 43mg	<b>14%</b>
<b>Sodium</b> 466mg	<b>19%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
<b>Protein</b> 7g	
Vitamin A 2%	● Vitamin C 6%
Calcium 3%	● Iron 13%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	127 mg
<b>Phosphorus</b>	76 mg
<b>Folate</b>	11 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day

**Recommended intake**

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

**Paksiw na Lechon**  
*(Roast Pork in Special Sauce)*

**Ingredients:**

1 pound ham	1 small onion (thinly sliced)
2 cloves garlic	1 teaspoon soy sauce
2 tablespoons distilled vinegar	1 teaspoon bay leaf (crumbled)
1/2 cup granulated sugar	2 1/2 cups water
1/4 teaspoon black pepper	1 dash salt
2 cups liver hash or lechon sauce	

Serving Size: 4 ounces

Yield: 14.36 servings

**Exchange List:** 1 1/3 MEAT (A) 1/2 VEGETABLE 1/3 FRUIT 1/2 FAT

<b>Nutrition Facts</b>	
Serving Size 4 ounces	
Amount per Serving	
<b>Calories</b> 152	Calories from Fat 59
% Daily Value *	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 136mg	<b>45%</b>
<b>Sodium</b> 62mg	<b>3%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
<b>Protein</b> 13g	
Vitamin A 83%	● Vitamin C 10%
Calcium 1%	● Iron 12%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	180mg
<b>Phosphorus</b>	143 mg
<b>Folate</b>	134 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

**Pork Adobo**  
*(Pork in Vinegar and Soy Sauce)*

**Ingredients:**

1 pound pork	16 teaspoons garlic
1/4 teaspoon bay leaf	1/2 teaspoon black pepper
1/4 cup soy sauce	1/2 cup distilled vinegar
1 cup water	4 pieces tomato
1/3 cup vegetable oil	2 tablespoons cornstarch

Serving Size: 4 ounces

Yield: 12.00 servings

**Exchange List:** 1 MEAT (B) 1/3 FRUIT 1 1/2 FAT

✓ **Hint:** Use broth instead of vegetable oil.

Nutrition Facts	
Serving Size 4 ounces	
Amount per Serving	
<b>Calories</b> 167	Calories from Fat 112
% Daily Value *	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 26mg	<b>9%</b>
<b>Sodium</b> 364mg	<b>15%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
<b>Protein</b> 8g	
Vitamin A 2%	● Vitamin C 16%
Calcium 2%	● Iron 5%

Nutrient	Amount per Serving
<b>Potassium</b>	248 mg
<b>Phosphorus</b>	99 mg
<b>Folate</b>	7 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

**Pork Estufao**  
*(Pork in Vinegar and Soy Sauce)*

**Ingredients:**

2 pounds pork spareribs	1/2 teaspoon black pepper
2 cloves garlic	4 tablespoons soy sauce
1/2 cup chopped onions	1/2 cup water
1/4 cup distilled vinegar	1 teaspoon salt

Serving Size: 4 ounces (2 ribs)

Yield: 11.16 servings

**Exchange List:** 2 MEAT (C) 1/3 VEGETABLE 1/2 FAT

Nutrition Facts	
Serving Size 4 ounces (2 ribs)	
<b>Amount per Serving</b>	
<b>Calories</b> 240	Calories from Fat 175
<b>% Daily Value *</b>	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 7g	<b>35%</b>
<b>Cholesterol</b> 63mg	<b>21%</b>
<b>Sodium</b> 641mg	<b>27%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
<b>Protein</b> 14g	
Vitamin A 0%	● Vitamin C 1%
Calcium 2%	● Iron 6%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	210 mg
<b>Phosphorus</b>	186 mg
<b>Folate</b>	5 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day

Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

**Salmon Finadeni**  
(*Salmon with Lime Juice*)

**Ingredients:**

- 1- 16 ounce canned salmon (drained), with skin removed
- 1 large onion
- 1/2 cup lime juice
- 4 pieces hot pepper
- 1/2 teaspoon salt

Serving Size: ¼ cup

Yield: 11.40 servings

**Exchange List:** 1 MEAT (A) 1/4 FRUIT

<b>Nutrition Facts</b>	
Serving Size 1/4 cup	
Amount per Serving	
<b>Calories</b> 54	Calories from Fat 19
% Daily Value *	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 17mg	<b>6%</b>
<b>Sodium</b> 271mg	<b>11%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
<b>Protein</b> 7g	
Vitamin A 2%	● Vitamin C 10%
Calcium 6%	● Iron 2%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	143 mg
<b>Phosphorus</b>	112 mg
<b>Folate</b>	8 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day

Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

- Fat 9
- Carbohydrate 4
- Protein 4

**Sarsiyado**  
*(Fried Fish with Tomato Sauce)*

**Ingredients:**

6 pounds fish	2 cups stewed tomatoes
18 large eggs (boiled)	3 medium tomatoes
1 large onion	1/2 teaspoon salt
2 cloves garlic	1/2 black pepper
2 medium green bell peppers	

Serving Size: 6 ounces

Yield: 22.00 servings

**Exchange List: 4 MEAT (A) 1 VEGETABLE**

<b>Nutrition Facts</b>	
Serving Size 6 ounces	
Amount per Serving	
<b>Calories</b> 208	Calories from Fat 71
% Daily Value *	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 232mg	<b>77%</b>
<b>Sodium</b> 356mg	<b>15%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
<b>Protein</b> 29g	
Vitamin A 14%	● Vitamin C 25%
Calcium 4%	● Iron 9%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	624 mg
<b>Phosphorus</b>	317 mg
<b>Folate</b>	25 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day

Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

**Bunelos Uhang**  
*(Fried Shrimp Patties)*

**Ingredients:**

2 pounds shrimp	1 teaspoon baking powder
15 ounces mixed vegetables	1 teaspoon black pepper
2 large whole eggs	1 teaspoon salt
1 cup evaporated milk	1/2 teaspoon garlic pepper
2 cups white flour	

Serving Size: 2 ounces

Yield: 30.33 servings

**Exchange List:** 1 MEAT (A) 1/2 VEGETABLE 1/2 STARCH 1 FAT

Nutrition Facts	
Serving Size 2 ounces	
Amount per Serving	
<b>Calories</b> 143	Calories from Fat 72
% Daily Value *	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 62mg	<b>21%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
<b>Protein</b> 8g	
Vitamin A 9%	● Vitamin C 2%
Calcium 4%	● Iron 9%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	118 mg
<b>Phosphorus</b>	103 mg
<b>Folate</b>	7 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day

**Recommended intake**

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4



**Sotanghon Soup**  
*(Chicken with Bean Thread Noodles Soup)*

**Ingredients:**

1/2 chicken	1/4 teaspoon black pepper
3 dashes salt	6 cups water
1 1/4 cup cooked bean thread noodles	1 tablespoon chopped spring onions
1 clove cooked garlic	1 clove raw garlic
1 medium onion	

Serving Size: 1 cup

Yield: 9.00 cups

**Exchange List:** 1 MEAT (B) 1/3 STARCH

✓ **Hint:** Reduce fat by removing the skin and visible fat from the chicken before cooking.

Nutrition Facts	
Serving Size 1 cup	
Amount per Serving	
<b>Calories</b> 102	Calories from Fat 42
% Daily Value *	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 29mg	<b>10%</b>
<b>Sodium</b> 81mg	<b>3%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
<b>Protein</b> 9g	
Vitamin A 1%	● Vitamin C 1%
Calcium 1%	● Iron 4%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	84 mg
<b>Phosphorus</b>	58 mg
<b>Folate</b>	3 µg
<b>Fiber</b>	0gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

## SPAM Kelaguen

### Ingredients:

12 ounces luncheon meat  
1/2 cup chopped onions  
3/4 cup lime juice

1 teaspoon salt  
3 pieces hot pepper

Serving Size: ¼ cup

Yield: 10.70 servings

Exchange List: 3/4 MEAT (C) 1/5 FRUIT

Nutrition Facts	
Serving Size 1/4 cup	
Amount per Serving	
<b>Calories</b> 88	Calories from Fat 57
% Daily Value *	
<b>Total Fat</b> 6g	9%
Saturated Fat 2g	10%
<b>Cholesterol</b> 19mg	6%
<b>Sodium</b> 615mg	26%
<b>Total Carbohydrate</b> 3g	1%
<b>Protein</b> 5g	
Vitamin A 1%	● Vitamin C 20%
Calcium 1%	● Iron 2%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	127 mg
<b>Phosphorus</b>	51 mg
<b>Folate</b>	3 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day

Recommended intake	Calories:	2,000
Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

**Tinaktak Katne**  
**(Pounded Beef in Coconut Milk)**

**Ingredients:**

1 pound top round beef  
 1/2 medium onion  
 1 cup coconut milk  
 1 tablespoon lemon juice  
 2 teaspoons salt

Serving Size: 4 ounces

Yield: 6.32 servings

**Exchange List:** 3 MEAT (B) 1/4 STARCH 1 FAT

✓ **Hint:** Reduce  
 coconut milk to ½ cup.

<b>Nutrition Facts</b>	
Serving Size 4 ounces	
Amount per Serving	
<b>Calories</b> 290	Calories from Fat 181
% Daily Value *	
<b>Total Fat</b> 20g	<b>31%</b>
Saturated Fat 12g	<b>60%</b>
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 791mg	<b>33%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
<b>Protein</b> 24g	
Vitamin A 0%	● Vitamin C 5%
Calcium 1%	● Iron 18%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	454 mg
<b>Phosphorus</b>	233 mg
<b>Folate</b>	17 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
 Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

**Troson Katne**  
**(Beef Pot Roast)**

**Ingredients:**

3 pounds chuck roast  
2 tablespoons granulated sugar  
3 tablespoons distilled vinegar  
1 1/2 teaspoon salt  
2 cloves garlic

Serving Size: 2 ounces

Yield: 17 servings

**Exchange List:** 2 MEAT (B) 1/10 FRUIT 1/4 FAT

✓ **Hint:** Use sirloin top round instead of chuck roast.

<b>Nutrition Facts</b>	
Serving Size 2 ounces	
Amount per Serving	
<b>Calories</b> 162	Calories from Fat 97
% Daily Value *	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol</b> 52mg	<b>17%</b>
<b>Sodium</b> 311mg	<b>14%</b>
<b>Total Carbohydrate</b> 2g	<b>0%</b>
<b>Protein</b> 15g	
Vitamin A 0%	● Vitamin C 0%
Calcium 0%	● Iron 11%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	133 mg
<b>Phosphorus</b>	115 mg
<b>Folate</b>	2 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

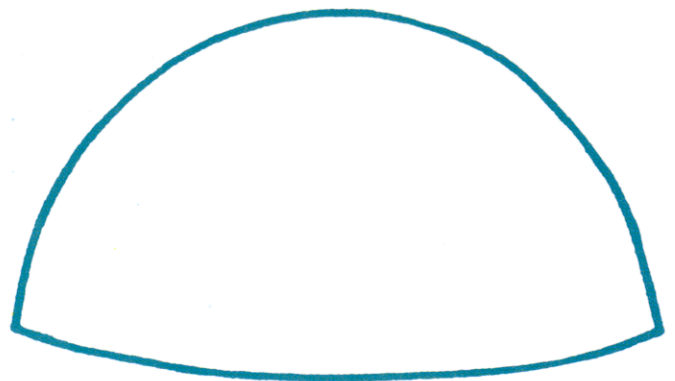
# Section 3 - Protective Foods

## Gollai Yan Fruta Vegetables and Fruits



### What is a serving?

One orange or one local eating banana or piece of cooked fruit or vegetable this size.



Fruit and vegetables have very little fat unless we fry them or put dressing, oil, mayonnaise or coconut milk on them.

### **Ways to reduce fat and calories in this food group:**

Reduce fat in eskabeche by steaming vegetables and using less oil with the vinegar that is poured over the finished dish.

Use vinegar, lemon juice or finadene in place of creamy dressings and mayonnaise use less coconut milk in foods like hagon suni.

It is a good idea to choose several foods from the protective group when you see them at parties or if you have them in your yard or at your ranch because they have vitamins, minerals, and fiber. That is why they are called protective foods.

Foods from the protective group that are often found at parties include:

Linechen Birengenas

Kimchee

(eggplant with coconut milk)

Broccoli & Crab Salad

Mendioka (cassava or tapioca)

Eskabeche (vegetables and fish)

Suni (red taro)

Hagon Suni (leaves of taro)

Papalla (papaya)

Finadene Tomatis

Kahet (orange)

Kamba (cucumber)

Hagon kalamasa (leaves of pumpkin)

Atmagosu (bittermelon)

Pepino (melon)

Kamuti (sweet potato)

Mangga (mango)

Pina (pineapple)

Lalanhita (tangerine)

<b>Hagon Suni (taro leaves with coconur milk) 1/2 cup</b>	<b>Gollai Appan Lemai/ Gollai Appan Suni (Breadfruit or taro) 1/2 cup</b>	<b>Linechen Birengenas (grilled eggplant with coconut milk) 1/2 cup</b>
195 total kcalories	238 total kcalories	56 total kcalories
16g fat = 140 kcalories	17 g fat = 155 kcalories	3.5 g fat = 33 kcalories

Fruits and vegetables grow all year long on Guam. Even if you have a small yard or just a balcony or patio, you can grow vegetables for you and your family.

For information about growing fruits and vegetables contact the: Agriculture and Natural Resources unit of Guam Cooperative Extension at the University of Guam at 735-2080-82.

## ***Examples of Protective Foods***

- Gollai Puntan Kalamasa (*Pumpkin Tips Coconut Milk*)
- Gollai Hagun Suni (*Taro Leaves in Coconut Milk*)



**Gollai Puntan Kalamasa**  
**(Pumpkin Tips in Coconut Milk)**

**Ingredients:**

1 pound pumpkin leaves	1 cup water
1 1/2 cup coconut milk	1 teaspoon salt
3 cloves garlic	3 pieces hot pepper
1 medium onion	

Serving Size: ½ cup

Yield: 10.16 servings

**Exchange List: 1 VEGETABLE 1 2/3 FAT**

✓ **Hint:** Reduce coconut milk to ½ cup.

Nutrition Facts	
Serving Size 1/2 cup	
Amount per Serving	
<b>Calories 105</b>	Calories from Fat 77
% Daily Value *	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 8g	<b>40%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 241 mg	<b>10%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
<b>Protein</b> 2g	
Vitamin A 11%	● Vitamin C 5%
Calcium 2%	● Iron 14%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	308 mg
<b>Phosphorus</b>	75 mg
<b>Folate</b>	14 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

**Gollai Hagun Suni**  
(*Taro Leaves in Coconut Milk*)

**Ingredients:**

1/2 pound taro leaves	1 lime
1 teaspoon salt	1 1/2 cups coconut cream
1 medium onion	6 ounces tomato
1 clove garlic	3 teaspoons ginger root
1 cup coconut milk	

Serving Size: ½ cup

Yield: 8.90 servings

**Exchange List: 2 VEGETABLE 3 FAT**

✓ **Hint:** Reduce the amount of coconut cream.

Nutrition Facts	
Serving Size 1/2 cup	
Amount per Serving	
<b>Calories</b> 195	Calories from Fat 140
% Daily Value *	
<b>Total Fat</b> 16g	<b>78%</b>
Saturated Fat 14g	<b>68%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 271 mg	<b>11%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
<b>Protein</b> 4g	
Vitamin A 13%	● Vitamin C 24%
Calcium 3%	● Iron 9%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	339 mg
<b>Phosphorus</b>	61 mg
<b>Folate</b>	34 µg
<b>Fiber</b>	3 gm

Based on 2000 kilocalories per day

Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

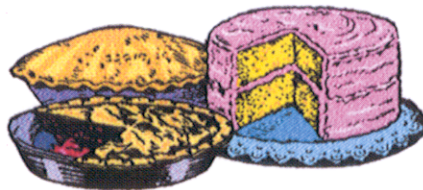
Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

## **Section 4 - Fina 'mames (desserts) and Other foods with extra fat and calories**



**Ways to reduce fat and calories in this food group.**  
In cakes use less shortening or butter or liquid oil.



In custard pie, latiya, and leche flan use skimmed or low fat evaporated milk.



**Bake foods instead of frying**  
(for example making pastet not buchibuchi).

**Use vegetable oil instead of solid shortening in pie crust.**

**These are some of the extra calorie foods often found at parties.  
Some are better choices than others because of the amount of fat in  
them. Choose the ones with less fat more often than the others.**

## Less Fat

Tamales mendioka (cassava pudding steamed in a wrapper)

Tamales Suni (taro pudding steamed in a wrapper)

Fruit Salad without whipped cream or whipped topping

Sponge cake angel food or chiffon cake without frosting

Kalamai (sweetened pudding made with masa harina)

Pastet (baked fruit filled turnover)

Latiya (sponge or chiffon cake with boiled custard)

Leche Flan (baked egg custard with caramelized sugar)

## More Fat

Empanada (fried corn flour turnover filled with toasted rice and chicken)

Lumpia (fried flour pastry filled with meat and/or vegetables or with fruit)

Fruit salad with whipped topping or whipped cream

Cake with frosting

Rosketi (cornstarch cookies)

Buchibuchi (fried fruit filled turnover)

Pies

Bunelos ( doughnuts or fritters made with fruit)

If you have diabetes or want to lose weight you should choose very little of all of these foods. If you have diabetes, follow your doctor's instruction about what you eat. The most important things to remember are the 3 E's:

- ☞ Eat the right foods in the right amounts;
- ☞ Eat on a regular schedule, take any medication your doctor has given you;
- ☞ Exercise.



***Examples of Fina'mames (desserts)  
and  
Other foods with extra fat and calories***

- Ahu (*Young Coconut with Cornstarch Dessert*)
- Banana Lumpia
- Bibinka (*Special Rice Cake*)
- Buchi Buchi (*Fried Pumpkin Turnover*)
- Buchi Buchi (*Filipino Fried Mongo Turnover*)
- Bunelos Aga (*Banana Donuts*)
- Bunelos Dagu (*Yam Donuts*)
- Bunelos Kamuti (*Sweet Potato Donuts*)
- Bunelos Manglo (*Air Donuts*)
- Cassava Cake
- Coconut Candy
- Kalamai (*Masa Harina Pudding*)
- Latiya (*Sponge Cake with Custard Topping*)
- Leche Flan (*Milk Custard*)
- Madoya (*Fried Bananas*)
- Pickled Papaya
- Potu-Filipino (*Steamed Rice Cakes*)
- Rosketi (*Corn Starch Cookies*)
- Tamales Suni (*Steamed Taro Dessert*)
- Uraro Cookies
- Yema (*Egg Custard Candy*)

**Ahu**  
**(Young Coconut with Cornstarch Dessert)**

**Ingredients:**

2 young coconuts

1 cup granulated sugar

6 cups water

1 cup cornstarch

Serving Size: 1 cup

Yield: 8.50 cups

**Exchange List: 2 1/2 FRUIT**

<b>Nutrition Facts</b>	
Serving Size 1 cup	
<b>Amount per Serving</b>	
<b>Calories</b> 167	Calories from Fat 8
% Daily Value *	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 17mg	<b>1%</b>
<b>Total Carbohydrate</b> 40g	<b>13%</b>
<b>Protein</b> 1g	
Vitamin A 0%	● Vitamin C 0%
Calcium 1%	● Iron 2%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	61 mg
<b>Phosphorus</b>	16 mg
<b>Folate</b>	0 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9      • Carbohydrate 4      • Protein 4

## Banana Lumpia

### Ingredients:

4 1/4 ounce white flour

1 1/2 cup water

22 bananas

Serving Size: 2 lumpia

Yield: 22 servings

Exchange List: 2/3 STARCH 1 2/5 FRUIT 1/2 FAT

Nutrition Facts	
Serving Size 2 lumpia	
Amount per Serving	
<b>Calories 151</b>	Calories from Fat 30
% Daily Value *	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
<b>Protein</b> 2g	
Vitamin A 1%	● Vitamin C 12%
Calcium 1%	● Iron 4%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	413 mg
<b>Phosphorus</b>	29 mg
<b>Folate</b>	12 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day

Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9 • Carbohydrate 4 • Protein 4

**Bibinka**  
*(Special Rice Cake)*

**Ingredients:**

1 pound white rice flour	1 cup granulated sugar
1 teaspoon baking powder	2 cups shredded coconut meat
2 1/2 cups whole milk	4 large whole eggs

Serving Size 1 piece cake

Yield: 17.00 servings

**Exchange List: 1 1/2 STARCH 1 1/5 FRUIT 1 1/4 FAT**

<b>Nutrition Facts</b>	
Serving Size 1 piece cake	
Amount per Serving	
<b>Calories 235</b>	Calories from Fat 56
% Daily Value *	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol</b> 55 mg	<b>18%</b>
<b>Sodium</b> 78mg	<b>3%</b>
<b>Total Carbohydrate</b> 40g	<b>13%</b>
<b>Protein</b> 5g	
Vitamin A 3%	● Vitamin C 0%
Calcium 5%	● Iron 3%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	123 mg
<b>Phosphorus</b>	93 mg
<b>Folate</b>	7 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm



**Buchi Buchi**  
**(Fried Pumpkin Turnover)**

**Ingredients:**

10 cups white flour	12 cups cooked pumpkin
2 teaspoons salt	1 cup evaporated milk
5 tablespoons granulated sugar	2 cups packed brown sugar
3 3/4 cups shortening	1 cup granulated sugar
3 3/4 cups water	3 tablespoons ground cinnamon

Serving Size 1 turnover

Yield: 65 servings

**Exchange List: 1 STARCH 1 FRUIT 3 1/2 FAT**

<b>Nutrition Facts</b>	
Serving Size 1 turnover	
Amount per Serving	
<b>Calories 299</b>	Calories from Fat 159
% Daily Value *	
<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol</b> 1 mg	<b>0%</b>
<b>Sodium</b> 173mg	<b>7%</b>
<b>Total Carbohydrate</b> 29g	<b>39%</b>
<b>Protein</b> 3g	
Vitamin A 18%	● Vitamin C 4%
Calcium 3%	● Iron 10%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	181 mg
<b>Phosphorus</b>	46 mg
<b>Folate</b>	7 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9      • Carbohydrate 4      • Protein 4

**Buchi Buchi**  
(*Filipino Fried Mongo Turnover*)

**Ingredients:**

2 cups glutinous white rice	3/4 cup granulated sugar
1 1/2 cups water	1 cup mongo beans
1 teaspoon salt	1/2 cup vegetable oil

Serving Size 1 turnover

Yield: 10.00 servings

**Exchange List: 1 STARCH 1 FRUIT 2 FAT**

<b>Nutrition Facts</b>	
Serving Size 1 turnover	
Amount per Serving	
<b>Calories 223</b>	Calories from Fat 99
% Daily Value *	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 218 mg	<b>9%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
<b>Protein</b> 2g	
Vitamin A 0%	● Vitamin C 0%
Calcium 1%	● Iron 3%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	47 mg
<b>Phosphorus</b>	32 mg
<b>Folate</b>	17 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9      • Carbohydrate 4      • Protein 4

**Bunelos Aga**  
**(Banana Doughnuts)**

**Ingredients:**

2 pounds raw banana	1 cup white flour
4 tablespoons granulated sugar	1 teaspoon baking powder

Serving Size: 2 bunelos (4 ounces)

Yield: 8.00 servings

**Exchange List: 1 STARCH 2 FRUIT 4 FAT**

<b>Nutrition Facts</b>	
Serving Size 2 bunelos (4 ounces)	
<b>Amount per Serving</b>	
<b>Calories</b> 368	Calories from Fat 177
<b>% Daily Value *</b>	
<b>Total Fat</b> 20g	<b>31%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
<b>Protein</b> 3g	
Vitamin A 1%	● Vitamin C 14%
Calcium 3%	● Iron 71%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	480 mg
<b>Phosphorus</b>	79 mg
<b>Folate</b>	17 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

**Bunelos Dagu**  
(*Yam Donuts*)

**Ingredients:**

1 1/2 cups yam  
1 1/2 cups white flour

Serving Size: 1 donut

Yield: 9.49 servings

**Exchange List: 1 STARCH 1 FAT**

<b>Nutrition Facts</b>	
Serving Size 1 donut	
Amount per Serving	
<b>Calories</b> 134	Calories from Fat 48
% Daily Value *	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
<b>Protein</b> 2g	
Vitamin A 0%	● Vitamin C 1%
Calcium 1%	● Iron 7%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	480 mg
<b>Phosphorus</b>	79 mg
<b>Folate</b>	17 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

**Bunelos Kamuti**  
(*Sweet Potato Donuts*)

**Ingredients:**

- 1 1/2 cups white flour
- 1 cup granulated sugar
- 3 teaspoons baking powder
- 1 cup coconut milk
- 4 cups mashed sweet potato

Serving Size 4 half-ounce donuts

Yield: 25.00 servings

**Exchange List: 1/2 STARCH 1 FRUIT 2 FAT**

<b>Nutrition Facts</b>	
Serving Size 4 half-ounce donuts	
Amount per Serving	
<b>Calories</b> 204	Calories from Fat 105
% Daily Value *	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 58mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
<b>Protein</b> 2g	
Vitamin A 33%	● Vitamin C 18%
Calcium 3%	● Iron 6%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	161 mg
<b>Phosphorus</b>	43 mg
<b>Folate</b>	10 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

- Calories per gram:
- Fat 9
  - Carbohydrate 4
  - Protein 4

**Bunelos Manglo**  
(*Air Donuts*)

**Ingredients:**

2 cups white flour  
2 teaspoons baking powder  
2 tablespoons granulated sugar  
1 cup coconut milk

Serving Size: 2 bunelos (1 ounce each)

Yield: 9.75 servings

**Exchange List: 1 STARCH 1/2 FRUIT 3 FAT**

Nutrition Facts		
Serving Size 2 bunelos (1 ounce each)		
Amount per Serving		
Calories	252	Calories from Fat 144
% Daily Value *		
Total Fat	16g	25%
Saturated Fat	7g	35%
Cholesterol	0 mg	0%
Sodium	4mg	0%
Total Carbohydrate	24g	8%
Protein	3g	
Vitamin A	0% ●	Vitamin C 1%
Calcium	4% ●	Iron 11%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	189 mg
<b>Phosphorus</b>	117 mg
<b>Folate</b>	8 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day

Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

## Cassava Cake

### Ingredients:

2 1/4 pounds raw cassava	2 cups coconut milk
2 teaspoons margarine	2 tablespoons corn starch
2 1/2 cups granulated sugar	1 cup coconut cream

Serving Size 1 piece

Yield: 25.00 servings

**Exchange List: 2/3 STARCH 1 1/2 FRUIT 1 FAT**

Nutrition Facts	
Serving Size 1 piece	
Amount per Serving	
<b>Calories</b> 214	Calories from Fat 64
% Daily Value *	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 6g	<b>30%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 16 mg	<b>1%</b>
<b>Total Carbohydrate</b> 33 g	<b>11%</b>
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 22%
Calcium 3%	Iron 12%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	338 mg
<b>Phosphorus</b>	48 mg
<b>Folate</b>	11µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

## Coconut Candy

### Ingredients:

3 cups shredded/grated coconut meat  
 1 1/2 cups granulated sugar  
 1 cup whole milk

Serving Size 2 tablespoons

Yield: 12.00 servings

Exchange List: 1 STARCH 1 FRUIT 1 1/2 FAT

Nutrition Facts	
Serving Size 2 tablespoons	
Amount per Serving	
<b>Calories</b> 188	Calories from Fat 66
% Daily Value *	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 6g	<b>30%</b>
<b>Cholesterol</b> 3 mg	<b>1%</b>
<b>Sodium</b> 14mg	<b>1%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
<b>Protein</b> 1g	
Vitamin A 1%	● Vitamin C 1%
Calcium 2%	● Iron 3%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	103 mg
<b>Phosphorus</b>	42 mg
<b>Folate</b>	6 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day  
 Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein



**Kalamai**  
(*Masa Harina Pudding*)

**Ingredients:**

1 cup corn flour, masa  
1 cup cornstarch  
4 cups water  
1 cup granulated sugar  
3 cups coconut milk

Serving Size: ½ cup

Yield: 16.60 servings

**Exchange List:** 2/3 STARCH 1 FRUIT 2 FAT

<b>Nutrition Facts</b>	
Serving Size 1/2 cup	
Amount per Serving	
<b>Calories 209</b>	Calories from Fat 95
% Daily Value *	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 9g	<b>45%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 9mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
<b>Protein</b> 2g	
Vitamin A 0%	● Vitamin C 2%
Calcium 2%	● Iron 8%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	135 mg
<b>Phosphorus</b>	60 mg
<b>Folate</b>	7 µg
<b>Fiber</b>	2 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9      • Carbohydrate 4      • Protein 4

**Latiya**  
*(Sponge Cake with Custard Topping)*

**Ingredients:**

1 sponge cake	2 large whole eggs
1 2/3 cups water	6 tablespoons granulated sugar
1 2/3 cups evaporated milk	1/4 cup margarine
1/4 cup corn starch	

Serving Size 1 piece (1/10 of 8" cake)

Yield: 10.00 servings

**Exchange List: 2 2/3 STARCH 1/4 FRUIT 2 FAT**

✓ **Hint:** Use skimmed evaporated milk and reduce margarine to 1 tablespoon.

<b>Nutrition Facts</b>	
Serving Size 1 piece (1/10 of 8" cake)	
Amount per Serving	
<b>Calories 297</b>	Calories from Fat 92
% Daily Value *	
<b>Total Fat</b> 10g	<b>31%</b>
Saturated Fat 4g	<b>11%</b>
<b>Cholesterol</b> 161mg	<b>54%</b>
<b>Sodium</b> 202 mg	<b>8%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
<b>Protein</b> 8g	
Vitamin A 15%	● Vitamin C 2%
Calcium 11%	● Iron 9%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	186 mg
<b>Phosphorus</b>	158 mg
<b>Folate</b>	17 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9      • Carbohydrate 4      • Protein 4

## Leche Flan (Milk Custard)

### Ingredients:

12 egg yolks  
8 fluid ounces condensed milk  
13 fluid ounces evaporated milk  
1/4 cup granulated sugar  
1 teaspoon water

Serving Size: 1/2 cup (4 ounces)

Yield: 7.70 servings

Exchange List: 1 1/2 MILK (Lowfat) 1 FRUIT 1 FAT

✓ **Hint:** Use skimmed milk.

Nutrition Facts	
Serving Size 1/2 cup (4 ounces)	
Amount per Serving	
<b>Calories</b> 321	Calories from Fat 141
% Daily Value *	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 7g	<b>35%</b>
<b>Cholesterol</b> 369 mg	<b>123%</b>
<b>Sodium</b> 118 mg	<b>5%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
<b>Protein</b> 11g	
Vitamin A 22%	● Vitamin C 2%
Calcium 24%	● Iron 7%

Nutrient	Amount per Serving
<b>Potassium</b>	334 mg
<b>Phosphorus</b>	338 mg
<b>Folate</b>	35 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:

• Fat 9      • Carbohydrate 4      • Protein 4

## Madoya ( *Fried Bananas* )

**Ingredients:**

2 pounds ripe plantain bananas  
1/4 cup white flour  
2 tablespoons white sugar  
3/4 cup whole milk  
1 large egg

Serving Size: 4 ounces

Yield: 8.70 servings

**Exchange List: 1 STARCH 1 2/3 FRUIT 4 FAT**

<b>Nutrition Facts</b>		
Serving Size 4 ounces		
Amount per Serving		
<b>Calories</b>	358	Calories from Fat 185
% Daily Value *		
<b>Total Fat</b>	21g	<b>32%</b>
Saturated Fat	3g	<b>15%</b>
<b>Cholesterol</b>	26mg	<b>9%</b>
<b>Sodium</b>	22mg	<b>1%</b>
<b>Total Carbohydrate</b>	40g	<b>13%</b>
<b>Protein</b>	3g	
Vitamin A	14%	● Vitamin C 14%
Calcium	3%	● Iron 6%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	564 mg
<b>Phosphorus</b>	70 mg
<b>Folate</b>	27 µg
<b>Fiber</b>	3 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9      • Carbohydrate 4      • Protein 4

## Pickled Papaya

### Ingredients:

1 pound green papaya  
 1/8 cup water  
 1/2 cup distilled vinegar  
 1 teaspoon salt  
 3 cloves garlic

Serving Size: ½ cup

Yield: 5.40 servings

Exchange List: 1/3 STARCH

Nutrition Facts	
Serving Size 1/2 cup	
Amount per Serving	
<b>Calories</b> 32	Calories from Fat 1
% Daily Value *	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 401mg	<b>17%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
<b>Protein</b> 1g	
Vitamin A 0%	● Vitamin C 57%
Calcium 3%	● Iron 2%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	191 mg
<b>Phosphorus</b>	19 mg
<b>Folate</b>	12 µg
<b>Fiber</b>	1 gm

Based on 2000 kilocalories per day  
 Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
 • Fat 9 • Carbohydrate 4 • Protein 4

**Potu (Filipino)**  
**( Steamed Rice Cakes)**

**Ingredients:**

1 cup & 1 tablespoon glutinous white rice  
1 cup water  
1/3 cup coconut milk  
1 tablespoon baking powder  
3/4 cup granulated sugar

Serving Size: 1 ounce

Yield: 10.24 servings

**Exchange List: 1 /3 STARCH 1 FRUIT 1 FAT**

Nutrition Facts		
Serving Size 1 ounce		
Amount per Serving		
Calories	132	Calories from Fat 47
% Daily Value *		
Total Fat	2g	3%
Saturated Fat	2g	10%
Cholesterol	0 mg	0%
Sodium	88mg	4%
Total Carbohydrate	21g	7%
Protein	1g	
Vitamin A	0% ●	Vitamin C 0%
Calcium	5% ●	Iron 1%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	25 mg
<b>Phosphorus</b>	23 mg
<b>Folate</b>	2 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9      • Carbohydrate 4      • Protein 4

**Rosketi**  
(*Corn Starch Cookies*)

**Ingredients:**

1/2 cup vegetable shortening	1 cup white flour
1 1/4 cups granulated sugar	1 teaspoon salt
3 1/4 cups corn starch	3 tablespoons baking powder
2 large whole eggs	

Serving Size: 2 cookies

Yield: 35.90 servings

**Exchange List: 1/3 STARCH 1 FRUIT 1 FAT**

Nutrition Facts		
Serving Size 2 cookies		
Amount per Serving		
Calories	113	Calories from Fat 29
% Daily Value *		
Total Fat	3g	5%
Saturated Fat	1g	5%
Cholesterol	12mg	4%
Sodium	146mg	6%
Total Carbohydrate	20g	7%
Protein	1g	
Vitamin A	1% ●	Vitamin C 0%
Calcium	1% ●	Iron 2%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	9 mg
<b>Phosphorus</b>	32 mg
<b>Folate</b>	2 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9      • Carbohydrate 4      • Protein 4

**Tamales Suni**  
(*Steamed Taro Dessert*)

**Ingredients:**

5 cups taro  
2 young coconuts  
1 cup coconut water  
1 1/2 cups granulated sugar  
1/4 teaspoon salt

Serving Size 4 ounces

Yield: 8.49 servings

**Exchange List: 1 VEGETABLE 3 1/4 FRUIT 1/4 FAT**

<b>Nutrition Facts</b>	
Serving Size 4 ounces	
Amount per Serving	
<b>Calories</b> 235	Calories from Fat 9
% Daily Value *	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 112 mg	<b>5%</b>
<b>Total Carbohydrate</b> 55g	<b>18%</b>
<b>Protein</b> 1g	
Vitamin A 0%	● Vitamin C 8%
Calcium 4%	● Iron 5%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	494 mg
<b>Phosphorus</b>	71 mg
<b>Folate</b>	14 µg
<b>Fiber</b>	3 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9      • Carbohydrate 4      • Protein 4



## Uraro Cookies

### Ingredients:

3 1/3 cups cornstarch	3 egg yolks
1 1/4 cups granulated sugar	3 egg whites
1 cup vegetable shortening	2 teaspoons baking powder
1 teaspoon water	

Serving Size 1 cookie

Yield: 36.00 servings

**Exchange List: 1 1/4 FRUIT 1 1/4 FAT**

Nutrition Facts	
Serving Size 1 cookie	
Amount per Serving	
<b>Calories</b> 130	Calories from Fat 55
% Daily Value *	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 18mg	<b>6%</b>
<b>Sodium</b> 6mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
<b>Protein</b> 1g	
Vitamin A 1%	● Vitamin C 0%
Calcium 1%	● Iron 1%

<i>Nutrient</i>	<i>Amount per Serving</i>
<b>Potassium</b>	32 mg
<b>Phosphorus</b>	26 mg
<b>Folate</b>	2 µg
<b>Fiber</b>	0 gm

Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
 • Fat 9      • Carbohydrate 4      • Protein 4

# Yema (Egg Custard Candy)

## Ingredients:

- 10 large egg yolks
- 10 fluid ounces undiluted/ sweetened condensed milk
- 1 tablespoon lemon juice

Serving Size 1 candy

Yield: 20.00 servings

Exchange List: 1 STARCH 1 FAT

✓ **Hint:** Use skimmed sweetened condensed milk.

Nutrition Facts	
Serving Size 1 candy	
Amount per Serving	
<b>Calories</b> 92	Calories from Fat 38
% Daily Value *	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 113 mg	<b>38%</b>
<b>Sodium</b> 28mg	<b>1%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
<b>Protein</b> 3g	
Vitamin A 6%	● Vitamin C 1%
Calcium 5%	● Iron 2%

Nutrient	Amount per Serving
<b>Potassium</b>	80 mg
<b>Phosphorus</b>	89 mg
<b>Folate</b>	14 µg
<b>Fiber</b>	0 gm





Based on 2000 kilocalories per day  
Recommended intake

Total Fat	Less than	65gm
Saturated Fat	Less than	20gm
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300gm
Dietary Fiber		25gm

Calories per gram:  
• Fat 9 • Carbohydrate 4 • Protein 4

## **Section 5-*More ideas to eat well, enjoy food and be healthier.***

At parties choose:

<b>This</b>	<b>Instead of this</b>	<b>Save</b>
3 ounces, Chicken Kelaguen	2 Fried chicken drumsticks	145 calories and 2-1/2 teaspoons of fat 
3.5 ounces, Roasted Turkey	3 Spare Ribs	210 calories and 4-1/2 teaspoons of fat 
1/2 tortilla	1 Fried Lumpia	90 calories and 2 teaspoons of fat 
1/2 cup of Coleslaw	1/2 cup Potato Salad	204 calories and 4 teaspoons of fat 

The next two pages will compare two plates of food. The number of calories and the number of teaspoons of fat will be shown for each plate. Every person must choose what and how much to eat each day. Maybe these examples will help individuals make decisions about how to eat to improve their health.

**Example Plate #1**

<b>Food</b>	<b>Total kcalories</b>	<b>Grams of fat</b>
1 breaded fried chicken drumstick = 1.5 ounces	117	7
2 slices of ham = 6 ounces	415	28
2 spareribs = 2 ounces of meat	350	27
2 slices of roast beef = 6 ounces	750	60
3 lumpia	540	30
1/2 cup of potato salad	212	16.5
1 cup red rice	390	6
1 piece of Chamorro cake (2"x 2"x 3")	500	7
1 (1/6 of pie) piece of custard pie	293	13
3 beers or soft drinks	450	0
<b>Total</b>	<b>4,017</b>	<b>194.5</b>

This is 1500 kcalories more than an adult man needs in one day and 3 times the recommended grams of fat for one day.

## Example Plate # 2

Food	Total kcalorie	Grams of fat
1 cup of white rice	260	2
1/2 of a 8" flour or corn tatiya	90	1.5
4 ounce (1/2 cup) serving of lemai (breadfruit)	165	7
1/4 cup pumpkin tips	48	4
1 cup coleslaw with vinegar dressing	16	1
1/2 cup kelaguen	180	13
1/4 cup of potato salad	106	7.75
1/6 of pumpkin pie or 2 pastit	367	16
water	0	0
<b>Total</b>	<b>1232</b>	<b>52.25</b>

This is about 1/3 of the calories needed by a man and almost half of the calories needed by an adult woman in a day. The fat is 3/4 of the number of grams of fat recommended for one day.

If you want more information about ways to reduce fat and calories in the foods you cook or about to choose foods for good health, contact the Consumer and Family Science unit at Guam Cooperative Extension, nutritionists at GMH, DPH& SS, your health clinic or the American Cancer Society.

# *Altering Recipes for Health*

## *Why?*

Today's dietary guidelines suggest that we reduce our consumption of fat, sugar, and salt. We also are encouraged to include more fiber in our diets by using more whole grain products.

Here are four ways to put these recommendations into action.

1. Eat foods that are known to be high in fat, sugar and salt (cookies, cakes, pastries, potato chips) less often.
2. Frequently include whole grain breads and cereals instead of highly processed cereals and white bread.
3. Reduce portion sizes - smaller cookies or pieces of cake, less butter or margarine on bread, a slice of dill pickle instead of a whole dill pickle, or less dressing on the salad. Do the obvious by gradually cutting down on the sugar used on cereal or in coffee. Trim the visible fat off meat before it is eaten. Omit salting food at the table. Do not add fat when browning meat.
4. Alter recipes-your satisfaction with the resulting product will depend on your own personal tastes and standards as well as the type of food. **You may decide that the best way will be to reduce portion sizes or to eat foods high in sugar, salt, and fat less often.**

## *How?*

Some recipes can be altered as follows:

\* Sugar can be reduced by 1/3. Example: If a recipe says 1 cup, use 2/3 cup. This works best in canned and frozen fruits and in making puddings and custards. It may be less desirable for cookies and cakes.

\* Reduce the amount of coconut milk, coconut cream and coconut juice.

\* Fat can be reduced by 1/3. Example: If recipe has 6 tablespoons, use 4 table-spoons. This works best in gravies, sauces, puddings, quick breads.

\* Salt may be omitted or reduced by 1/2. Example: If recipe says 1 tablespoon, use 1/2 teaspoons.

\* Whole grain flour can be substituted for 1/4 to 1/2 of the refined flour. Example: If recipe has 3 cups all purpose flour, use 3/4 cup whole flour and 2 1/4 cups all-purpose flour.

\* Yogurt or cottage cheese may be substituted for sour cream in some recipes for sauces and dips.

\* Skim milk may be substituted for whole milk in most recipes.

\* Evaporated milk may be substituted for cream in some recipes calling for whipped cream.