

Healthy Food Options

What to Eat More Of and What to Eat Less Of

The traditional Chinese diet is usually low in fat and high in fiber because of the high consumption of fruits and vegetables and the low consumption of meats. However, growing up in America, Chinese children often eat both Chinese and Western foods, and some of these foods may be high in fat and sugar. Eating too much of these foods may affect our children's health and increase their risk of becoming overweight. Choosing wisely and preparing a healthy variety of Chinese and Western foods for your children will help them to grow strong.



FOOD GROUP: Breads, Cereals, Rice and Noodles

Whole grain products contain fiber. Fiber helps to decrease cholesterol, increase elimination in the intestine and decrease the risk of cancer and obesity.



Choose Often

- Brown rice, steamed white rice or rice porridge
- Red glutinous rice
- Buck wheat noodle
- Noodle soup, lo-mein (boiled)
- Dried rice noodle, thin or flat
- Pasta (spaghetti, macaroni)
- Whole wheat bread
- Steamed whole wheat bun
- Tortillas (corn, whole wheat)
- Oatmeal
- Whole grain ready-to-eat cereals, unsweetened

Choose Sometimes

- Crackers
- Granola and pretzels
- Waffles and white bread
- Steamed bun (plain/filled)
- Stir-fried noodles
- Fresh rice noodle/rolls
- Instant baked noodle



Choose Rarely

- Fried dumplings/wontons
- Fried noodles
- Instant noodle
- Granola bar
- Chinese donuts
- Sweet pastries
- Sweet ready-to-eat cereals
- Sweet and savory puffy pastries (green-onion pancake, white turnip turnover)

FOOD GROUP: Fruits and Vegetables

Choose Often

- Fresh fruits, vegetables, and roots
- Plain frozen vegetables
- Low-salt vegetable juice
- Canned vegetables in water
- Canned fruits in water/juice
- Unsweetened frozen fruits
- Unsweetened dried fruits
- 100% fruit juice



Choose Sometimes

- Low-salt canned vegetables
- Canned fruits in light syrup
- Avocado



Choose Rarely

- Canned fruits in heavy syrup
- Creamed vegetables
- Canned vegetables
- Frozen vegetables with butter or sauces
- Tempura vegetables
- French fries and chips
- Honey-glazed dried fruits
- Salt-preserved fruits
- Fruit flavored drinks
- Picked vegetables
- Hash browns



FOOD GROUP: Fats, Oils, and Sweets

Choose Often

Fats and Oils:

- Nonfat cooking spray and nonfat butter
- Olive oil and canola oil
- Non fat salad dressing

Choose Sometimes

Fats and Oils:

- Peanut oil
- Vegetable oils (corn, safflower, sunflower seed, and soybean)
- Tub margarine
- Low fat mayonnaise

Choose Rarely

Fats and Oils:

- Beef tallow
- Chicken fat, lard
- Butter, stick margarine
- Vegetable shortening
- Coconut/palm oil
- Mayonnaise
- Salad dressing

Snacks and Beverages*:

- Unbuttered popcorn
- Frozen fruit juice bars
- Sorbet
- Whole grain crackers



Snacks and Beverages:

- Baked chips
- Crackers
- Jellies (almond, fruit)
- Sherbet



Snacks and Beverages:

- Potato/corn chips
- Cookies and pastries
- Candies and chocolates
- Sweet soup and tapioca drinks
- Fruit flavored drinks
- Sports drinks



*See other food group listing for the healthiest choice of snacks and beverages

FOOD GROUP: Milk and Calcium-rich Foods

Do not feed babies cow's milk before the age of one. Cow's milk is difficult for babies to digest. Children under one year of age should be exclusively breastfed. It is generally recommended that children under two years of age drink whole milk.



Choose Often

- Non-fat or 1% low-fat milk
- Calcium fortified soy milk (each servings contains at least 30% Calcium)
- Non-fat or low-fat evaporated milk
- Non-fat or low-fat Lactaid milk
- Non-fat or low-fat sour cream
- Low-fat cheese (mozzarella, ricotta)
- Non-fat or low-fat yogurt
- Non-fat dry milk



Choose Sometimes

- Cheese made with whole milk
- 2% fat milk
- Low-fat chocolate milk
- Frozen yogurt
- Sherbet
- "Light" ice cream (7% fat)



Choose Rarely

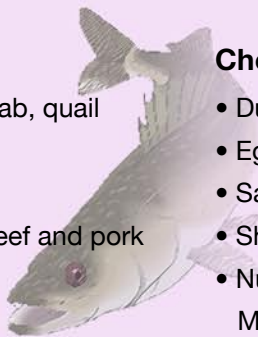
- Whole milk
- Cream
- Ice cream
- Half and half
- Chocolate milk
- Sweetened condensed milk
- Processed cheese
- Cream cheese



FOOD GROUP: Meat, Poultry, Fish, Eggs, Nuts and Beans

Choose Often

- Chicken, turkey, squab, quail (skinless)
- Egg white
- Well-trimmed lean beef and pork
- Steamed/boiled fish
- Canned fish in water
- Dried beans and peas
- Tofu and soy products



Choose Sometimes

- Duck
- Egg yolk
- Salted egg, preserved egg
- Shell fish (clams, crab, lobster)
- Nuts (peanuts, pistachios, cashew, Macadamia nuts)



Choose Rarely

- Chinese sausage
- Chinese bacon
- Deep fried fish and squids, fried chicken, fried meat, fried tofu
- Hot dogs
- Salted pork, preserved pork
- Organ meats
- Salt preserved fish
- Canned fish in oil
- Shrimp





Help Your Family Have a Low-Fat, Low-Sugar Diet

Choose foods low in fat, low in saturated and trans-fats.

Choose baked or broiled foods instead of fried foods. When eating packaged, processed, convenient and restaurant foods, choose low-fat dishes. Replace high-fat foods with fruits and vegetables, grains, and beans. Also select non-fat or low-fat milk, yogurt or cheese.

Limit the consumption of meat. Eat lean cuts of meat in small portions. Choose soybean, fish, or poultry as an alternative to beef and pork.

The way food is prepared can also make a large difference. Trim off visible fats before cooking. Roast, boil and broil as an alternative to deep-frying. Cut back on cured, smoked and charred barbecued meats.

Limit the availability of soft drinks and snacks such as potato chips, candies and pastries at home.



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