




# Hmong Foods

Grains/Beans/Starchy Vegetables	Serving Size	Carb Choices
Cellophane or mung bean noodles, cooked	½ cup	1
Hmong corn patty, baked, 4" (10 cm) across	1 patty	1
Hmong rice patty, baked, 4" (10 cm) across	1 patty	1
Peas, cooked (sugar, snow, pea pods)	½ cup	1
 Ramen, cooked	½ cup	1
Rice, cooked (long or short grain)	⅓ cup	1
Rice, cooked (glutinous/sweet)	⅓ cup	1
Rice sticks	⅓ cup	1
Rice noodles, fresh	⅓ cup	1
Yard-long beans, pods, and seeds, cooked or raw	½ cup	1

Fruits	Serving Size	Carb Choices
Apple or Asian pear	1 medium	1
Guava	1½ medium	1
Jackfruit	½ cup	1
Longan, drained	¾ cup or 30	1
Lychee	½ cup or 10	1
Mango	½ small	1
Papaya	1 cup or ½ medium	1
Rambutan, drained	½ cup	1

Sweets	Serving Size	Carb Choices
Molasses	1 Tbsp	1

Vegetables	Serving Size	Carb Choices
Bamboo shoots, drained	½ cup	0
Bitter melon	1 cup	0
Collard greens, cooked	1 cup	0
Cucuzzi squash (spaghetti squash), cooked	½ cup	0
Eggplant, 1" (2.5 cm) cubes	¾ cup	0
Horseradish, cooked	1 cup	0
Luffa gourd/squash, raw	¾ cup	0
Mung bean sprouts with seeds, cooked	½ cup	0
Pumpkin, cooked	½ cup	0
Yellow squash, cooked	1 cup	0

Free Foods
Coriander (Chinese parsley), raw
 Fish sauce, 1 Tbsp
Garlic
Ginger
Hot pepper (jalapeño, Thai)
Lemon grass
Mint
Onion
Pumpkin blossom
Red peppers
 Soy sauce
Tender vines and leaves (pumpkin, squash, luffa gourd, pea plant)
Vinegar
Vinespinach, raw

\*Recipes can be modified to reduce fat and salt content.  High in fat  High in salt (sodium)

## Sample Menu for Hmong Foods

Most food plans include three to four carbohydrate choices (45–60 carbohydrate grams) at each meal and one to two choices (15–30 carbohydrate grams) at each snack.

Carbohydrate Grams	=	Carbohydrate Choices
15 grams	=	1 choice
30 grams	=	2 choices
45 grams	=	3 choices
60 grams	=	4 choices
75 grams	=	5 choices

### Breakfast (4 choices)

- 1 cup cooked white or glutinous rice
- 1 scrambled egg
- 1 cup vegetables with broth
- ½ cup orange juice

### Lunch (3 choices)

- 1 cup cooked white rice
- 2 cups chicken stir fry with 3–4 ounces (90–120 grams) chicken; 1 cup bitter melon or other vegetable;
- 1½ teaspoons canola or vegetable oil

### Snack (2 choices)

- 1 small rice patty
- 1 tablespoon molasses

### Dinner (3 choices)

- 1 cup cooked white rice
- 4 ounces (120 grams) boiled pork
- 1 cup mustard greens with broth

### Snack (1½ choices)

- 1–2 guava fruit

**This Hmong food plan insert can be downloaded free from [idcpublishing.com](http://idcpublishing.com). It is designed as a supplement to *My Food Plan*, item # 2058-25.**

This publication is intended for informational purposes only and cannot serve as a substitute for the care provided by a licensed physician or healthcare provider. Readers are advised to seek medical guidance before making any changes in self-care practices or medical therapies.

International Diabetes Center at Park Nicollet  
3800 Park Nicollet Blvd.  
Minneapolis, MN 55416–2699  
1-888-825-6315  
[internationaldiabetescenter.com](http://internationaldiabetescenter.com)

**To order our publications:  
1-888-637-2675  
[idcpublishing.com](http://idcpublishing.com)**

**International Diabetes Center**

