

# Healthy Food Options

## What to Eat More Of and What to Eat Less Of

The traditional Cambodia diet is usually low in fat and high in fiber because of high fruit and vegetable consumption and low meat intake. However, growing-up in America, children often eat both Cambodia and Western foods. These foods can be very high in fat and sugar. High consumption of these foods can adversely affect our children's health and increase their risk of becoming overweight. Being selective and properly preparing a healthy variety of Cambodia 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 decrease cholesterol, increase elimination in the intestine and decrease the risk of cancer and obesity.



#### Often

- Brown rice, steamed white rice
- Glutinous rice
- Rice paper
- Rice noodles, vermicelli
- Flour (rice, glutinous rice, tapoca, corn)
- Wheat noodles, spaghetti
- Whole grain/ enriched bread
- Bagels
- Tortillas (low fat or corn)
- Cooked cereals (grits, oatmeal)
- Ready-to-eat cereal (high fiber, whole grain, unsweetened)

#### Sometimes

- Byling
- Num pachock
- Pancakes
- Waffles
- Pretzels
- Biscuits
- Graham crackers
- Granola
- Low-fat snack crackers

#### Rarely

- Deep fried dumplings/ rolls
- Deep fried noodles
- Instant noodles
- Croissants
- Sweet rolls
- Ready-to-eat sugared cereals
- Granola bars
- Sweet pastries



## FOOD GROUP: Fruits and Vegetables



### Often

- All fresh fruits and vegetables
- Canned vegetables
- Canned fruits in juice
- Dried fruits (unsweetened)
- Plain frozen vegetables
- Vegetable juice
- Clear broth vegetable soup
- Fruit juice (100%)



### Sometimes

- Canned fruits in light syrup



### Rarely

- Canned fruits in heavy syrup
- Vegetables frozen with butter or sauces
- Creamed vegetables
- French fries, potato chips
- Tempura (vegetables)
- Hash browns
- Pickled mustard greens, bean sprouts, eggplant, onions
- Olives
- Sauerkraut

## FOOD GROUP: Sweets, Fats, Salty and Snack Foods

### Often

#### Ingredients:

- Nonfat butter or cooking spray
- Olive oil, canola oil

### Sometimes

#### Ingredients:

- Peanut oil, Vegetable oil
- Tub margarine

### Rarely

#### Ingredients:

- Lard
- Coconut oil
- Mayonnaise
- Sugar, Honey
- Jam, marmalade
- Concentrated fish sauce, soy sauce, shrimp paste

### Snack foods/ beverages:

- Unbuttered popcorn
- Frozen fruit juice bars
- Low-fat or non fat snacks
- (see other food group listing for best choice of snack)



### Snack foods/ beverages:

- Cookies without icing
- Sweetened agar agar
- Candied fruits
- Pearl drinks
- Bean pudding without coconut milk



### Snack foods/ beverages:

- Potato chips, corn chips
- Snack crackers
- Candy bars
- Chocolate
- Doughnuts
- Pastries, cakes
- Snacks made with coconut milk, sweetened condensed milk
- Soft drinks
- Fruit flavored drinks
- Sports drinks



## FOOD GROUP: Milk and Dairy Products

Do not feed babies cow's milk before the age of 1. Cow milk is difficult for them to digest. Children under 1 year of age should be exclusively breastfed. It is generally recommended that children under 2 years of age drink whole milk.



### Often

- Nonfat and low-fat milk (1%)
- Dry milk, evaporated milk
- Calcium-fortified soy milk
- Lactaid
- Nonfat or low-fat yogurt
- Nonfat or low-fat sour cream
- Low-fat cheese (mozzarella, ricotta)



### Sometimes

- Cheese made with whole milk
- 2% milk
- Low-fat chocolate milk
- Frozen yogurt
- Sherbet
- Pudding made with nonfat milk
- Flan, rice pudding made with non fat milk
- "Light" ice cream (7%fat)



### Rarely

- Ice cream
- Whole milk dairy products
- Heavy cream, whipped cream
- Half and half
- Chocolate milk
- Sweetened condensed milk
- Whole milk
- Cream cheese



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

### Often

- Chicken, turkey (skinless)
- Well-trimmed, lean cuts of beef and pork
- Steamed /boiled fish
- Canned fish in water
- Tofu
- Beans (red, black, green, mung)
- Peas (split, black eyed)
- Imitation meat made from soy
- Soy milk



### Sometimes

- Eggs, half-hatched eggs, salted eggs
- Shellfish (shrimp, clam, escargot, crab)
- Nuts: peanuts, pistachios, cashew, macadamia



### Rarely

- Bean pudding with coconut milk
- Tofu in caramelized sugar
- Chinese sausage
- Deep fried fish, meat
- Ham hock
- Fried pork rind
- Dried and salted seafood snacks
- Fresh bacon
- Organ meats
- Hot dogs
- Bologna, pastrami, salami
- Fish canned in oil





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

Choose foods low in fat. Choose products 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 BBQ meats.

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



Childhood Obesity Prevention with Asian Families  
Published by the University of California, Berkeley  
July 2007

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This project was funded by the Food Stamp Nutrition Education, USDA.

The Food Stamp program provides nutrition assistance to people with low-income. It can help families buy nutritious foods for a better diet.

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