

# Healthy Food Options

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

Traditionally, Korean foods are low in fat and high in both fiber and sodium. Traditional meals are usually well balanced; however, Korean-Americans often combine Korean diets with Western diets. This combination has been seen to increase the fat and sugar content in the diets consumed. When consumed in excess, this can increase the risk of obesity, cancer and other chronic diseases. Thus, it is important to select a healthy variety of foods for your children to eat and 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

- Rice (brown, white)
- Noodles (soba, rice)
- Pasta
- Cooked cereals (oatmeal, cream of wheat, kasha)
- Bread (whole grain, whole wheat, enriched)
- Barley, millet, buckwheat
- Ready-to-eat cereals (high fiber, whole grain, unsweetened)
- Mixed rice (bi-bim-bab)
- Kong-namul bab

#### Sometimes

- Pretzels
- Low-fat chips
- Graham crackers
- Granola
- Low-fat snack crackers
- Korean pastries
- Ddukk (Rice Cake)
- Cereals
- Fried Rice (book-um bab)
- Fried noodles
- Ramen that does not contain fried noodles

#### Rarely

- Croissants
- Sweet breads and rolls
- Sweet pastries
- Regular corn chips
- Granola bars
- Sugar Cereals
- Instant ramen



## FOOD GROUP: Fruits and Vegetables

### Often

- Fresh fruits and vegetables
- Canned vegetables
- Plain frozen vegetables
- Vegetable juice
- Soups
- Frozen juice bars (100% juice)
- Juice (100% Juice)
- Smoothies



### Sometimes

- Fruit canned in light syrup (rinse syrup before serving)



### Rarely

- Fruits canned in heavy syrup
- French fries
- Hash browns
- Pickles and olives
- Pickled vegetables
- Canned cream soups
- Vegetables with butter
- Tempura



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

### Often

#### Ingredients:

- Nonfat salad dressings
- Nonfat butter or cooking spray
- Nonfat mayonnaise
- Olive oil
- Canola oil

#### Snack foods/ beverages:

- Unbuttered popcorn
- Noo-long-gee (without sugar)
- Tea
- Fruit/vegetable snacks such as carrots or celery with a lowfat dip



### Sometimes

#### Ingredients:

- Tub margarine
- Peanut oil
- Salad dressings made with oil
- Low-fat mayonnaise
- Vegetable oils
- All fruit spreads, sugar-free jellies

#### Snack foods/ beverages:

- Cookies
- Diet soft drinks
- Pearl drinks (Tapioca, boba)
- Korean soft drinks



### Rarely

#### Ingredients:

- Butter
- Items containing transfats
- Coconut oil, tropical oils
- Sugar, honey
- Jam, jelly, marmalade

#### Snack foods/ beverages:

- Potato chips,
- Corn chips
- Candy bars, chocolate
- Doughnuts, cakes
- Soft drinks
- Snacks made with coconut milk or sweetened condensed milk
- Sports drinks



## Food Group: Milk and Dairy Products

Do not feed cow's milk to children under the age of 1. They do not possess the ability to digest it. Children under the age of one should be exclusively breastfed. It is generally recommended that children under 2 years of age drink whole milk.



### Often

- Nonfat and low-fat milk
- Dry milk, evaporated milk
- Nonfat and low-fat cottage cheese
- Low-fat cheeses (ricotta, mozzarella)
- Low-fat or nonfat yogurt
- Calcium fortified soy milk, rice milk
- Lactaid
- Soy Milk
- Rice Milk



### Sometimes

- 2% milk
- Low-fat chocolate milk
- Frozen yogurt
- Sherbet
- Flan, custard, or rice pudding made with nonfat milk
- Light ice cream (7% fat)



### Rarely

- Ice cream
- Sour cream
- Half and half
- Chocolate milk
- Heavy cream or whipped cream
- Cream sauces
- Whole milk
- Cream cheese



## Food Group: Meat, Poultry, Fish, Eggs, Nuts, and Beans

### Often

- Lean cuts of beef, pork, veal, and lamb
- Chicken and turkey (skinless)
- Steamed or boiled fish
- Canned fish in water
- Beans
- Imitation meat made from soy
- Tofu



### Sometimes

- Eggs
- Shellfish
- Peanut butter
- Nuts: peanuts, pistachios, cashews, macadamia nuts, pine nuts
- Lean hamburger, ground turkey
- Kalbi\*
- Bul goh gi\*
- Ox-tail soup
- Suh-lung-tang

\*These foods should be made with low sodium soy sauce.

### Rarely

- Bacon
- Corned beef
- Sausage
- Hot dogs
- Bologna, pastrami, salami
- Deep-fried chicken or fish
- Tuna canned in oil
- Organ meats (tripe)
- High fat or prime cuts of beef or pork
- Deep-fried tofu
- Tempura
- Ahl-ji-gae
- Gae-jang





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

Choose foods low in fat. Choose products low in saturated fat and trans fatty acids. 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, vegetables, whole grains and beans. Also select non-fat or low-fat milk, yogurt and 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 instead of deep frying. Cut back on cured, smoked and charred BBQ meats.

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



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