

Bok Choy-A ½ cup portion of steamed bok choy. 3-5 servings of vegetables a day is ideal.

Calories: 25

Fat: 0g

Carbohydrates: 5g

Sodium: 30mg

Protein: 0g

ADA Exchange: Free

Breadfruit-A ½ cup portion of baked breadfruit. 6-11 servings of starch a day is allowable.

Calories: 80

Fat: <1g

Carbohydrates: 15g

Sodium: <4mg

Protein: 2g

ADA Exchange: 1 starch

Haupia-This 1"x2"x2" piece is one serving. Consume fats and sweets sparingly.

Calories: 150

Fat: 10g

Carbohydrates: 14g

Sodium: 6mg

Protein: 1g

ADA Exchange: 1 starch; 2 fat

Ho'io Salad-A 1 cup portion of fern shoot salad (analysis done without shrimp).

Calories: 40

Fat: 0g

Carbohydrates: 10g

Sodium: 8mg (no seasoning)

Protein: <1g

ADA Exchange: Free

Kabocha Pumpkin-A $\frac{3}{4}$ cup portion of kabocha pumpkin.

Calories: 80

Fat: 0g

Carbohydrates: 15g

Sodium: 3mg

Protein: 3g

ADA Exchange: 1 starch

Kalua Pig-A 3oz. serving of kalua pig. 2-3 servings of protein a day is ideal. Kalua pig is less dense than the poke and therefore, appears to be a larger portion.

Calories: 197

Fat: 12g

Carbohydrates: N/A

Sodium: 538mg

Protein: 21g

ADA Exchange: 2 fat; 3 protein

Mango-A ½ cup portion of mango. 2-4 servings of fruit a day is ideal.

Calories: 60g

Fat: 0g

Carbohydrates: 15g

Sodium: <3mg

Protein: 0g

ADA Exchange: 1 fruit

Poi-A ¼ cup portion of thick poi. Thin poi can be eaten in a ½ cup portion.

Calories: 80

Fat: <1g

Carbohydrates: 15g

Sodium: 15mg

Protein: <1g

ADA Exchange: 1 starch

Poke-A 3oz. portion of ahi limu poke.

Calories: 92

Fat: <1g

Carbohydrates: 0g

Sodium: 31mg

Protein: 20g

ADA Exchange: 3 protein

Saimin-This bowl contains three ½ cup servings of noodles in approximately one cup of broth (nutritional analysis done for three servings of noodles with shrimp and fishcake). Frozen saimin is preferred to dried noodles.

Calories: 350

Fat: <1g (if frozen saimin is used)

Carbohydrates: 60g

Sodium: 396mg (if using only ½ of seasoning packet)

Protein: 8g

ADA Exchange: >4 starch (1⅓ cups is considered 4 servings for a diabetic); 0.5 protein