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 ¾ 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