

Cultural meal guide for Vietnamese women with gestational diabetes



Guide to staying healthy for you and your baby

Fairfield Health Service



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The Aims of this booklet

Everyone agrees that it is very important to have a healthy diet. This is even more important when you are pregnant, because it is important for your baby too! Being healthy does not mean being bored with the way you eat. Being in control of your health does not mean denying satisfaction. The goal of this booklet is to give you some ideas not only how to eat healthy but also TASTY foods.

This booklet is the result of the knowledge and cooking skills of Vietnamese people. The Vietnamese Health Worker, Vietnamese Ethnic Obstetric Liaison Officer and the mums attending the Gestational Diabetes Clinic at Fairfield Hospital. They also had the expert guidance of the dietitians of Fairfield Hospital.

With the contribution of those people we can have a booklet with genuine Vietnamese recipes that will help women suffering from gestational diabetes to follow their diet plan based on a variety of traditional Vietnamese dishes.

A healthy diet is essential to manage diabetes during pregnancy. A good control of blood sugar during pregnancy is important for you and your baby. Also remember that a healthy diet and regular exercise after having your baby will greatly reduce the chances of having Type 2 diabetes.

Your good health is in your hands, enjoy!

What is Gestational Diabetes Mellitus (GDM)?

This is a form of diabetes that occurs in pregnancy and usually resolves after delivery.

- Onset usually occurs at around week 24 to 28 of gestation.
- GDM occurs in those predisposed to diabetes, e.g. family member with diabetes, overweight.
- The placenta produces hormones, which stops insulin from acting efficiently; therefore, the blood glucose levels rise.

Management of GDM

- Monitoring blood glucose levels.
- Diet
- Gentle exercise if allowed by obstetrician, e.g. walking, swimming
- If diet and exercise cannot control glucose levels, insulin is required, but is usually stopped after delivery.
- Tablets are not used, as they are not safe to use during pregnancy.

The Effects of GDM on the Foetus/Baby.

- Higher risk of stillbirth
- High blood glucose levels in the mother delay the maturation of the foetus's lungs, which can lead to breathing problems after birth.
- After being born, the baby may experience low blood glucose level.
- High glucose level leads to the growth of big but unhealthy overweight baby.
- There is some evidence showing that the baby is at risk of becoming obese and having Type 2 diabetes in later life.

The Effects of Gestational Diabetes Mellitus on the Mother

- High glucose level causes a big, overweight and unhealthy baby, which is hard to deliver naturally.
- Long term risk of Type 2 diabetes is approximately 30%

What to do if You Have Had GDM?

- You should have a special test called an oral glucose tolerance test (OGTT) 6-8 weeks after your baby is born. It involves drinking a glucose drink and having your blood sugar monitored over 2 hours. This test is performed to make sure your diabetes has gone away.
- It is important to have a yearly glucose, cholesterol and blood pressure check.
- If you plan to have another baby, talk with your doctor because you have a greater chance of developing gestational diabetes again
- If you have diabetes, it is important to have perfect blood glucose levels before becoming pregnant. Discuss with your doctor as well.

Remember:

To reduce the future risk of Type 2 diabetes, it is very important to:

- Follow a healthy diet.
- Have regular exercise e.g. walking, swimming, cycling, dancing, Tai-Chi.

Dietary Guidelines for Women with Gestational Diabetes

- *Avoid foods high in sugars e.g. soft drink, cordials, sweets, condensed milk, sugar canes, 'Che' (a sweet*

desert made with beans). A small amount in cooking is okay, however, if you like, you may use artificial sweetener such as Equal or Splenda.

- *Avoid animal fat, e.g. sausages, lap cheung, take-away foods*
- *Eat a moderate amount of carbohydrate foods, e.g. rice, noodles, bread, sweet potato, fruit, durian. For example, no more than 1 small bowl of rice at each meal. However, some mums may need extra carbohydrates, so the dietitian will give you a personal meal plan to follow.*
- *Eat plenty of vegetables, e.g. bok choy, Chinese spinach, rau muong, chives, carrot*
- *Eat three pieces of fruit each day as a snack*
- *Include a good amount of protein-rich foods, e.g. fish, lean meat and pork, seafood, chicken.*
- *Include some vegetable oil/fat, e.g. sunflower oil, canola oil, olive oil, and nuts*
- *Include two serves of calcium rich foods, e.g. fortified soy milk, cow's milk, tofu, low-fat cheese, yoghurt*
- *Avoid alcohol. Best drinks are water, mineral water, tea or Chinese tea*



DAY 1

CHICKEN POT WITH GREENPEAS

(Serves 6)

Ingredients

1.2kg whole chicken, 1 can green peas or 150g frozen peas, 1 can mushroom (250g), 1 can of peeled tomato (250g), 1 large onion, 3 large gloves garlic chop finely, 1tsp fish sauce, 1 tbsp sugar, 1tsp salt, pepper, 2 spring onion, 4 sprigs coriander, 3 curry leaves, 2 tbsp of plain flour
Canola oil for frying.

Method

Skin and cut chicken into 4 pieces. Marinate in salt, pepper, garlic, and onion for 1/2hr. Fry chicken in hot oil until golden brown.

In a pan add 1 tbsp of oil with 1 clove-crushed garlic. Wait until it turns golden. Add tomato, sugar, salt. Simmer 5 minutes then turn off.

In a pot add chicken, curry leaves, 1 cup water and $\frac{1}{2}$ cup of tomato sauce. Cover with lid and cook on medium heat until chicken is tender. Add peas, mushroom. Add the rest of the tomato.

Dissolve 2 tbsp flour with 2 tbsp water and add to pot to thicken the sauce. Finish with fish sauce.

Serve on oblong plate. Decorate with shredded spring onion, pepper and coriander.

Serve with bread roll or boiled rice.

Nutrition Analysis (per serve)

Energy 211 cal; Protein 31g; Carbohydrate 3g;
Fat 6g; Fibre 4g; Calcium 37 mg; Iron 3 mg

GREEN VEGETABLE SOUP

(Serves 6)

Ingredients

100g minced pork or 150g fresh prawn, peeled and deveined, marinate in 1 tsp of salt and $\frac{1}{2}$ tsp sugar and $\frac{1}{2}$ tsp pepper, 1 litre of chicken stock, 1 bunch of Chinese bok choy, 1 tbsp of chicken powder, 1 onion cut into wedges

A slice of fresh ginger

Method

In a hot pot add 1 tbsp of canola oil and one clove of crushed garlic. Fry 30 seconds then add mince. Stir until the meat is cooked. Add chicken stock, ginger, and onion, bring to the boil. Clean bok choy, cut into 5cm long pieces. Add to the soup with chicken powder, cook for 2 minutes and turn the heat off.

Serve in large bowl, sprinkle pepper on top.
Serve with boiled rice.

Nutrition Analysis (per serve)

Energy 33.8 cal; Protein 5 g; Carbohydrate 3g;
Fat 0.5g; Fibre 1g; Calcium 67 mg; Iron 1 mg



DAY 2

GOURD (BAU) SOUP WITH PRAWNS

(Serves 6)

Ingredients

200g fresh prawns, 1 medium size (500g) gourd cut into finger size pieces, $\frac{1}{2}$ clove of garlic, 1 small onion, chopped finely, $\frac{1}{2}$ tbsp fish sauce, 1 tbsp sugar, 1 tbsp chicken stock powder (Knorr), 1 tsp salt, 1/2 bunch coriander & spring onion chopped.

Method

Add garlic and onion to pot with 1 tbsp canola oil. Stir for 1 minute. Add gourd into pot stir for another minute. Then add water enough to cover gourd. Bring to boil until gourd becomes transparent. Season the soup with sugar, fish sauce, chicken stock and salt. Serve in a small bowl; decorate with coriander & spring onion.

Nutrition Analysis (per serve)

Energy 53 cal; Protein 8g; Carbohydrate 4g; Fat 0.5g; Fibre 1g; Calcium 50 mg; Iron 0.6 mg



BEEF STIR FRY WITH CAULIFLOWER

(Serves 6)

Ingredients

1/2 kg beef, sliced thinly

Canola oil, 1 clove of garlic, 1 small onion,
chopped
1/2 kg cauliflower cut in flowerets
1 tbsp oyster sauce, 1 tbsp sugar, 1 tbsp fish
sauce

Method

Marinate beef and oyster sauce for 10 minutes
Spray oil in heated wok, add garlic and onion and
heat through. Add cauliflower and fry until half
cooked. Take them all out of the wok.
Stir fry beef in heat until half cooked. Add
sugar, fish sauce and salt to beef, then add
cauliflower. Stir for 1 minute. Serve with boiled
rice.

Nutrition Analysis (per serve)

Energy 139.5 cal; Protein 20g; Carbohydrate 5g;
Fat 13g; Fibre 2g; Calcium 21 mg; Iron 2.4 mg

DAY 3

FRIED BEEF WITH RICE VERMICELLI

(Serves 6)

Ingredients

3 tbsp canola oil
 $\frac{1}{2}$ kg beef topside, sliced thinly;
1 pack dried vermicelli, 1/2 bunch spring onion,
chopped, 1/2 bunch coriander, chopped, 20g
roasted peanuts, chopped mint and lettuce, bean
sprouts

Method

Marinate beef with: (prior to cooking)

1 tbsp sesame seeds, 1/2 cup lemon grass & chilli, chopped finely, 1 large onion cut in wedge, 1 tbsp of oyster sauce, 1 tbsp fish sauce, 1 tbsp brown sugar, 1 tsp salt, 1/2 tbsp chopped garlic.

Boil vermicelli in 4 litres of water until vermicelli soft. Heat oil, add 1 tbsp chopped garlic, spring onion and coriander. Once heated through, put aside. Add 2 tbsp canola oil (or olive oil) to hot wok. Then add beef; stir quickly until cooked through.

Mix fish sauce: chopped garlic, 1 tbsp sugar, 2 tbsp water, 1 tbsp fish sauce.

Place vermicelli, chopped mint and lettuce into a bowl. Add cooked beef on top, sprinkle coriander. Top with peanuts and fish sauce.

Nutrition Analysis (per serve)

Energy 285.4 cal; Protein 18.9g; Carbohydrate 43.3g; Fat 12g; Fibre 0.3g; Calcium 20 mg; Iron 3 mg



DAY 4

CHICKEN LEMONGRASS

(Serves 6)

Ingredients

700g of lean chicken breast

1 clove garlic, 1 small onion, 1 chilli chopped
2 stalks of lemon grass finely chopped
5 tbsp fish sauce, 1 tsp salt, 2 tbsp sugar,
canola oil

Method

Spray wok lightly with canola oil. Add garlic, onion and chilli and stir fry through. Add chicken and cook until lightly brown. Mix fish sauce, salt and sugar and add to chicken. Stir fry until lightly cooked. Serve with rice.

Nutrition Analysis (per serve)

Energy 158.3 cal; Protein 27g; Carbohydrate 6g;
Fat 3.5g; Fibre 0.0g; Calcium 11 mg; Iron 1 mg

GREEN BEANS AND PORK MINCED STIR FRY

(Serves 6)

Ingredients

1/2 kg green bean, 200g minced pork, 1 tbsp fish sauce, 1 tbsp oyster sauce, 1 tbsp sugar, 2 spring onions, 1 clove garlic, 1/2 tsp white pepper, 1 tbsp canola oil

Method

Clean and string beans;

Heat wok, add oil and chopped onion and garlic, fry 1/2 minute, and add minced meat. Stir fry until the meat is golden. Add beans, cover for 3 minutes then add fish sauce, oyster sauce, sugar. Mix well. Turn off heat.

Serve in oblong plate and garnish with coriander and pepper on top.

Nutrition Analysis (per serve)

Energy 69.7 cal; Protein 7.7g; Carbohydrate 2.7g; Fat 3.0g; Fibre 0.2g; Calcium 6.5 mg; Iron 0.4 mg

DAY 5

TOFU SOUP

(Serves 6)

Ingredients

100g lean minced pork, 10g dried prawn
canola oil, garlic
500g fresh tofu (one pack), 4 small tomatoes
chopped, 2 chicken stock cubes, 1 litre water.

Method

Heat wok to high. Add 1 tbsp of canola oil and 1 clove of garlic, add meat and prawns cook until meat is brown. Add water in saucepan, bring to boil add fresh tofu (cut into 4 cubes). Add tomato, chicken stock cubes, bring to boil again. Sprinkle spring onion and coriander on top.

Nutrition Analysis (per serve)

Energy 82.3 cal; Protein 10g; Carbohydrate 3g; Fat 8g; Fibre 1g; Calcium 33 mg; Iron 9 mg

BEEF STIR FRY COMBINATION

(Serves 6)

Ingredients

500g lean beef, 1 kg of green beans (or snake beans), 3 tomatoes, 2 small capsicums, 2 carrots, canola oil, 2 onions, 2 cloves garlic, chopped

1/2 tsp pepper, 2 tsp sugar, 2 tsp salt

Method

Heat wok to high and add oil, garlic and onion. Cook until onion is clear. Add lean beef & stir until brown. Add capsicum, carrots (cut in bite size pieces), green beans and cook for 3 minutes. Add salt and sugar. Serve with boiled rice.

Nutrition Analysis (per serve)

Energy 166.9 cal; Protein 22g; Carbohydrate 10g; Fat 14g; Fibre 7g; Calcium 78 mg; Iron 4 mg

DAY 6

CHICKEN CURRY

(serves 6)

Ingredients

1 kg chicken drumsticks (skinless), 1 big eggplant, 200g snake beans, 2 medium carrots, 1 big onion, 3 cloves garlic, 2 tbsp red curry past, 1 stalk lemongrass cut 4cm length and crushed, 4 kaffir leaves (similar to lemon leaves), 2 cups full cream milk, 2 tbsp fish sauce
2 tbsp brown sugar

Method

Cut chicken in big pieces, Cut eggplant in big chunks, snake beans cut in 3cm length. Carrot cut 1 cm thick.

Heat pot with oil, garlic, onion until light brown, adds curry paste. Add 3 tbsp water. Simmer for 2 minutes then add chicken. Cook chicken for 10 minutes, add water, kaffir leaves, lemongrass. Cover with lid and cook up for another 15 minutes on medium heat. Add milk and other ingredients. Cook for another 10 minutes.

Serve with boiled rice or bread roll

Nutrition Analysis (per serve)

Energy 272.6 cal; Protein 31g; Carbohydrate 13g; Fat 11g; Fibre 3g; Calcium 144 mg; Iron 2 mg

DAY 7

PORK CHOP RAGOUT

(serves 6)

Ingredients:

1kg pork chops, cut into 6, 3 large potatoes peeled and cut in 3cm pieces, 2 carrots peeled and cut in 3cm pieces, 3 tbsp tomato paste, 2 onions cut in wedges, 2 curry leaves, 1tbsp salt, 1 tbsp fish sauce, 1 tbsp sugar, 1/2 tsp pepper, chopped garlic, 1 tbsp plain flour

Method:

Fry pork in 1 tbsp hot oil and chopped garlic until golden. Season with salt then add tomato paste, potatoes, carrot and curry leave. Simmer for 10 minutes, then clear the middle of the pot, pour the flour in and leave it to cook until colour changed.

Add just enough boiling water to cover the meat. Cook on low heat until meat is tender, and sauce becomes medium thick; mix the rest of ingredients. Season to taste. Serve with boiled rice or bread roll.

Nutrition Analysis (per serve)

Energy 82.3 cal; Protein 10g; Carbohydrate 3g;
Fat 8g; Fibre 1g; Calcium 33 mg; Iron 9 mg

DAY 8**SOUR PRAWN SOUP**

(Serves 6)

Ingredients:

1/2 kg large prawn, deveined, 3 large firm tomatoes, 200g bean sprouts, 100g celery, 200g okra or 'bac ha' (from Vietnamese grocery shop), 1 pack of tamarind powder, fresh chilli (optional), 2 full tbsp sugar, 1 tsp salt, 2 tbsp fish sauce, 1 ½ litre water, Thai basil and ngo gai (from Vietnamese shop).

Method

Cut celery, bac - ha, okra in medium size pieces. Cut tomato in 6 pieces each. In a pot of water add salt, tamarind, chill, sugar. Bring to the boil then add prawn and other ingredients, except basil and ngo gai. Bring to boil again for another 5 minutes. Turn off heat.

Serve in bowl with chopped basil and ngo gai on top.

Nutrition Analysis (per serve)

Energy 120.7 cal; Protein 19.9g; Carbohydrate 8.7g; Fat 0.7g; Fibre 2.6g; Calcium 148.4 mg; Iron 1.5 mg

FRIED FISH IN MIXED FISH SAUCE

(Serves 6)

Ingredients:

6 large yellow tail fish (medium size), 1 tbsp salt, $\frac{1}{2}$ tbsp sugar, $\frac{1}{2}$ tsp cracked pepper, oil for frying



Fish sauce: 4 tbsp warm water, 1 tbsp sugar, 2 tbsp fish sauce, 1 tbsp of lime juice, chilli and garlic chopped finely. Mix well.

Method:

Clean fish, pat dry, mix salt, sugar and pepper and marinate fish for at least $\frac{1}{2}$ hr. Heat non-

stick pan, add oil and fry fish on medium heat until golden brown. Turn heat off. Serve fish in an oblong plate with lettuce.

Nutrition Analysis (per serve)

Energy 143.3 cal; Protein 29.7g; Carbohydrate 1.25g; Fat 11.05g; Fibre 0g; Calcium 55.5 mg; Iron 0.3 mg

DAY 9

STEAMED EGG WITH MUSHROOM

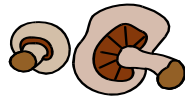
(Serves 6)

Ingredients:

6 medium eggs, 200g straw mushroom, 2 spring onion, $\frac{1}{2}$ tsp pepper, 1 tsp salt, 2 tsp oil, 1 tbsp fish sauce, 5 tbsp water.

Method:

Cut mushroom in half, fry with oil, onion. Season to taste. In a large bowl, whisk eggs then add mushroom and all ingredients, mix well. Steam about 15 minutes. Serve with rice and side salad.



Nutrition Analysis (per serve)

Energy 88.3 cal; Protein 7.7g; Carbohydrate 0.8g; Fat 6.8g; Fibre 0.8g; Calcium 30.1 mg; Iron 1.1 mg

BROCCOLI STIR FRY WITH LARGE PRAWNS

(Serves 6)

Ingredients:

1 kg large prawns peeled and deveined, wash in salt water and dried, $\frac{1}{2}$ kg broccoli cleaned and cut in flowerets

2cm ginger peeled and cut finely, 1 large onion cut in wedges, 5 tbsp water + 1 tbsp corn flour + 1 tsp salt + 2 tbsp light soy sauce + 1 tbsp sugar + $\frac{1}{2}$ tsp pepper

Method:

Heat non-stick wok with 1 tbsp oil, add ginger and onion, stir for 1 minute then add prawn and broccoli, mix and cover for 5 to 7 minutes. Add the mixture of corn flour cook until flour become clear (add more water if it's too thick). Turn off the heat.

Serve on a nice plate; garnish with coriander and crushed pepper.

Nutrition Analysis (per serve)

Energy 1147 cal; Protein 30.9g; Carbohydrate 4.8g; Fat 1.3g; Fibre 3.8g; Calcium 240.4 mg; Iron 2.2 mg

DAY 10

STEAMED FISH IN SALTED BEAN SAUCE

(Serves 6)

Ingredients:

1 kg fresh fish (mud fish, silver perch, cod)
1 large onion, finely chopped, 100g bean sauce,
2cm ginger cut fine, 1 stalk Chinese celery cut
into 4cm length, 1 small pack clear vermicelli, 5
black fungus soaked in warm water, 2 small
tomatoes, Coriander, pepper, sugar, 1 tbsp
canola oil
1tbsp light soy sauce + 1 tbsp sugar + $\frac{1}{2}$ tsp
pepper.

Method:

Clean fish and rub with $\frac{1}{2}$ tsp salt. Fry fish in a
non-stick wok until golden. In a deep plate, lay
fish, cover with chopped onion, bean sauce,
vermicelli, ginger, celery, black fungus, and
tomatoes cut in bite size.

Pour the soy sauce mixture on top. You can add
a few chilli slices (optional).

Steam 15 to 20 minutes depending on the fish
size. Turn off heat and add more pepper and
coriander on top. Serve with fried rice or boiled
rice.

Nutrition Analysis (per serve)

Energy 252.9 cal; Protein 37.4g; Carbohydrate
63.8g; Fat 3.7g; Fibre 1.2g; Calcium 83.3 mg;
Iron 1.3 mg

DAY 11 (Choose one of these 2)

CARAMELIZED PORK SPARE RIB

(Serves 6)

Ingredients

$\frac{1}{2}$ kg pork spare rib, 1 tsp salt, 2 tbsp fish sauce, 1 $\frac{1}{2}$ tbsp brown sugar, 1 onion, garlic, pepper, 1 tbsp extra sugar for caramelising

Method

Onion and garlic chopped finely. Clean spare ribs and cut in bite size pieces. Heat the wok, add 1 tbsp of oil, then add sugar; stir until it changes to dark brown, add pork and stir for 3 minutes, add salt. Cook on high heat to seal the meat quickly to retain its juices; add brown sugar, stir, and keep adding onion, garlic and fish sauce. Continue to cook, when the meat is well cooked and golden brown with just a little bit of juice, turn the heat off. Arrange on plate with pepper and coriander on top.

Served with boiled rice and side salad.

Nutrition Analysis (per serve)

Energy 265.8 cal; Protein 14.5g; Carbohydrate 6.47g; Fat 19.67g Fibre 0.00g; Calcium 28.41 mg; Iron 0.87 mg

SWEET AND SOUR PORK SPARE RIB

(Serves 6)

Ingredients

$\frac{1}{2}$ kg pork spare rib, 1 tbsp fish sauce, $\frac{1}{2}$ tsp pepper

50g onion, 2 cloves garlic, 100g flour

Sauce: 3 medium gherkins, 1 large onion, 1 tbsp light soy sauce, 50g sugar, pinch of salt, 2 tbsp vinegar mixed with 5 tbsp water, 2cm ginger and 3 tbsp corn flour

Method

Clean pork and chop into 3cm pieces, marinate with finely chopped onion and garlic, fish sauce and pepper for 1 hr. Heat the pot with 1 tbsp of canola oil and fry for 5 minutes. Cover with water, put lid on and cook until the meat become tender and all of the water reduced.

Add water to flour and mix into a thick paste. Dip the rib into the paste and deep fry until golden brown.

Sweet and sour sauce: Slice gherkin, chop ginger finely, cut onion into 2cm pieces. In a small pot add vinegar, water, salt, soy sauce, sugar, corn-flour, then heat through to make a quite thick sauce; then add gherkin, ginger, and onion. Season to taste.

On the oblong plate with a few lettuces leaves, arrange the ribs and pour sauce on top. Decorate with shredded spring onion or coriander.

Nutrition Analysis (per serve)

Energy 362.23 cal; Protein 17.2g; Carbohydrate 25.6g; Fat 20.1g; Fibre 2.3g; Calcium 46.9 mg; Iron 1.5 mg

GOI NGO SEN (Lotus salad)

(Serves 6)

Ingredients

300g pickled lotus (from Vietnamese grocery)

$\frac{1}{2}$ kg large green prawn, cooked, peeled, deveined and sliced length way. 200g lean pork, cook and sliced thinly.

1/2 big celery & 2 carrots, mint, 50g roasted peanut, coarsely chopped, 2 tbsp fish sauce

Juice of 2 limes (or lemon or 2 tbsp vinegar), 1 tbsp sugar, chopped garlic and chilli.

Method:

Thinly slice 1/2 big celery and 2 carrots, sprinkle with salt; for 1/2 hr then squeeze dry.

Mix all ingredients together except peanut.

Serve on plate and top with peanut and rice crackers.

Nutrition Analysis (per serve)

Energy 171.04 cal; Protein 28.2g; Carbohydrate 12.4g; Fat 5.0g; Fibre 4.6g; Calcium 159 mg; Iron 1.8 mg



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