Diabetes and Eating Out – Dim Sum

Introduction:

When people with diabetes go for dim sum, they should base their choices on a balanced diet, eat at regular times, and control the amount of carbohydrates to stabilise blood sugar.

Scene for dine out for dim sum:

Mr. Wong: Don't just talk, order first! Yan, what would you like to eat?

Yan: What would you like?

Kit: Deep-fried Bombay duck with salt and pepper, roasted meat and dim sum.

Yan: Don't forget you have diabetes, better don't try them. I don't want to talk to you.

Mrs. Wong: It is hard to resist your favourite foods. But you need to abstain. Too much salt would lead to high blood pressure, so eat in moderation. Actually there are still many choices, what kinds of dim sum do you prefer?

Kit: Let me see. Pan-fried turnip cake, deep-fried tofu, rice roll and custard buns are good.

Mrs. Wong: Let me see. Steamed vegetarian rice roll, shrimp dumplings, steamed dumplings with pork and mushroom are fine. Pan-fried turnip cake and deep-fried tofu are too oily, so better don't order them.

Mr. Wong: It is better to order dim sum that is carbohydrate-rich. Choose buns with lean meat, congee and steamed rice rolls together with steamed dim sum. Custard bun is too sweet. Let's have steamed bun with cabbage and pork. Don't order pan-fried turnip cake and deep-fried tofu. Let's try steamed turnip cake and steamed tofu with fish.

Mrs. Wong: Food that are deep-fried or covered with thick sauces such as fried noodles, spring roll and fried dumpling with pork filling are all high in fat. They will increase blood lipid levels and the risk of cardiovascular diseases. It is better to avoid them all.

Yan: This Thai fried rice sounds good.

Mrs. Wong: What does it contain?

Yan: I don't know. Let's ask

Kit: Excuse me…

Yan: May I know the ingredients of this Thai fried rice

Waiter: Preserved meat, eggs and pickled vegetables. This fried rice tastes good and is quite popular. It is on promotion now. Would you like to try?

Mrs. Wong: Preserved meat and pickled vegetables...they are too fatty and salty!

Yan: How about we order soup noodle with meat and vegetables?

Kit: Sounds good!

Mrs. Wong: It seems we've ordered a lot of food. We tend to order too much when dining out. This can easily raise the blood glucose level. Let me see the dim sum order form. Let's order a few first, and we can order more if it's not enough.

Waiter: Let me recap your order: Steamed vegetable rice roll, shrimp dumpling, steamed tofu with fish, steamed dumpling with pork and vegetables, steamed bun with cabbage and pork, soup noodle with meat and vegetables and a plate of blanched vegetables.

Mrs. Wong: For the vegetables, please serve the soy sauce in a separate bowl.

Waiter: Yes, no problem.

Mr. Wong: Kit, see how nagging my wife is. She doesn't let me have this and that. But on reflection, she is doing it for my own good. Also, taste is a habit, you will get used to it.

Conclusion:

- Choose steamed dim sum with more dietary fibre
  e.g. Steamed spinach dumplings, Steamed rice-flour rolls with vegetarian stuffing.

- Avoid dim sum and buns that contain skin or fatty meat
  e.g. Chicken feet, Roasted pork rolls, Beef balls with beancurd skin

- Avoid high-sugar dim sum
  e.g. Custard buns, Lotus seed paste buns, Cantonese sponge cake

Even lower-fat foods should be eaten in controlled portions to prevent weight gain or blood sugar spikes.