

糖尿病的健康飲食指南

Healthy Eating

General Guidelines for Diabetes

Chinese



計劃膳食和選擇健康的食物是糖尿病人其中一個最大的挑戰，健康的飲食及適量的運動是控制血糖的重要因素。

以下是糖尿病患者飲食的基本原則：

- 從下列食物類型中選擇不同食物，不要偏食：碳水化合物（穀類及澱粉、水果、奶類及代替品、其他選擇），蔬菜，肉類及代替品，脂肪。
- 每日三餐（如有需要，再加上小食）：
 - 1) 每天定時定量進食，
 - 2) 每餐相隔 4 至 5 小時，
- 選擇高纖維食物，例如：新鮮水果、蔬菜及全麥食物。
- 減少進食脂肪的份量，可以：
 - 1) 選用較低脂肪食物，
 - 2) 烹調及進食時減少用油量，
 - 3) 避免進食油膩及煎炸食物。
- 少吃高糖份食物，例如：白或黃糖、糖霜、蜜糖、糖漿、甜醬、椰糖、糖果、巧克力及果醬。
- 每天最少喝 6-8 杯清水。
- 應向醫生或糖尿病醫療團隊查詢您是否適宜喝酒。
- 每天作適量運動，每星期最少做 150 分鐘的有氧運動，漸增至 4 小時或以上。
- 向營養師諮詢有關健康飲食及保持健康體重的方法。
- 參閱包裝食物上的標籤，以瞭解其成份及營養價值。



經費贊助：



加拿大糖尿病協會



請使用下列資料來幫助您選擇健康的食物

肉類及 代替品

健康選擇

瘦肉、去皮雞和鴨、魚、豆腐、支竹、腐竹、豆腐干、雞蛋白、黃豆、果仁、乾豆

少吃

肥肉、豬皮、雞皮、鴨皮、內臟、臘肉、香腸、蜜汁燒臘、牛肉乾、豬肉乾、烤鴨、蛋黃、燻肉

穀類及 澱粉*

健康選擇

糙米、紅米、米粉、通心粉、河粉、意大利粉、鹹餅乾、全穀物麵飽、甘薯、馬鈴薯、芋頭、蓮藕、玉米

少吃

即食麵、港式糕點，例如：月餅、有椰茸或豆沙餡料的麵飽、菠蘿飽、蛋塔、加有糖霜的蛋糕、甜餅乾、用氫化油做的曲奇/鹹餅乾

水果

健康選擇

新鮮水果、不加糖的罐裝水果

少吃

加糖的罐裝水果、蜜餞水果、果汁

蔬菜

健康選擇

請參閱低糖份蔬菜

少吃

經醃製的甜酸瓜菜

奶類及 代替品

健康選擇

1% 或脫脂牛奶、不含糖豆漿、低脂肪酸乳、低脂肪乳酪

少吃

煉奶、巧克力奶、甜豆漿、加糖酸乳飲品

脂肪

健康選擇

少量人造牛油(軟)、芥花子油、粟米油、橄欖油、花生油

少吃

牛油、豬油、雞油、人造牛油(硬)、椰油

甜品

健康選擇

新鮮水果、無糖豆腐花、代糖布丁及果凍、代糖糖水

少吃

糖水，例如：紅豆沙、腐竹糖水、冰淇淋、雪葩派

飲品

健康選擇

清水、礦泉水、代糖汽水、清茶

少吃

菊花晶類飲品、汽水

可以隨意使用的 調味品

代糖，辣椒粉，清湯，咖哩粉，五香粉，蒜頭，薑，檸檬汁，生抽/老抽**，芥辣，胡椒粉，香料，醋

應限量使用的 調味品

茄汁，叉燒醬，酸梅醬，蠔油**，甜醬

** 含高鹽份食物

低糖份、低熱量的 蔬菜，可為您的膳食 增加變化及纖維

芽菜，苦瓜，白菜，西蘭花，椰菜，花椰菜，西芹，菜心，茼蒿(香菜)，黃瓜，芥蘭，西季豆/豆角，青/紅椒，毛瓜，大蔥，生菜(萵苣)，蘑菇，芥菜，洋葱，菠菜，蕃茄，茼蒿，西洋菜，冬瓜

含糖份較高的蔬菜 應酌量食用

紅蘿蔔，南瓜，防風草根，豌豆，紅菜頭，馬蹄(荸薺)，玉米

* 請向營養師查詢進食份量

加拿大糖尿病協會
360-1385 West 8th Avenue
Vancouver, BC V6H 3V9

糖尿病華語專線
電話: 604-732-8187
全國免費長途電話: 1-888-666-8586

於二〇〇五年三月修訂

加拿大糖尿病協會

經費贊助:

 

 CANADIAN DIABETES ASSOCIATION 



Healthy Eating

General Guidelines for Diabetes

糖尿病的健康飲食指南

Planning your meals and making healthy food choices is one of the biggest challenges for people with diabetes. Healthy eating and moderate physical activity can help to control your blood glucose.

Here's what you can do:

- Plan nutritionally balanced meals by choosing from the following groups: Carbohydrate Choices (Grains and Starches, Fruits, Milk & Alternatives, other choices), Vegetables, Meat & Alternatives, Fats.
- Eat three meals every day (and snacks if required):
 - a) eat at about the same time and the same amount of food each day;
 - b) allow 4 to 5 hours between each meal.
- Choose high fibre foods such as fresh fruits, vegetables and whole grain products.
- Reduce the amount of fat you eat by:
 - a) choosing lower fat foods;
 - b) using less fat in cooking and at the table; and
 - c) avoiding greasy and deep fried foods.
- Eat less of foods high in sugar, for example: white or brown sugar, icing sugar, honey, syrup, molasses, sweet sauce, coconut sugar, candies, chocolate, and jams.
- Try to drink at least 6-8 cups of water each day.
- Discuss the use of alcohol with your doctor or diabetes teams.
- Try to be physically active every day. Accumulate at least 150 minutes of aerobic exercise each week, gradually increase to 4 hours or more.
- Talk to a dietitian about healthy eating and achieving a healthy weight.
- Read food labels on packages for ingredients and nutrition information.



Generous support provided by:



Know who to turn to



CANADIAN
DIABETES
ASSOCIATION

ASSOCIATION
CANADIENNE
DU DIABÈTE

Use this list to assist you in making healthy food choices

Meat & Alternatives

Healthy Choices

Lean meats, skinless poultry, fish, tofu, tofu sticks, tofu sheets, dried tofu, egg white, soybean, nuts, dried beans

Eat less

Fatty meats, pork skin and poultry skin, organ meats, preserved sausages, meats, BBQ meats coated with honey, beef and pork jerky, BBQ duck, egg yolk

Grains & Starches*

Healthy Choices

Brown rice, wild rice, red rice, rice vermicelli, spaghetti, broad rice noodles, macaroni, corn, whole wheat bread, crackers, potato, lotus root, sweet potato, yam

Eat less

Instant noodles, Hong Kong style baked goods like: moon cakes, bun with coconut filling or red bean paste filling, pineapple bun and egg tart, cakes with icing, sweet cookies, cookies / crackers with transfat shortening

Fruits

Healthy Choices

Fresh fruits, unsweetened canned fruits

Eat less

Sweetened canned fruits, preserved candied fruits, juice

Vegetables

Healthy Choices

See list of vegetables that are low in sugar

Eat less

Preserved sweet and sour vegetables

Milk & Alternatives

Healthy Choices

1% or skim milk, unsweetened soy milk, low fat yogurt, low fat cheese

Eat less

Sweet condensed milk, chocolate milk, sweetened soy milk, sweetened yogurt drink

Fats

Healthy Choices

Soft non-hydrogenated margarine, canola oil, corn oil, olive oil, peanut oil

Eat less

Butter, lard, chicken fat, hard margarine, bacon, coconut oil

Desserts

Healthy Choices

Fresh fruit, no sugar added tofu jelly, diet pudding, diet Jelly-O, dessert soups sweetened with artificial sweetener

Eat less

Dessert soups such as: red bean soup, soybean fibre dessert soups sweetened with regular sugar, ice cream, sherbet pie

Beverages

Healthy Choices

Water, plain mineral water, plain tea, diet pop

Eat less

Powdered herbal drink with sugar, regular soft drink

* Please discuss the use of these foods with your dietitian

Canadian Diabetes Association

360-1385 West 8th Avenue
Vancouver, BC V6H 3V9

Diabetes Information Line (Chinese)

Tel: 604-732-8187
Toll free: 1-888-666-8586

Revised March 2005

Seasonings - Amounts as Desired

Artificial sweetener, chili powder, clear broth, curry powder, five spice powder, garlic, ginger, lemon juice, light/dark soy sauce**, mustard, pepper, spices, vinegar

Seasonings - Allowed in Measured Amount

Ketchup, BBQ pork sauce, sweet plum sauce, oyster sauce**, Hoi Sin sauce

**These foods are high in salt.

Vegetables that are low in sugar and calories. These can be eaten to add variety and fibre to your meal.

Bean sprout, bitter melon, bok choy, broccoli, cabbage, cauliflower, celery, choy sum, cilantro, cucumber, gai lan, green bean, green/red pepper, hairy cucumber, leeks, lettuce, mushroom, mustard green, onion, spinach, tomato, tong ho, watercress, winter melon

Vegetables that are high in carbohydrate. These should be eaten in small amounts.

Carrots, pumpkins, parsnips, peas, beets, water chestnuts, corn

Generous support provided by:



ONETOUCH
changes everything



CANADIAN
DIABETES
ASSOCIATION

ASSOCIATION
CANADIENNE
DU DIABÈTE

Know who to turn to