

糖尿病營養手冊

(英文- 中文譯版)

DIABETES & NUTRITION HANDBOOK

(English – Chinese Translation)



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~WHAT IS DIABETES~

Diabetes is a condition where your body has high levels of blood sugar.

Most common types of diabetes:

- Type 1
Usually develops before age 30. The body is not making any insulin. Insulin shots are needed to live.
- Type 2
Usually develops after age 45. The body is not making enough insulin or the body is not using its insulin properly (insulin resistance).
- Gestational diabetes
Occurs in some women during pregnancy.

Most Asians with diabetes have Type 2. It is caused by the body's resistance to the action of insulin.



~甚麼是糖尿病~

糖尿病是一種因你體內出現血糖過高而引起的狀況。

最普遍的糖尿病型態：

- 第一型:
通常在三十歲前形成，因身體不生產胰島素。
- 第二型:
通常在四十五歲後形成，因身體生產不足胰島素。
- 懷孕期的糖尿病:
某些女性在懷孕期內也會得糖尿病。

一般患有糖尿病的亞裔人士都屬第二型，由於他們體內對胰島素的作用產生排斥。



~誰會得糖尿病~

各個民族, 人種或年齡的人都會得糖尿病。
全世界估計約有一億至一億兩千萬人患有
糖尿病。每年診斷出的新患者約有八十萬人！

~糖尿病的現象和症狀~

很多亞裔人士都患有糖尿病,
其中很多患者都不知覺患有糖尿病的現象及症
狀或不知妥為照料自己。

第一型糖尿病警告現象：

- 頻尿
- 不正常的口渴和飢餓
- 不正常的體重減輕
- 無從解釋原因的疲勞

第二型糖尿病警告現象：

- 包括任何第一型糖尿病的症狀
- 視力模糊不清
- 傷口或瘀青之痊癒緩慢
- 手或足經常感到刺痛或麻木
- 經常有皮膚、牙肉或膀胱發炎

~WHO GETS DIABETES~

All races, ethnic groups, or age groups can have diabetes. An estimated 100-120 million people worldwide have diabetes. Nearly 800,000 new cases are diagnosed each year!

~SIGNS AND SYMPTOMS~

Diabetes affects many Asians. They often do not recognize the signs and symptoms or do not manage their condition well.

Warning signs of Type 1 diabetes:

- Frequent urination
- Unusual thirst and extreme hunger
- Unusual weight loss
- Unexplained fatigue

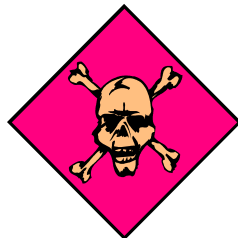
Warning signs of Type 2 diabetes:

- Any of the Type 1 symptoms
- Blurred vision
- Cuts or bruises that heal slowly
- Tingling or numbness in the hands or feet
- Frequent skin, gum, or bladder infections

~COMPLICATIONS OF DIABETES~

- **Blindness**
Diabetes is the leading cause of new blindness in people 20-74 years of age.
- **Kidney Disease**
Diabetic nephropathy is the most common cause of kidney failure. The patient may require dialysis or a kidney transplant in order to live.
- **Heart Disease & Stroke**
People with diabetes are 2-4 times more likely to have heart disease and stroke.
- **Amputation**
The risk of a leg amputation is 15-40 times greater for a person with diabetes.

Complications of diabetes are the 7th leading cause of death in the United States.



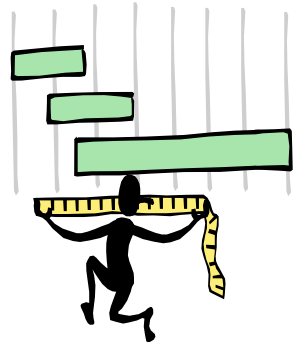
~糖尿病的併發症~

- **失明**
糖尿病是引發20-74歲患者失明的首要原因。
- **腎臟病**
「糖尿病腎病變」是使腎臟衰竭最普遍的原因，患者可能需要洗腎或移植腎臟以使繼續生存。
- **心臟病及中風**
糖尿病患者患有心臟病及中風之機會比一般人多2-4倍。
- **肢體切除**
糖尿病患者切除下肢的機會比常人多15-40倍。

在美國糖尿病患者因併發症而死亡的個案佔首要原因之第七位。



~衡量你得糖尿病的機會~



有些第二型糖尿病患者
往往都沒有症狀。

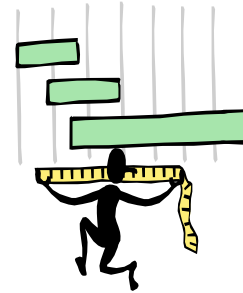
三個患有糖尿病的人
之中，約有一個並不知
道自己患病。



你若有下列多於兩個因素，請你的醫生
給你進行血糖測驗：

- 超過45歲
- 有家屬是糖尿病患者
- 不良的飲食習慣
- 缺少運動
- HDL (良質膽固醇) 低
- 懷孕期內有懷孕期糖尿病
- 體重過高

~MEASURE YOUR RISKS~



Often people with Type 2
Diabetes have no symptoms.

About 1 out of 3
persons with Type
2 diabetes do not
know it.



Ask your doctor to give you a blood glucose test
for Type 2 diabetes if you have 2 or more risk
factors listed below:

- Over age 45
- Family history of diabetes
- Poor eating habits
- Lack of regular exercise
- Low HDL cholesterol (good cholesterol)
- Gestational diabetes during pregnancy
- Overweight

~STRESS & DIABETES~

It takes extra energy to handle stress. To get this extra energy the body makes extra sugar. That's how stress increases blood glucose.

Things that increase stress:

- Work
- Family problems
- Money problems
- Major life changes
- Retirement
- Social isolation



Eating a good diet may help reduce the stress you feel. Some vitamins and nutritional supplements may help relieve stress and improve your diet. Always consult your doctor before taking supplements.

take it EASY



take it **EASY!**

Relax when you are stressed because stress will raise your blood sugar. Soft music, light exercise, or a cup of warm tea may work for some people.

~壓力與糖尿病的關係~

壓力需耗額外的熱量，要獲得額外的熱量，體內就會製造更多的糖，就是這樣壓力增加你體內的血糖。

使你增加壓力的因素：

- 工作忙碌
- 家庭問題
- 金錢問題
- 生活上主要的變更
- 退休
- 孤立、與外隔



良好的飲食習慣能幫助減少壓力。有些維他命可能幫助消滅壓力及補助你的營養。選用任何維他命及補助營養品前最好先洽你的醫生。

take it EASY



take it **EASY!**

當感覺有壓力時要放寬心情，因為壓力會增高你的血糖。聽聽輕鬆的音樂，做做柔軟體操，或喝一杯熱茶，對某些人有幫助。

~糖尿病的照料~

飲食、運動及靜坐能使你的血糖保持在平衡的狀態。

可問你的醫生，你的理想健康血糖指數應該是多少？健康的血糖指數可避免或延緩因糖尿病而引起的問題。

你的血糖可因為你吃的太多而升高，但如果你一餐不吃亦可會使血糖太低而使你感覺戰慄。



要妥為照顧你的血糖：

- 天吃同樣定量的食物。
- 天定時進餐及點心。
- 不要到時不吃飯或點心。
- 天按時服用藥物。
- 天大約在相同時間做適量的運動。

~MANAGEMENT OF DIABETES~

Diet, exercise, and medications will help keep your blood sugar at an even level.

Ask your doctor what a healthy blood sugar level is for you. A blood sugar at healthy levels will prevent or slow down problems from diabetes.

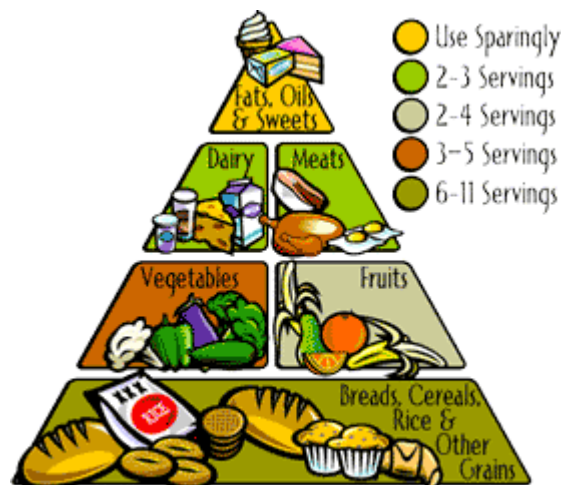
Your blood sugar can go too high if you eat too much. It can go too low and make you feel shaky if you skip a meal.

To manage your blood sugar:

- Eat about the same amount of food each day.
- Eat your meals and snacks at about the same time each day.
- Do not skip meals or snacks.
- Take your medicines at the same time each day.
- Exercise at about the same time each day.

~THE FOOD TRIANGLE~

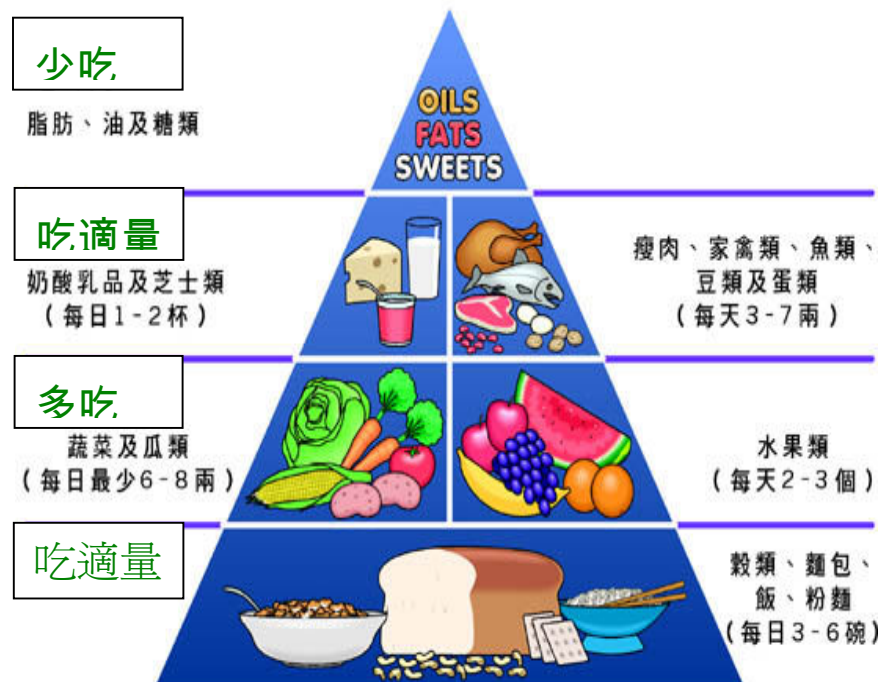
Use the food triangle to help you eat a variety of healthy foods. When you eat different foods, you get the vitamins and minerals you need.



Fats, oils & sweets:	Use sparingly
Dairy products:	2-3 servings
Meat, poultry, fish:	2-3 servings
Fruits:	2-4 servings
Vegetables:	3-5 servings
Starches:	6-11 servings

~食物三角圖~

參閱食物三角圖來吃各類健康食品。吃各種不同的食品能給你所需要的維他命和礦物質。



~食物轉換表~

食物種類	一個食份	相等於
澱粉類	½杯	一個縫衣針軟墊
飯 / 麵	½杯	一隻小茶杯
烤馬鈴薯	½ 個	一個電腦滑鼠
蔬菜	1杯	一個電燈泡
水果	½杯	一個網球
瘦肉	3安士	一副撲克牌
脂肪	1茶匙	一顆小骰子

流質轉換表：

1茶匙	5毫升
1湯匙	15毫升
¼杯	60毫升
1杯	240毫升
1品脫	470毫升
1夸脫	950毫升
1加侖	3785毫升

重量換算：

½ 杯	120克
1安士	28克
1磅	450克

~CONVERSION TABLE~

Foods:	1 Serving	About the same size as:
Starches	½ cup	1 pin cushion
Rice, cooked	½ cup	1 small coffee cup
Baked potato	½ piece	1 computer mouse
Vegetables	1 cup	1 light bulb
Fruits	½ cup	1 tennis ball
Lean meats	3 oz	1 deck of cards
Fats	1 tsp	1 small dice

Liquid Conversion:

1 teaspoon	(1 tsp)	=	5 ml
1 tablespoon	(1 tbsp)	=	15 ml
¼ cup	(¼ C)	=	60 ml
1 cup	(1 C)	=	240 ml
1 pint	(1 pt)	=	470 ml
1 quart	(1 qt)	=	950 ml
1 gallon	(1 gal)	=	3785 ml

Weight Conversion:

½ cup	(4 oz)	=	120 g
1 ounce	(1 oz)	=	28 g
1 pound	(1 lb)	=	450 g

How Much Is a Serving of Starch?

Starches		
Each serving contains 15 g of carbohydrate, 1 g of protein, 45 kcal		
	Weight (g)	About the same amount as
Rice, cooked	80	1/3 cup
Congee, thick	120	1/2 cup
Rice noodle, cooked	35	1/2 cup
Macaroni, cooked	120	1/2 cup
Spaghetti, cooked	120	1/2 cup
Flat rice noodle	35	1/7 bowl (cooked, drained)
Bread	30	1 slice
Wheat, cooked	120	1/2 cup
Cereal, dry	120	1/2 cup

Eating starches is healthy for everyone, including people with diabetes. They must be eaten in the right amount. Some starches do not taste sweet but may contain a lot of sugar, such as rice, noodles, bread, scones, potato, banana, etc. Be careful not to overeat and follow your diabetes treatment plan.

Note: A bowl of rice or noodles equals to 3 servings of carbohydrate!



一份澱粉類食物是多少？

五穀類 (每份含醣質 15 克, 蛋白質 1 克, 熱量 45 千卡)		
	重量 (克)	簡易份量
飯	80	1/3 杯
粥 (杰)	120	1/2 杯
米粉 (熟)	35	1/2 杯
通粉 (熟)	120	1/2 杯
意大利粉 (熟)	120	1/2 杯
河粉 (熟, 去湯)	35	1/7 碗
麵包	30	一片
麥皮 (熟)	120	1/2 杯
早餐粟米片 (乾)	120	1/2 杯

糖尿病患者與其他人一樣必須食用定量的澱粉。有些澱粉食品嚐起來雖不甜，但可能含很多糖份。例如：飯，麵，麵包，饅頭，馬鈴薯，香蕉等。要注意切勿過度食用並依照你的糖尿病治療計劃進食。

註：一碗飯或麵條
等於三個食份!



~澱粉類健康烹飪法~

- 買全穀麵包及五穀片。
- 少吃油炸及高脂肪澱粉類像法國麵包、甜麵餅、甜餅乾、薯片、蝦片、魚片、油條、豆沙餅、煎堆、月餅等。
- 塗麵包、餐包或吐司時改用低脂或無脂品來代替高脂肪人造奶油或牛油。
- 改用噴霧植物油(PAM)來代替食油，豬油、牛油或人造奶油。
- 烹煮或食用麥皮或早餐粟米片時用無脂或2%低脂牛奶。

適度食用澱粉，像飯、麵、麵包等。請教你的醫生或營養師有關你澱粉類食物的用量及分配。



Healthy Eating Tips: Starches

- Buy whole grain breads and cereals.
- Avoid fried and high fat starches such as French breads, rice cake, biscuits, potato chips, shrimp chips, fish chips, fried floor sticks, red bean cake, sesame cake, moon cake, etc.
- Use low-fat or fat-free substitutes on bread, rolls, or toast, to replace regular butter or margarine.
- Use vegetable oil spray such as PAM instead of oil, shortening, butter, or margarine.
- Cook or eat cereal with fat-free (skim) or low-fat (2%) milk.

Eat starches such as rice, noodles and bread in moderation. Consult your doctor or dietitian regarding your daily carbohydrate distribution.



How Much Is a Serving of Vegetables?

Vegetables		
Each serving contains 5 g of carbohydrate, 2 g of protein, 25 kcal		
	Weight (g)	About the same amount as
Green leafy vegetables	120	1/2 cup
Carrot	120	1/2 cup
Lotus root	85	2 small eggs
Water chestnut	60	4 pieces, peeled
V-8	280	1 cup

Please note that some vegetables are counted as carbohydrate because they are starchy foods, such as potato, sweet potato, yam, corn, etc.



Eat raw and cooked vegetables every day. Vegetables give you vitamins, minerals, and fiber, with very few calories. If you need to eat more than one serving at a meal, choose different types of vegetables. Or, have two or three servings of one vegetable.

一份蔬菜是多少？

蔬菜（每份含醣質 5 克，蛋白質 2 克，熱量 25 千卡）		
	重量（克）	簡易份量
綠葉蔬菜	120	1/2杯
紅蘿蔔	120	1/2杯
蓮藕	85	2 個小雞蛋體積
馬蹄	60	4 粒（去皮）
蔬菜汁（V-8）	280	1 杯

请注意有些菜算作是碳水化合物，譬如烱薯仔，蕃薯，芋頭，粟米，等。



每天多吃不論生或熟的蔬菜。蔬菜的熱量不高，但它可供應你維他命、礦物質及纖維。如果每餐你要吃多於一食份的蔬菜，你可選擇吃不同類或三份同類的蔬菜。

~蔬菜健康烹飪法~

- 你可選用低脂沙拉醬生吃蔬菜。
- 用水或少許低脂雞湯來蒸煮蔬菜。
- 煮菜時加入切碎的蔥或大蒜可增加味道。
- 選擇含脂最低的Canola食油，橄欖油或Tub人造奶油來替代動物脂肪、牛油或豬油。

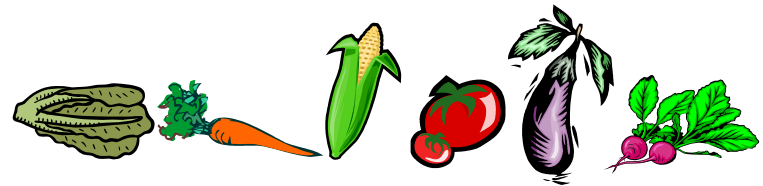


註：烹煮可能提高某些蔬菜的糖份，像：

- 紅蘿蔔
- 玉米
- 紅薯
- 甜洋芋
- 甜豆

Healthy Eating Tips: Vegetables

- Choose low-fat salad dressing.
- Steam vegetables using a small amount of water or low-fat chicken broth.
- Mix in chopped onion or garlic to make vegetables tastier.
- If you do use a small amount of fat, use canola oil, olive oil, or tub margarine instead of fat from meat, butter, or shortening.



Remember, cooking may increase the sugar level of some vegetables, such as:

- Carrots
- Corn
- Yams
- Sweet potatoes
- Sweet peas

How Much Is a Serving of Fruit?

Fruits		
Each serving contains 15 g of carbohydrate, 60 kcal		
	Weight (g)	About the same amount as
Apple	120	1 piece (small)
Banana	120	1 piece (small)
Cherry	90	12 pieces (small)
Grape	90	17 pieces (small)
Grapefruit	330	1/2 piece (large)
Watermelon	400	1 ¼ cup (cubes)
Orange	200	1 piece (small)
Papaya	240	1 cup (cubes)
Pear	120	1 piece (small)
Strawberry	300	1 ¼ cup

Fruit juice, unsweetened		
Each serving contains 15 g of carbohydrate, 60 kcal		
	(ml)	About the same amount as
Orange juice	120	1/2 cup
Apple juice, canned	120	1/2 cup

Some fruits do not taste sweet but may contain a lot of sugar!



一份水果是多少？

生果 (每份含醣質 15 克, 熱量 60 千卡)		
	重量 (克)	簡易份量
萍果	120	1 個 (小)
蕉	120	1 隻 (小)
車厘子	90	12 粒 (小)
提子	90	17 粒 (小)
西柚	330	1/2 個 (大)
西瓜	400	1 ¼ 杯 (切粒)
橙	200	1 個 (小)
木瓜	240	1 杯 (切粒)
梨	120	1 個 (小)
士多啤梨	300	1 ¼ 杯

果汁 (未加糖) (每代換單位含醣質 15 克, 熱量 60 千卡)		
	毫升	簡易份量
鮮橙汁	120	1/2 杯
萍果汁 (罐頭)	120	1/2 杯

注：有些水果雖然味道不甜卻含有高糖份！



一份奶類食品是多少？

奶類 (每份含醣質 12 克, 蛋白質 8 克)			
	容量 (毫升)	脂肪 (克)	熱量 (千卡)
無脂牛奶	240	0-3	90
低脂牛奶	240	5	120
全脂鮮奶	240	8	150
豆漿 (無加糖)	240	5	90
低脂純味酸乳	180	5	120

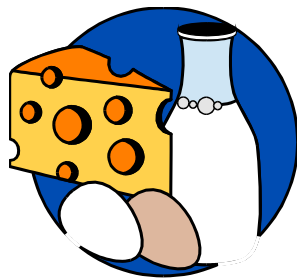
牛奶及無脂乳酪給你體力、蛋白質、鈣、甲種維他命、其他維他命及礦物質。

每天飲用脫脂或無脂牛奶，吃無脂或低脂乳酪，它們含較少的酪膽固醇及脂肪。

很多亞裔人士對乳糖不很習慣，你若是的話，可選擇飲用無乳糖牛奶，像Lactaid。選用Lactaid前，先請諮詢您的醫生或營養師。

高鈣質食物：

- 菠菜
- 綠椰花菜
- 沙丁魚
- 豆腐



How Much Is a Serving of Dairy Products?

Dairy Products			
Each serving contains 12 g of carbohydrate, 8 g of protein			
	(ml)	Fat (g)	Kcal
Fat free milk	240	0-3	90
2 % milk	240	5	120
Whole milk	240	8	150
Soy bean milk, unsweetened	240	5	90
Low fat yogurt	180	5	120

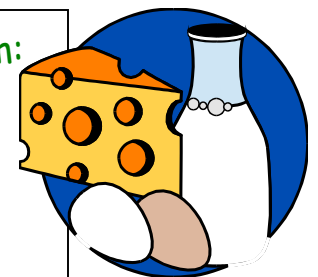
Milk and yogurt give you energy, protein, calcium, vitamin A, other vitamins, and minerals.

Drink fat-free or low-fat (2%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat, and cholesterol.

Many Asians are lactose-intolerant. If you are, you can use lactose-free milk, such as Lactaid. Consult your doctor or dietitian before consuming Lactaid.

Other ways of getting calcium:

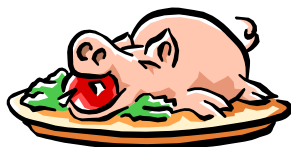
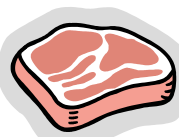
- Spinach
- Broccoli
- Sardines (with bones)
- Tofu



How Much Is a Serving of Protein?

Meats			
Each serving contains 7 g of protein			
	Weight (g)	Fat (g)	Kcal
Very lean meat (e.g. fish, shellfish, egg white, poultry-white meat no skin)	30	0-1	35
Lean meat (e.g. lean beef, lean pork, lamb, poultry-dark meat no skin)	30	3	55
Medium fat meat (e.g. ground beef, pork chop, fried fish, poultry-with skin)	30	5	75
High fat meat (e.g. pork, cheese, bacon, etc.)	30	8	100

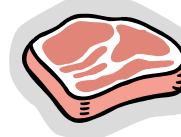
Meats weigh more before they are cooked.
4 oz. of raw meat weighs 3 oz. after cooking.



一份蛋白質類食品是多少？

肉類 (每份含蛋白質7克)			
	重量 (克)	脂肪 (克)	熱量 (千卡)
超級瘦肉 (即: 魚, 貝類 - 帶子/蝦, 蛋白, 禽畜-白肉, 切皮)	30	0-1	35
瘦肉 (即: 瘦牛肉, 瘦豬肉, 瘦羊肉, 禽畜-黑肉, 切皮)	30	3	55
中等肥肉 (即: 牛肉, 豬排, 油煎的魚, 禽畜-皮)	30	5	75
高脂肥肉 (即: 豬肉, 芝士, 烟肉)	30	8	100

生的肉類比熟的較重。
例如 4 安士生肉煮熟後祇有 3 安士。



~蛋白質食品健康烹飪法~

- 買含少肥的牛肉、豬肉、火腿及羊肉。
- 吃雞或火雞時要去皮。煮之前先把肉上的肥肉切除。
- 要增添味感可用醋、檸檬汁、明燒醬、蕃茄醬、烤肉醬、低鹽醬油或其他香料。
- 很多亞裔人士使用的調味料含有很高量的鈉。有選擇的話，可選用含鈉量較低的，它們的味道一樣好。
- 煎蛋時用少量的油或用炒菜噴霧PAM。
- 少吃乾果、炸雞、炸魚、貝類、肥豬肉、花生、椰子，等。這些食物含脂肪較高。
- 用低脂的方法烹煮蛋白質食物：

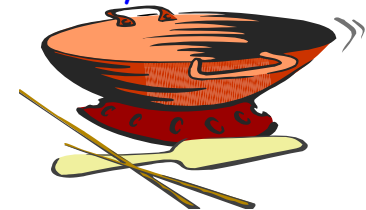
燒、烤、炒、紅燒、蒸、燴、炆、燉



Healthy Eating Tips: Protein Foods

- Buy cuts of beef, pork, ham, and lamb that have only a little fat on them.
- Eat chicken or turkey without the skin. Trim off extra fat before cooking.
- To add more flavor, use vinegars, lemon juice, teriyaki sauce, ketchup, barbecue sauce, low-sodium soy sauce, or other herbs and spices.
- Many Asian sauces or spices are high in sodium. When available, use low sodium ones, they taste just as good!
- Cook eggs with a small amount of fat, or use cooking spray such as Pam.
- Eat small amounts of nuts, fried chicken, fish, shellfish, pork, peanuts, coconuts, etc. These foods are high in fat.
- Cook protein foods in low-fat ways:

Broil . Grill . Stir-fry . Roast . Steam . Stew



~UNDERSTANDING FATS~

Fat from plants include peanut oil, corn oil, vegetable oil, sesame oil, etc. Fat from animals are lard, fat from chicken, butter, etc.

Fat contains a lot of energy. Extra fat will stay in our body if not consumed, which leads to weight gain. Being overweight increases chances of high blood pressure and heart attack.

Saturated Fatty Acid increases blood cholesterol. High fat meat, whole milk, egg yolk, and cheese contain saturated fatty acid, which is bad for your heart and arteries.

Polyunsaturated fatty acid lowers blood cholesterol. Fish, corn oil, and peanut oil contain polyunsaturated fatty acid. Choose vegetable oil to cook when available.

Monounsaturated fatty acid lowers bad blood cholesterol (LDL). Olive oil and peanut oil contain monounsaturated fatty acid. However, use any type of oil sparingly.

~脂肪的認識~

分類:

植物脂肪: 花生油、粟米油、菜油及麻油等。

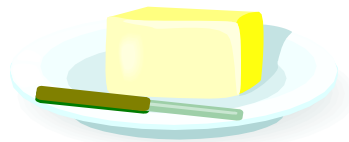
動物脂肪: 豬油、雞油、牛油等。

因為脂肪含有高熱量，當吸收過多而消耗卻不夠，脂肪就會積聚在身體內，引致體重過高，更做成患高血壓、糖尿病、心臟病的機會。

飽和脂酸 (Saturated fatty acid) 會增加血液中的膽固醇含量。肥肉、全脂奶、蛋黃和全脂芝士等，都含有很多飽和脂酸，會對心臟及血管做成損害。

聚合不飽和脂酸 (Polyunsaturated fatty acid) 能幫助降低血液中的膽固醇含量。魚類、粟米油及花生油，都含有聚合不飽和脂酸，宜選用適量的植物油烹調。

單性不飽和脂酸 (Monounsaturated fatty acid) 可以降低血中有害的膽固醇。橄欖油，花生油都含有單性不飽和脂酸，用時份量要適中。



採購須知：

- 多些選擇瘦肉和魚類。
- 應該減少購買午餐肉、香腸、腩肉、皮、腸、內臟、臘味等高脂肪食品。

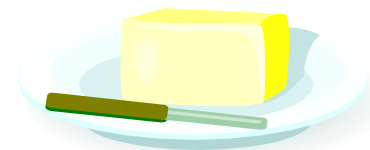
進食須知：

- 避免食用油脂和皮層，並且撇去浮在湯汁面上的油。
- 多選擇脫脂或低脂奶、低脂芝士及酸乳酪。
- 減少出外用膳。

用膳時須注意：

- 宜選擇清蒸、白灼、烤或焗。
- 選擇進食肉粥、時菜、清湯粉麵、烏冬等，少吃炒粉、麵和飯，且而避免添加熟油。

根據美國心臟協會的建議，每人每天必須不超過總熱量百分之三十的脂肪(總攝取量是55至65克左右)
。扣除從瘦肉和魚類所吃到的脂肪，平均每天最多只能用六茶匙油量。



When purchasing foods:

- Choose lean meat and fish.
- Avoid getting ham, sausage, fattening meat, skin, intestines, organ meats, pork, etc.

When consuming foods:

- Avoid eating fat and skin.
- Choose low fat or skim milk, low fat cheese and yogurt.
- Choose foods wisely when eating out.

When cooking foods:

- Steam, broil, grill, or bake foods.
- Choose congee, vegetable, rice noodles, mushrooms, over fried noodles and fried rice. Avoid adding extra fat to serve food.

American Heart Association recommends eating 30% or less fat of your daily consumption, i.e. 55-65 g of fat. Besides fat from lean meat and fish, consume not more than 6 tsp of fat or oil each day.

~UNDERSTANDING CHOLESTEROL~

Cholesterol is needed for our bodies to function well. However, too much cholesterol can be bad for our bodies. The liver makes cholesterol and we eat foods that contain cholesterol, such as egg yolks, organ meats, and high fat dairy products. Cholesterol found in foods is called "dietary cholesterol". We should try to limit dietary cholesterol to about 300 mg per day. When the doctor draws your blood and tells you your cholesterol level, that is your "blood cholesterol". We should try to keep our blood cholesterol lower than 200 mg/dl.

There are different components to our blood cholesterol:

HDL: High density lipoprotein (good cholesterol)

Helps our bodies get rid of cholesterol.

LDL: Low density lipoprotein (bad cholesterol)

Increases our risks of heart disease.

LOVE YOUR HEART!



~膽固醇的認識~

膽固醇對我們的身體很重要，然而太多膽固醇也對我們不好。肝臟制造膽固醇之外，我們也會吃高膽固醇的食物，譬如蛋黃，內臟，高脂肪乳製品。發現在食物里的膽固醇叫做飲食膽固醇。我們應該設法限制飲食膽固醇，大約每天300克。當醫生幫你測試血液時所告訴你的膽固醇水平，是你的血液膽固醇。我們應該設法控制我們的血液膽固醇低于 200 mg/dl。

不同別類的‘血液膽固醇’：

HDL: 高密度脂蛋白 (好膽固醇)

幫助減低我們的膽固醇。

LDL: 低密度脂蛋白 (坏膽固醇)

增加我們得心臟病的風險。

**好好愛護
你的心臟!**



一食份油類食品是多少？

油類（每份含脂肪質5克，熱量45千卡）		
	重量（克/毫升）	簡易份量
粟米油、花生油、橄欖油、植物油、牛油	5 毫升	1 茶匙
沙律醬	15毫升	1 湯匙
花生（連殼）	15克	10 粒（大）
杏仁（去殼）	15克	6 粒
合桃（連殼）	15克	4 粒
開心果（連殼）	15克	6 粒
花生醬	9克	2 茶匙

脂肪和油含有很高的卡洛里（熱量），有些更含有飽和脂肪和膽固醇，所以要少吃。高脂肪食物通常都很好吃，但一定要減少。減少高脂肪食品能使你減輕體重，更容易控制血糖和體

- 的脂肪及降低你的血壓。

無脂及低糖食品是仍含有卡洛里（熱量）的。



How Much Is a Serving of Fat or Oil?

Oil and Fats (Each serving contains 5 g of fat, 45 kcal)		
	Weight (g/ml)	About the same amount as
Corn, peanut or olive oil, margarine, butter	5 ml	1 tsp
Salad dressing	15 ml	1 tbsp
Peanut (with skin)	15 g	10 pieces (big)
Almond (without skin)	15 g	6 pieces
Walnut (with skin)	15 g	4 pieces
Pistachio (with skin)	15 g	6 pieces
Peanut butter	9 g	2 tsp

Fats and oils have lots of calories; some also contain saturated fats and cholesterol that are not good for you. High-fat food is tempting, cutting back will help you lose weight, keep your blood sugar and blood fats under control, and lower your blood pressure.

Remember, fat-free and low-sugar foods still have calories. Eat them as part of your meal plan.



~FOODS TO AVOID~

Sugar makes blood sugar go too high too fast. You should avoid or limit foods that are high in sugar such as:

- Condensed milk
- Ovaltine
- Milo
- Hollick
- Soda
- Table sugar
- Honey
- Syrup
- Ice-cream
- Cookies

When you read labels, avoid foods with words that end in "...ose" such as sucrose, fructose, etc. They are different types of sugar.

Extra alcohol will become fat, so you should limit your alcoholic beverages including beers.



~應避免吃的食物~

糖會使你的血糖突然升高，所以你必須避免或減少吃含糖太高的食品。

例如:

- 煉奶
- 阿華田
- 美祿
- 好立克
- 汽水
- 白糖
- 蜜糖
- 糖漿
- 雪糕
- 曲奇餅

讀包裝上的標籤時，最好避免字尾有"ose"的食品像Sucrose, Fructose等，都是不同種類的糖。

過量酒精會轉化為脂肪，故應去除飲酒習慣包括啤酒。



~健康飲食實例~

1500 Kcal 卡路里 (千卡)

食物份量	
早餐	1 片麥麵包 + 2 茶匙花生醬 + 1 杯脫脂奶 或 瘦肉類 30克 + 1碗 粥/麥皮
上午茶	鹹餅乾 2 塊 或 水果 1 份
午餐	清湯 + 瘦肉類/魚 2 份 + 1 碗 飯 + 蔬菜 2 份 + 水果 1 份
下午茶	方包半塊 或 水果 1 份
晚餐	清湯 + 瘦肉類/魚 2 份 + 1 碗 飯 + 蔬菜 1 份 + 水果 1 份
睡前	鹹餅乾 2 塊 + 1 杯脫脂奶 或 方包半塊 + 1 杯脫脂奶

每天飲 6-8 杯水!



~SAMPLE HEALTHY MEAL PLAN~

1500 Kcal Meal

Breakfast	1 slice wheat toast + 2 tbsp peanut butter + 1 cup skim milk OR 30 g lean meat cooked with congee
Morning Snack	2 pieces cracker OR 1 serving of fruit
Lunch	Broth soup + 2 servings fish or lean meat + 1 bowl of rice + 2 servings of vegetables + 1 serving of fruit
Afternoon Snack	½ slice toast OR 1 serving of fruit
Dinner	Broth soup + 2 servings fish or lean meat + 1 bowl of rice + 1 servings of vegetables + 1 serving of fruit
Evening Snack	1 cup skim milk + 2 pieces crackers OR 1 cup skim milk + ½ slice toast

Drink 6-8 glasses of
water each day!



~OTHER HEALTH GUIDELINES~

Your Precious Teeth:



- Diabetes makes it easier to get gum infections. Infections will raise blood sugar. Take care of your teeth by brushing them after each meal and at bedtime. Floss between your teeth. Do not smoke. Visit your dentist at least twice a year.

Your Beautiful Eyes:



- Sudden changes in blood sugar can cause blurry vision. Blindness can occur if blood sugar stays high for a long time. See your eye doctor at least once a year.

Your Lovely Feet:



Diabetes can cause your feet to get numb or lose some of the blood supply they need. Serious infections can start and can be very hard to heal. Never go barefoot, always wear clean socks and shoes, and protect your feet from injury. Check with your foot doctor at least twice a year.

~其他保健指導~

保護你的牙齒:



糖尿病患者的牙肉很容易發炎。發炎能引起血糖升高。每次餐後及睡前刷牙可保護你的牙齒。用牙線清除牙縫及戒煙對牙齒保健都有幫助。每年至少檢查牙齒兩次。

保護你的眼睛:



血糖突然變化會使你視力模糊。如果血糖長期居高不下，可導致失明。每年至少去看一次眼科醫生做檢查。

保護你的雙腳:



糖尿病會使你的雙腳發麻或使腳部血液供應不足。嚴重的發炎往往不易痊癒。切勿赤腳走路，一定要穿清潔襪子和鞋子。每年要去腳醫生處檢查兩次。