糖尿病の方の食生活の手引き

Diabetes Meal Planning for the Japanese American Client

果物類
Fruit

野菜、きのこ類
Vegetables

穀類、豆類、イモ類、炭水化物を多く含む野菜類
Grains, Beans, Starchy Vegetables

肉類/タンパク質を多く含む食材
Meat / Other Protein-Rich Foods

乳製品/カルシウムを多く含む食材
Milk/Other Calcium-Rich Foods
Tips for Healthy Meal Planning

• Eat meals and snacks at regular times everyday.
• Eat about the same amount of food everyday.
• If you are trying to lose weight, cut down on your portion sizes.

FATS

• Use less cooking fat or choose a healthier type of fat (such as canola, olive, sesame, or peanut oil).

• Fry foods less often. Bake, broil, steam, poach or stew without fat.

• Eat deep fried-foods such as Tempura, or Tonkatsu less often. Try baking them in the oven.

• Choose ramen noodles or crackers without palm, coconut or hydrogenated oil.

• If you choose to drink alcohol, limit the amount and have it with a meal.

• If choosing cow’s milk, choose non-fat (skim) or 1% fat varieties.

• Choose soy milk, choose unsweetened and a brand that is fortified with calcium. Sweetened soy milk has added sugar and more calories.

• Choose plain, unsweetened non-fat or low-fat yogurt.

• Calcium-set tofu is a good source of calcium.

• Seaweeds (Hijiki, Wakame, Kombu, Nori) are high in calcium and fiber, but may be high in sodium.

• Many dark greens (such as broccoli, Bok Choy, Chinese greens) and small dried fish are good sources of calcium.

MEAT / PROTEIN-RICH FOODS

• Trim all visible fat from meat. Select lean cuts of beef and pork.

• Tofu is a good source of low fat protein.

• Cooked dried beans are good source of protein and fiber, but counted as starch servings.

VEGETABLES

• Increase your intake of fresh and/or frozen vegetables as good sources of vitamin, minerals and fiber.

• Choose and prepare fresh or frozen vegetables without added sauces, fats, or salt.

• Include more dark-green and deep-yellow vegetables such as broccoli, carrots, spinach, and peppers in meals everyday.

• Include bean sprouts in cooking often. Bean sprouts, especially soybean, are good sources of fiber and protein.

• Include more seaweed and mushrooms. They are high in fiber and low in calories.

FRUIT

• Choose whole fruits more often than fruit juices. Whole fruit have more fiber and less concentrated sugars such as broccolli, apples, and pears.

• Choose whole foods such as bananas, pears, apples, and pears with skin.

• If using canned fruits, choose those packed in juice or water, not in syrups.

• Eat whole fruit such as apples, pears, and pears with skin or peels.

GRAINS, BEANS, STARCHY VEGETABLES

• Choose whole grain foods such as brown rice, oats, barley, whole wheat bread, and crackers.

• Try brown rice instead of white rice or mix barley, brown rice, or dried beans when cooking white rice. Yam, soy or brown rice may be a good substitute for white rice.

• Choose raw, dried or non-fried noodles. Limit use of instant noodles such as ramen as most of them are high in fat and salt.

• Include amaranth, buckwheat, or barley in your meals.

TIPS FOR STAYING HEALTHY

• Exercise everyday. Walk, dance, or engage in another activity you enjoy.

• Drink at least 8 glasses of water each day.

• Eat a variety of foods: try new foods!

• Choose whole foods such as brown rice, oats, barley, whole wheat bread, and crackers.

• Choose raw, dried or non-fried noodles. Limit use of instant noodles such as ramen as most of them are high in fat and salt.

• Include amaranth, buckwheat, or barley in your meals.

• Be sure to spread your servings of starches throughout the day.

• Teriyaki sauce, Tonkatsu sauce, and Sushi rice may contain a lot of sugar.

• Include yams (Konnyaku and Shirakaki) more often. Yams can contain only a few calories with some fiber.

健康な食生活の手引き

毎日同じ時間に食べる

毎日同じ量を食べる

食事の摂取のたびには、1食ものの量を減らす

ご飯、肉、野菜、果物をバランスよく摂ること

適度な運動をすること

十分な水を摂ること

各種野菜を多く摂ること

動物性食品の摂りすぎを避け、植物性食品の摂りすぎを避け、適量を摂ること

脂肪の摂りすぎを避け、適量の脂肪を摂ること

糖質の摂りすぎを避け、適量の糖質を摂ること

ソース、調味料の使用を控えること

自然の味を楽しむこと