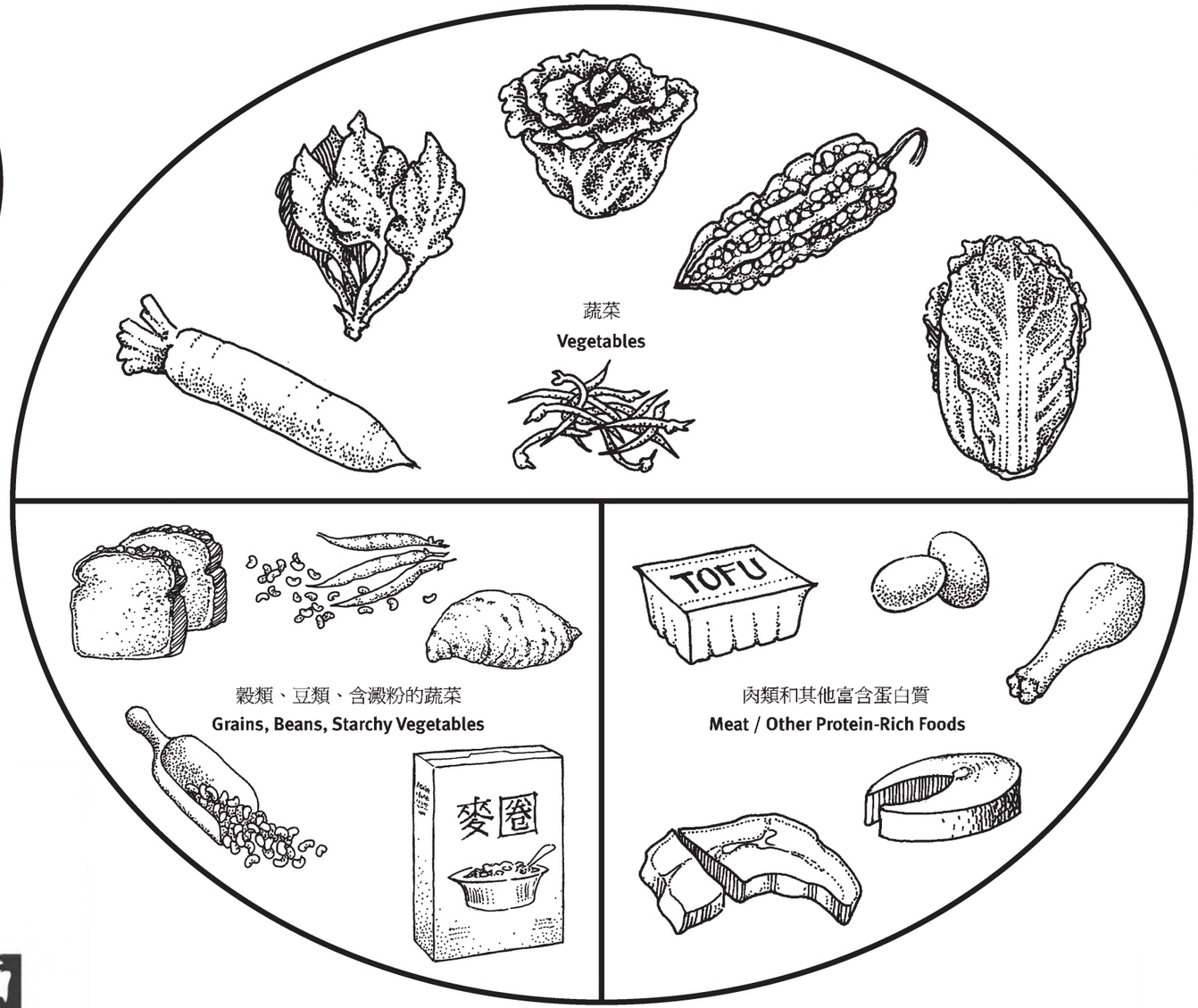
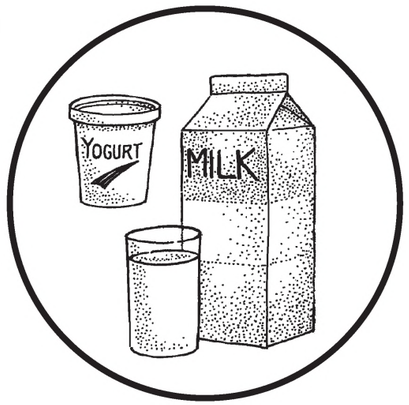
糖尿病患者的飲食計畫

Diabetes Meal Planning for the Chinese American Client

水果

Fruit





牛奶或其他富函鈣的食物

Milk/Other Calcium-Rich Foods

Public Health
Seattle & King County

REACH
Racial and Ethnic Approaches to Community Health

糖尿病患者的飲食計畫
Tips for Healthy Meal Planning

- 每天的正餐與小吃要定時。
- 每天吃相同的食量。
- 儘量不要疏忽正餐。
- 若要減肥，減低每餐的份量。

脂肪
- 少食用脂肪類食物。
- 少食用飽和類脂肪。飽和類脂肪在室溫下通常爲固體。大部份在肉類及動物性產品中，例如漢堡包、醺肉、牛油、臘腸、內臟、雞肉及豬油。
- 椰奶也含有很高的飽和性脂肪。
- 不用雞、豬油而改用菜籽油、橄欖油或花生油。
- 選用不含棕櫚油或椰子油的產品。

甜品
- 不要常吃甜食，因爲它們含有高量的糖份，而且通常含有脂肪。
- 當您想吃甜食時，用點分類食品或水果來替代。不要把甜食當作零食吃。
- 限制甜煉奶的使用量。

酒精
- 當您想喝含酒精的飲料時，要控制用量並與正餐一起食用。並向您的健康顧問詢問您的安全用量。

牛奶或其他富含鈣質的食品
- 選用脫脂或低脂產品，例如脫脂或低脂的牛奶、酸奶酪，或低脂的芝士。
- 加糖的豆奶，可產生更多卡路里。如果您想吃甜的口味，可給不甜的豆奶加人工糖。
- 以鈣酸製造的豆腐是鈣質與蛋白質的好來源。
- 許多青菜〔白菜、芥蘭、甘藍菜〕是鈣質的好來源。

肉類或其他富含蛋白質的食品
- 常選擇魚和家禽的肉，要把皮去掉。
- 選擇牛、羊、豬的瘦肉。
- 要從肉中將所有看得兒的脂肪去掉。
- 從湯中撇去油。
- 限制蒸、炒的油量，或者用煮沸代替油炸。
- 控制油的用量。

蔬菜
- 選用無添加醬料、脂肪或鹽份的新鮮或冷凍蔬菜。
- 限量食用添加防腐劑的蔬菜。
- 選用深綠色和深黃色的蔬菜，例如菠菜、西蘭花、胡蘿蔔、辣椒、青椒、白菜、菜心、苦瓜及芥菜。

水果
- 選擇整顆的水果。它們含纖維比果汁多。
- 選擇不加糖或糖漿的水果和果汁。
- 包含橙、橘子、柚子或柚等含高維他命 C 的水果。

穀類、豆類、澱粉類蔬菜
- 選擇像全殼麵包、蘇打餅乾或糙米等全穀類食物。
- 烹調及烘烤時，使用全麥或全殼的麵粉。
- 選用具有良好纖維來源的豆類。
- 選用像小圓麵包或英式鬆餅等低脂麵包。
- 選用低熱量的蘇打餅乾當作點心。
- 限量使用包製速食麵，因爲它們大多含高量的脂肪與鹽份。
- 將您全天的澱粉攝入量分配平均。

- **Eat meals and snacks at regular times everyday.**
- **Eat about the same amount of food everyday.**
- **Try not to skip meals.**
- **If you are trying to lose weight, cut down on your portion sizes.**

FATS
- Eat less saturated fat. Saturated fat is usually solid at room temperature. It is mostly found in meat and animal products, such as hamburger, bacon, butter, Chinese sausage, organ meats, chicken, and pork fat.
- Coconut milk is also high in saturated fat.
- Replace chicken or pork fat in cooking with oils such as canola, olive and peanut.
- Choose products without palm oil or coconut oil.

SWEETS
- Eat sweets less often because they are high in sugar and often fat, too.
- When you eat sweets, substitute them for starches or fruits. Don't eat them as extras.
- Limit use of sweetened condensed milk.

ALCOHOL
- If you choose to drink alcohol, limit the amount and have it with a meal. Check with your health care professional about a safe amount for you.

MILK / CALCIUM-RICH FOODS
- Sweetened soybean milk has added sugar and more calories. Add artificial sweeteners to unsweetened soybean milk if you prefer a sweet taste.
- Canned sardines packed in water and dried fish are good sources of calcium.
- Tofu made with calcium sulfate is a good source of calcium.
- Many Chinese greens (bok choy, Chinese broccoli, kale) are good sources of calcium.

MEAT / PROTEIN-RICH FOODS
- Choose fish and poultry more often, and remove the skin.
- Select lean cuts of beef, lamb, or pork.
- Trim all visible fat from meat.
- Skim fat from soups.
- Steam, stir-fry with limited oil, or boil instead of deep-fat frying.
- Limit use of oil.

VEGETABLES
- Choose fresh or frozen vegetables without added sauces, fats, or salt.
- Limit use of preserved vegetables.
- Choose more dark-green and deep-yellow vegetables, such as spinach, broccoli, carrots, chilies, peppers, bok choy, choy sum, bitter melon, and Chinese mustard greens.

FRUIT
- Choose whole fruits often. They have more fiber than juices.
- Choose fruit and fruit juices without added sweeteners or syrups.
- Try to choose vitamin C rich foods such as oranges, tangerines, grapefruit, and pumelo.

GRAINS, BEANS, STARCHY VEGETABLES
- Choose whole-grain foods such as whole-grain bread or crackers, bran cereal or brown rice.
- Use whole-wheat or other whole-grain flours in cooking and baking.
- Choose beans as a good source of fiber.
- Choose more low-fat breads, such as rolls and English muffins.
- Choose low-fat crackers for snacks.
- Limit use of packaged instant noodles such as ramen, as most of them are high in fat as well as sodium.
- Be sure to spread your servings of starches throughout the day.

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