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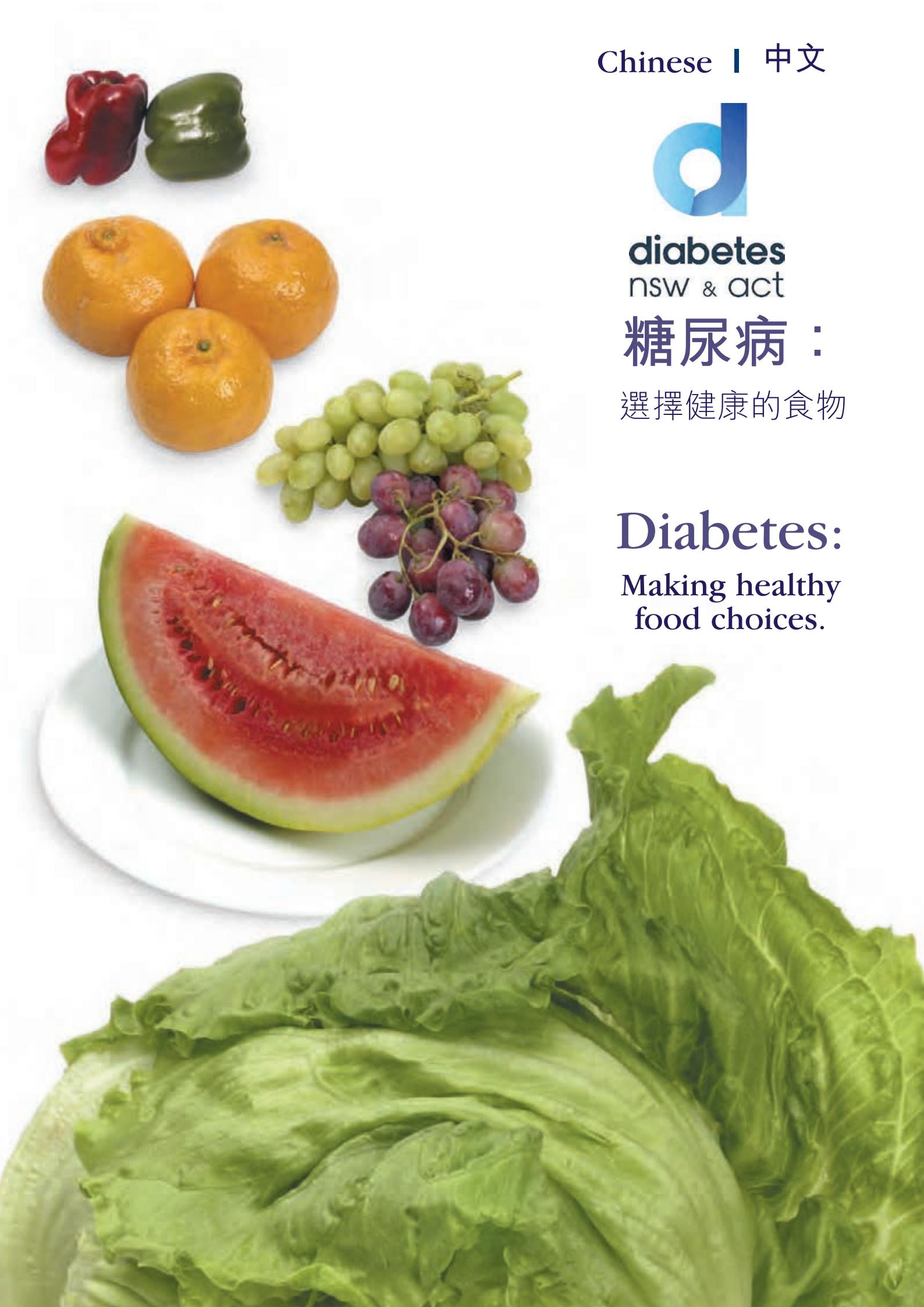
diabetes
nsw & act

糖尿病：

選擇健康的食物

Diabetes:

**Making healthy
food choices.**



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給糖尿病患者的健康飲食

健康飲食是控制血液葡萄糖 (糖份) 水平的重要部份。健康飲食對所有人都是好的，您無需購買特別的食物或為您自己和家人另外準備膳食。應往見一位可以為糖尿病患者提供有關健康飲食的個別建議的營養師，這是很重要的。

我應該吃甚麼呢？

為協助控制糖尿病，您需要：

- 每日三餐，並在一天平均地分配進食時間。如果您服用一些糖尿病的藥片或胰島素，您可能需要在正餐之間和睡前吃點心。您的醫生、糖尿病教育者或營養師可以告訴您，您是否需要吃點心。
- 您的膳食應以高纖維的碳水化合物食物為主，例如全穀物麵包和穀物
- 食品、豆、扁豆、澱粉蔬菜（例如：馬鈴薯）及水果。碳水化合物食物是對您有益處的，這些食物給您的血液提供（糖）葡萄糖，您的身體會用作能量。營養師可以告訴您每餐應該進食多少碳水化合物。
- 蛋白質食物對良好健康是很重要的。選擇含較低脂肪的蛋白質食物如瘦肉、去皮的雞肉、魚和低脂乳製品。
- 選擇含較低脂肪的食物（尤其是飽和脂肪），飽和脂肪對心臟是不好的。限制進食含高飽和脂肪的食物，如全脂奶、肥肉、黃油、乳酪、椰子汁、加工食物及外賣的食物。在飲食包括小量較健康的脂肪，例如多元不飽和或單元不飽和的人造黃油，食用像葵花油、大豆油、橄欖油和芥花籽油，以及魚，果仁，種子和鱷梨。
- 限制高糖及/或高脂肪的食物，如汽水、糖果、巧克力、蛋糕、餅乾和酥皮點心。
- 如果您喝酒，向醫生查詢這對您是否安全及您可以喝多少。
- 保持活躍可以有助您控制您的糖尿病，詢問醫生哪類活動和多大的活動量適合您。

有關更詳細的資料...

聯絡認可的執業營養師。有關您的區內的營養師的資料，聯絡：

- 澳洲營養師協會，電話 1800 812 942
- 澳洲糖尿病協會，電話 1300 136 588
- 您當地的醫院



Healthy eating for Diabetes

Healthy eating is an important part of managing blood glucose (sugar) levels. Healthy eating is good for everybody, you do not need to buy special foods or prepare separate meals for you and your family. It is important to see a dietitian who can provide individual advice about healthy eating for diabetes.

What should I eat?

To help manage your diabetes, you need to:

- Eat three meals a day and spread these evenly throughout the day. If you are on some types of tablets for diabetes or insulin you may also need to eat a snack between meals and before bed. Your doctor, diabetes educator or dietitian can tell you whether you need to eat snacks.
- Base your meals on high fibre carbohydrate foods, such as wholegrain bread and cereals, beans, lentils, starchy vegetables (eg. potato) and fruits. Carbohydrate foods are good for you. These foods will put some (sugar) glucose in your blood, which your body uses as energy. A dietitian can tell you how much carbohydrate to eat at each meal.
- Protein foods are important for good health. Choose protein foods that are lower in fat like lean meat, skinless chicken, fish and low fat dairy foods.
- Choose foods lower in fat (especially saturated fat). Saturated fat is not good for your heart. Limit foods high in saturated fat like full cream milk, fatty meat, butter, cheese, coconut milk, processed foods and take away foods. Include small amounts of healthier fats in your diet such as polyunsaturated or monounsaturated margarines, oils such as sunflower, soybean, olive and canola, fish, nuts, seeds and avocado.
- Limit foods that are high in sugar and/or fat like soft drink, lollies, chocolate, cakes, biscuits and pastries
- If you drink alcohol ask your doctor if it is safe for you and how much you can drink.
- Being active can help manage your diabetes. Ask your doctor what type of activity and how much is good for you.

For more information...

Contact an Accredited Practicing Dietitian, to find one in your area contact:

- the Dietitians Association of Australia 1800 812 942
- Diabetes Australia on 1300 136 588
- your local hospital



碳水化合物食物 Carbohydrate foods

碳水化合物食物是對您有益處的，這些食物給您的血液提供一些糖份，您的身體會用作能量。嘗試將碳水化合物食物分開在每日三餐的膳食，膳食或點心含有太多碳水化合物食物會令您的血液有太多的糖份。有些患糖尿病的人士可能也要在正餐之間和睡前進食。食物之下會寫上相等於一份碳水化合物的份量。營養師會告訴您每餐應進食的碳水化合物份量和您是否也需要吃點心。

Carbohydrate foods are good for you. These foods will put some sugar in your blood, which your body uses for energy. Try to spread carbohydrate foods over three meals a day. Too much carbohydrate food eaten at a meal or snack will put too much sugar in your blood. Some people with diabetes may also need to eat between meals and before bed. The amount equal to one serve of carbohydrate is written under the foods. A dietitian can tell you how many serves of carbohydrate to eat at each meal and whether you also need to eat snacks.



全穀麵包
1 片

wholegrain bread
1 slice



水果麵包
1 片

fruit loaf
1 slice



全麥麵包
1 片

wholemeal
bread
1 slice



烤餅
1 片

crumpets
1 slice



鬆餅
1/2 個鬆餅

muffins
1/2 muffin



粥
30 克 (乾)

rice porridge
30g dry



木薯澱粉/西米
3/4 杯煮熟

tapioca/sago
3/4 cup cooked



早餐穀麥 1/3 - 3/4 杯



breakfast cereals
1/4-3/4 cup



2 塊餅乾
2 biscuits

碳水化合物食物 Carbohydrate foods



麵食
1/2 杯煮熟
pasta
1/2 cup cooked



印度米
1/3 杯煮熟
basmati rice
1/3 cup cooked



Doongara 米
1/3 杯煮熟
doongara rice
1/3 cup cooked



麵條
1/3 杯煮熟
noodles
1/3 cup cooked



米粉
1/3 杯煮熟
rice noodles
1/3 cup cooked



大麥
1/2 杯煮熟
barley
1/2 cup cooked



2分鐘麵條
(低脂) 1/2 包
2 minute noodles
(low fat) 1/2 packet



玉米粉
1 1/2 湯匙
corn flour
1 1/2 tablespoons



純麵粉
2 湯匙
flour plain
2 tablespoons



小米
1/3 杯煮熟
millet
1/3 cup cooked



玉米棒
1 個 中型
corn cob
1 medium



馬鈴薯 1 個 中型
potatoes 1 medium



番薯
1 個 中型
sweet potato
1 medium

碳水化合物食物

Carbohydrate foods



烤豆 baked beans
1/2 杯 $\frac{1}{2}$ cup



豆類 legumes
1/2 杯 - 1 杯 $\frac{1}{2}$ - 1 cup



扁豆 lentils
1 杯 1 cup



蘋果 apple
1 個 中型 1 medium



香蕉 banana
1 只 中型 1 medium



櫻桃 cherries
1 杯 1 cup



葡萄 grapes
1 杯 1 cup



奇異果 kiwi fruit
2 個 中型 2 medium



橘子 mandarin
2 個 中型 2 medium



芒果 mango
1 個 中型 1 medium



油桃 nectarine
2 個 中型 2 medium



桃子 peach
2 個 中型 2 medium

碳水化合物食物 Carbohydrate foods



鳳梨
2 片
pineapple
2 slices



洋李
4 個 一般大小
plums
4 average



梨子
1 個 中型
pear
1 medium



橙
1 大個
orange
1 large



皺皮瓜
1/2 個
rock melon
 $\frac{1}{2}$ whole



西瓜
2 杯
watermelon
2 cups



番荔枝
1/4 個
custard apple
1/4 whole



菠蘿蜜
1/4 個
jack fruit
1/4 whole



杏果乾
5 顆
dried apricots
5 whole



葡萄乾
1 $\frac{1}{2}$ 湯匙
sultanas
1 $\frac{1}{2}$ tablespoons



荔枝
10 顆
lychees
10 whole



罐頭水果
1/2 杯
tinned fruit
 $\frac{1}{2}$ cup



果汁
1/2 杯
fruit juice
 $\frac{1}{2}$ cup

碳水化合物食物

Carbohydrate foods



豆奶
1 杯

soy drink
1 cup



低脂牛奶
1 杯

low fat milk
1 cup



脱脂牛奶
1 杯

skim milk
1 cup



低脂蛋奶凍糕
1/2 杯

low fat custard
 $\frac{1}{2}$ cup



低糖酸乳酪
1 杯 (200克)

diet yoghurt
1 tub (200g)



減低脂肪的水果酸乳酪
1 小杯 (100克)

reduced fat fruit yoghurt
1 small tub (100g)



減低脂肪的純酸乳酪
1 杯 (200克)

reduced fat plain yoghurt
1 tub (200g)



冰凍果子露
1 勺

sorbet
1 scoop



低脂冰淇淋
2 勺

low fat ice cream
2 scoops

碳水化合物食物 Carbohydrate foods



水果餅乾
fruit biscuits



減低脂肪的餅乾
reduced fat biscuits

(2-3塊甜餅乾)
(2-3 sweet biscuits)



(2-4塊) 餅乾或薄脆餅乾
(2-4) crackers or crispbreads



米糕
2-3 塊米糕
rice cakes
2-3 rice cakes



米糕
rice crackers



薄烤餅
1 小塊
pancakes
1 small

蛋白質食物 *protein foods*

您每日只需要小量的蛋白質食物，以維持良好的健康。這些食物不會在您的血液添加糖份。嘗試選擇較低脂肪的蛋白質食物。

You only need small amounts of protein foods each day for good health. These foods do not put sugar in your blood. Try to choose protein foods that are lower in fat.

低脂蛋白質食物

Lower fat protein foods



瘦牛肉 lean beef



瘦豬肉 lean pork



瘦羊肉 lean lamb



瘦碎牛肉 lean mince meat



去皮雞肉 skinless chicken



瘦醃肉 lean bacon



瘦火腿 lean ham



瘦火雞胸肉 lean turkey breast

低脂蛋白質食物
Lower fat protein foods



魚肉 fish



蝦 prawns



豆腐 tofu



章魚 octopus



淡菜 mussels



蠔 oysters



罐頭魚
canned fish

蛋白質食物
protein foods

低脂蛋白質食物
Lower fat protein foods



低脂乳酪片
low fat sliced cheese



低脂乳酪
low fat cheese



Ricotta乳酪
ricotta cheese



軟白 (cottage) 乳酪
cottage cheese



減低脂肪的乳酪
reduced fat cheese



雞蛋
eggs

高脂蛋白質食物 — 嘗試限制進食這些食物
High fat protein foods - try to limit these foods



羊腰肉
lamb loin



鴨肉
duck



豬排
pork ribs



油膩的醃肉
fatty bacon



帶皮的雞肉
chicken with skin



豬腩肉
pork belly



薩拉米香腸
salami



雞肉卷
chicken loaf

蛋白質食物
protein foods



香腸
sausages



法蘭克福香腸
frankfurts



全脂乳酪
full fat cheese



乳脂酪
cream cheese

脂肪 Fats

脂肪不會在您的血液添加糖份，但如果您吃太多任何類別的脂肪，您的體重可能會增加。

Fats do not put sugar in your blood but if you eat too much of any type of fat you may gain weight.

健康的脂肪（多元不飽和或單元不飽和脂肪）

這些脂肪對您的心臟是有好處的，進食小量。

Healthy fats (polyunsaturated and monounsaturated fats)

These fats are good for your heart, eat in small amounts.



鱷梨
avocado



人造黃油
margarine



葵花油
sunflower oil



芥花籽油
canola oil



芝麻油
sesame oil



花生油
peanut oil



噴裝油
spray oil



果仁（不加鹽）
nuts (unsalted)



花生醬
peanut butter

脂肪 Fats

飽和脂肪

這些脂肪對心臟是不好的，嘗試限制進食這些食物

Saturated fats

These fats are not good for your heart. Try to limit these foods.



黃油
butter



動物油脂
dripping



豬油
lard



煮食用人造黃油
cooking margarine



固體煮食油
solid cooking oils



奶油
cream



酸奶油
sour cream



蛋白醬
mayonnaise

這些食物含高量的脂肪或糖或兩者都高，嘗試避免吃這些食物或只限在特別場合進食。

These foods are high in fat or sugar or both. Try to avoid these foods or limit them to special occasions.



漢堡包 hamburger



馬鈴薯條 hot chips



肉餡餅 meat pie



鹹味包點
savoury buns



甜包點 sweet buns



布丁 puddings



豬油渣 pork crackling



糕點及酥皮點心
cakes and pastries



巧克力
chocolate



馬鈴薯片
crisps



奶油餅乾
cream biscuits



鬆脆餅
short bread



巧克力餅乾
chocolate biscuits

高脂及高糖食物

high fat & sugar foods

這些食物含高量的脂肪或糖或兩者都高，嘗試避免吃這些食物或只限在特別場合進食。

Limit foods that contain mainly sugar. These foods put sugar in your blood but do not contain anything else that is good for you. Sugar, jam and honey can be eaten in small amounts.



金黃糖漿
Golden Syrup



蜜糖
honey



果醬
jam



果凍 jelly



紅糖
brown sugar



白糖
white sugar



水果果汁 cordial



汽水
soft drink



糖果
lollies



其他食物 *other foods*

這些食物不會在您的血液添加糖份。

These food don't put sugar in your blood.

吃大量這些食物

Eat plenty of these foods



蘆筍 asparagus



西蘭花
broccoli



豆芽菜 bean sprouts



佛手瓜
choko



燈籠椒
capsicum



紅蘿蔔
carrot



白菜
bok choy



青豆 green beans



萵苣 lettuce



椰菜 cabbage

其他食物
other foods

吃大量這些食物
Eat plenty of these foods



綠豆 mung beans



蘑菇 mushrooms



瑞典蕪菁
swede



洋蔥 onion



香草
herbs



豌豆苗
snow peas sprouts



薑 ginger



檸檬及檸檬類
lemon and lime



南瓜 pumpkin



小蘿蔔
radish



馬蹄 water chestnuts



蔥
shallots



草莓 strawberries



番茄 tomatoes



香料 spices

只使用小量

Use only in small amounts



茶 tea



低鹽量的湯粉
salt reduced stock powder



醬油（低鹽份）
soy-sauce (salt reduced)



蠔油
oyster sauce



番茄醬（沒有加鹽）
tomato sauce
(no added salt)



醋 vinegar



低脂沙拉醬汁
low fat salad dressings



甜辣椒醬
sweet chilli sauce



低糖果汁
diet cordial



低糖汽水
diet soft drink



人造增甜劑
artificial sweeteners



咖啡
coffee



醃漬食品
pickles



澳洲菜醬
vegemite

酒精 alcohol

酒精可以影響您的血糖水平和您的體重，如果您喝酒，諮詢醫生您可以喝多少才不會影響您的健康。建議的一般喝酒量是男性每日不超過兩杯標準量，女性每日不超過一杯標準量。嘗試每週最少有兩天不喝酒。下文會展示一杯標準量有多少。

Alcohol can affect your blood sugar levels and your weight. If you drink, ask your doctor how much alcohol is safe for you. It is recommended that in general, men drink no more than two standard drinks each day and women drink no more than one. Try to have at least two alcohol free days per week. The amount equal to one standard drink is illustrated below.



啤酒

285毫升(標準啤酒)
425毫升(低酒精啤酒)

beer

285mL (regular beer)
425mL (low alcohol beer)



葡萄酒

一杯100毫升

wine

100mL glass



砵酒一杯60毫升

利口酒一杯30毫升

port 60mL glass

liquers 30mL glass



烈酒

一口份量 (30毫升)

spirits

one nip (30mL)

本資料也具備其他語言的版本
查詢進一步詳情，瀏覽 www.diabetesnsw.com.au
或 www.mhcs.health.nsw.gov.au

有關糖尿病的進一步資料，請聯絡澳洲糖尿病協會，電話 1300 136 588



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