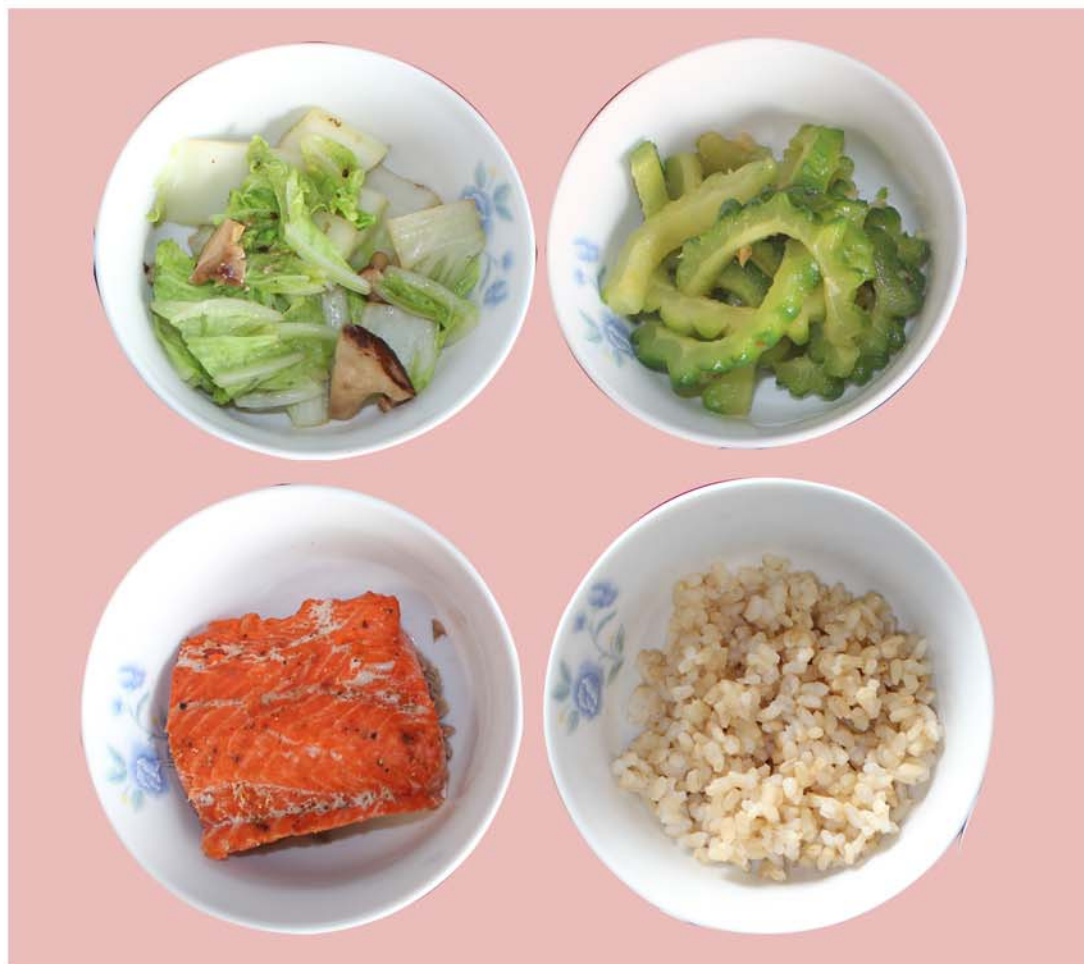


中醫藥二型糖尿病飲食指南。©

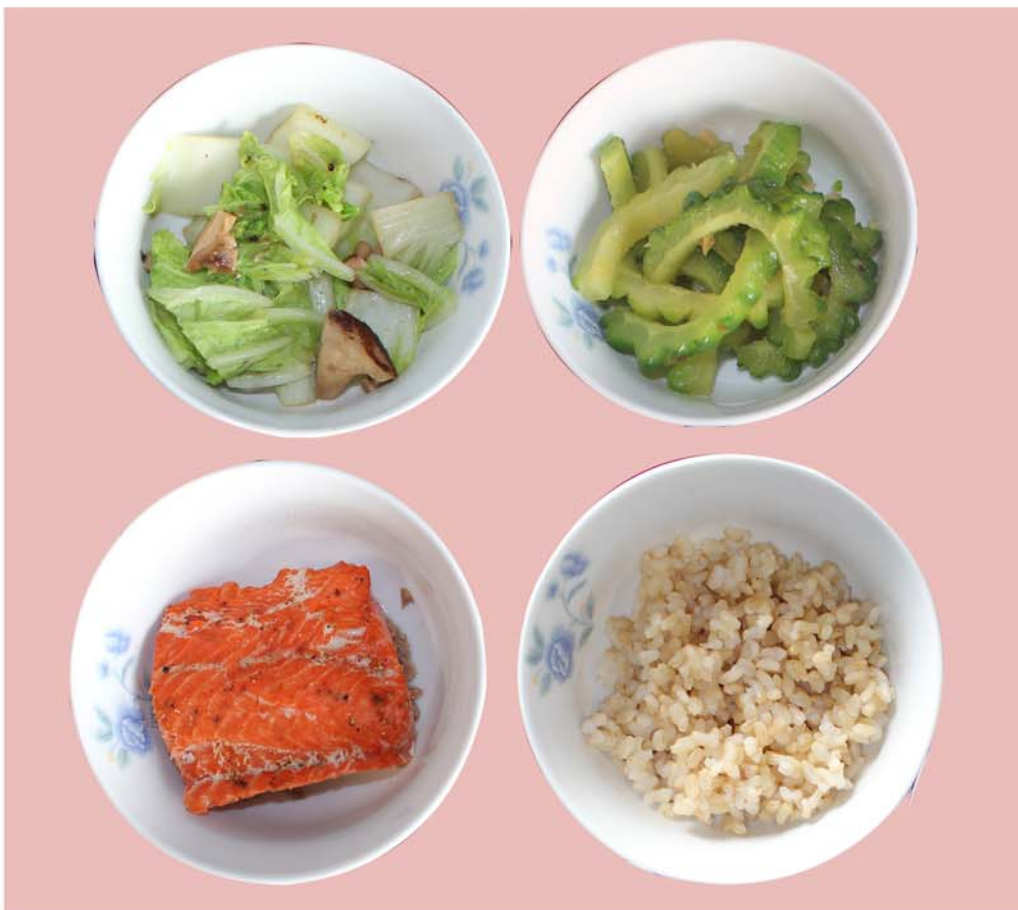


如果您像大部份的糖尿病患者一樣，那麼您也需要更好的飲食營養建議。一種更好的飲食習慣可以幫助您控制您的血糖。當您的家人，西醫生，以及中醫師給您不同的飲食營養建議時，您在食物的選擇上可能變得更困難。好消息是，很多您所熟悉的食物，我們的西醫師和中醫師其實都認為對您的糖尿病是有利的！因此，本飲食指南將和您一起，幫助您去尋找這些食物。

Chinese Medical Dietary Guidelines

FOR TYPE 2 DIABETES

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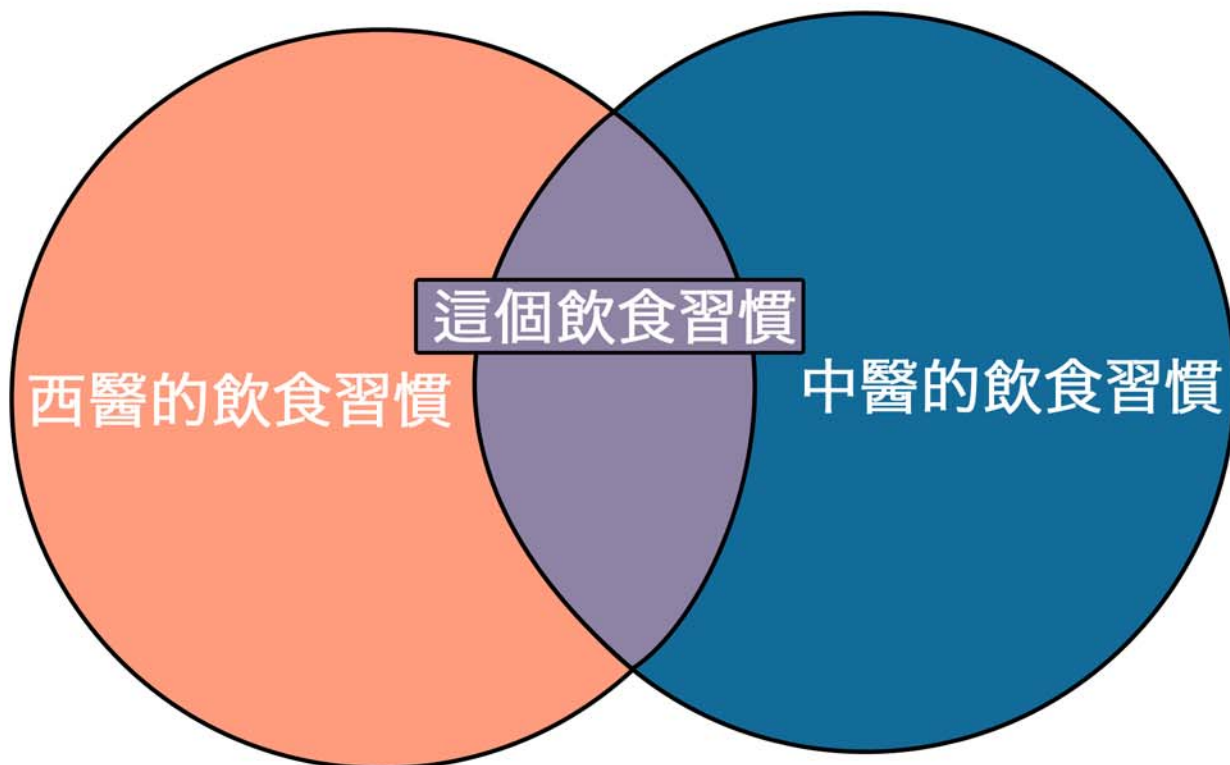
If you are like most people with diabetes, you want to eat a better diet. A better diet can help keep your blood sugars in control. It may be challenging to know what to eat when your family, your culture, your Western doctor and your Chinese doctor give different recommendations. **The good news is that there are a lot of familiar Chinese foods that both a Western doctor and a Chinese doctor would agree are good for your diabetes.** This book is designed to help you find those foods.

中醫藥二型糖尿病飲食習慣

現在, 您已決定把飲食習慣掌握在自己手中! 現在市面上有很多信息告訴您二型糖尿病患者該如何飲食, 比如您的醫生和營養師可能會有一種觀點, 而您的飲食文化或家人又可能會有另一種觀點。

例如, 西醫會說所有的蔬菜都適合糖尿病, 而中醫則會說某些蔬菜對於糖尿病患者是否有利取決於患者的體質和糖尿病的類型。在這本書裡, 我們會教您哪一些蔬菜是從西醫和中醫的角度而言都對您的情況有利。西醫擔心水果會提高您的血糖, 而中醫則會覺得有些水果對您的糖尿病有幫助。在這本書裡, 我們建議無論您的情況如何, 或即使糖尿病類型不同, 都應適量食用的水果。不過當您吃水果的時候, 最好食用那些中醫所推薦的, 對您糖尿病類型有益的水果。

這本指南是中醫藥專家、西醫藥專家和像您一樣的華人合力編纂的。由於它結合了中醫和西醫的觀點, 所以, 這些建議可能會同您的藥劑師, 中醫師或您的家人的建議有點不同。

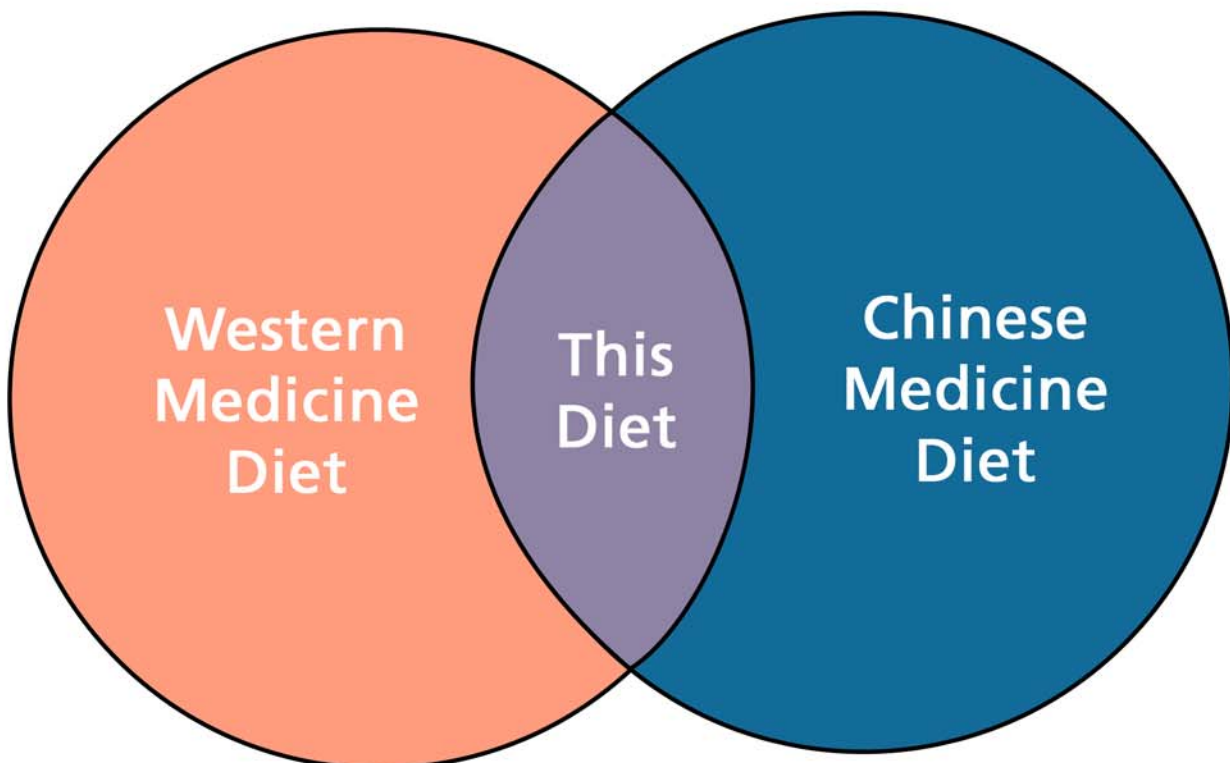


Chinese Medicine Diet for Type 2 Diabetes

So, you've decided to take your diet into your own hands. There is a lot of information out there about how to eat right for type 2 diabetes. Your doctors and dietitian may say one thing, and your own culture or family may say something else.

For example, Western doctors say that all vegetables are good for diabetes. Chinese doctors say that only certain vegetables are good for diabetes depending on your situation and type of diabetes. In this book, we will show you which vegetables both Western and Chinese doctors agree are good for your diabetes. Western doctors worry that fruit raises your blood sugar, while Chinese doctors feel some fruit is good for your diabetes. In this book, we recommend that no one eat too much fruit. However, when you do eat fruit it is good to eat fruits recommended by Chinese doctors for your diabetes.

This book has been made with help from Chinese medicine experts, Western medicine providers, and Chinese people like you! The diet is a mix of what works in Western medicine and what works in Chinese medicine. This is why some suggestions may seem a little bit different from what you might have heard from your doctor, your dietitian, your Chinese medicine provider, or your community or family.



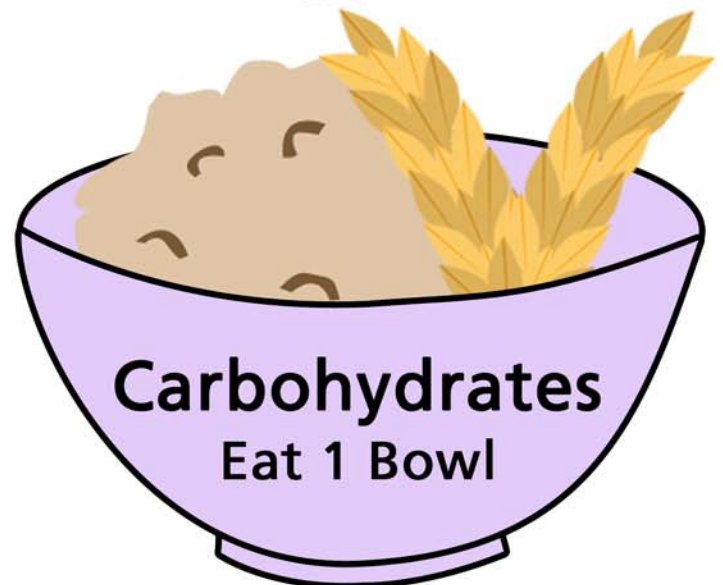
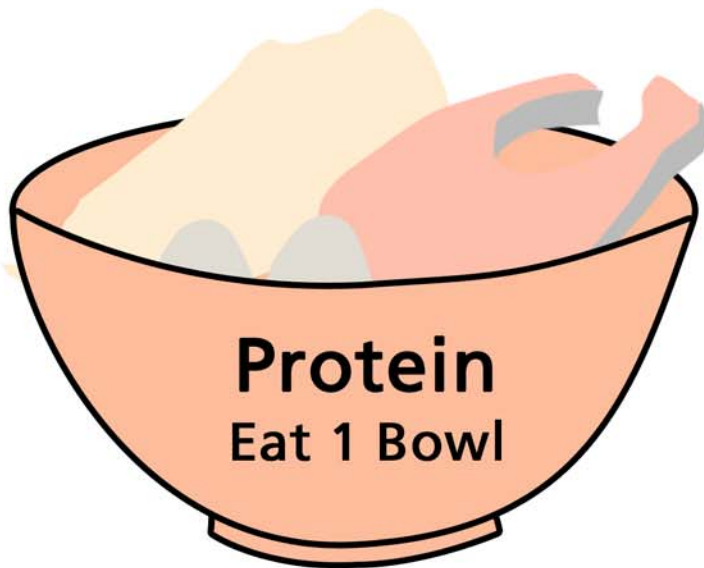
用碗的比例去平衡你的飲食習慣



少吃

白飯 或 白/雞蛋/挂面類麵條
熱辣, 辛辣, 油膩, 全脂, 油炸或重口味的食物
垃圾食品, 巧克力, 薯片, 糖果, 冰淇淋凌或麵包
酒精類, 水果汁, 冰飲或凍飲, 咖啡或過多咖啡因
少吃鹽, 豉油, 醬汁, 糖或人造甜劑

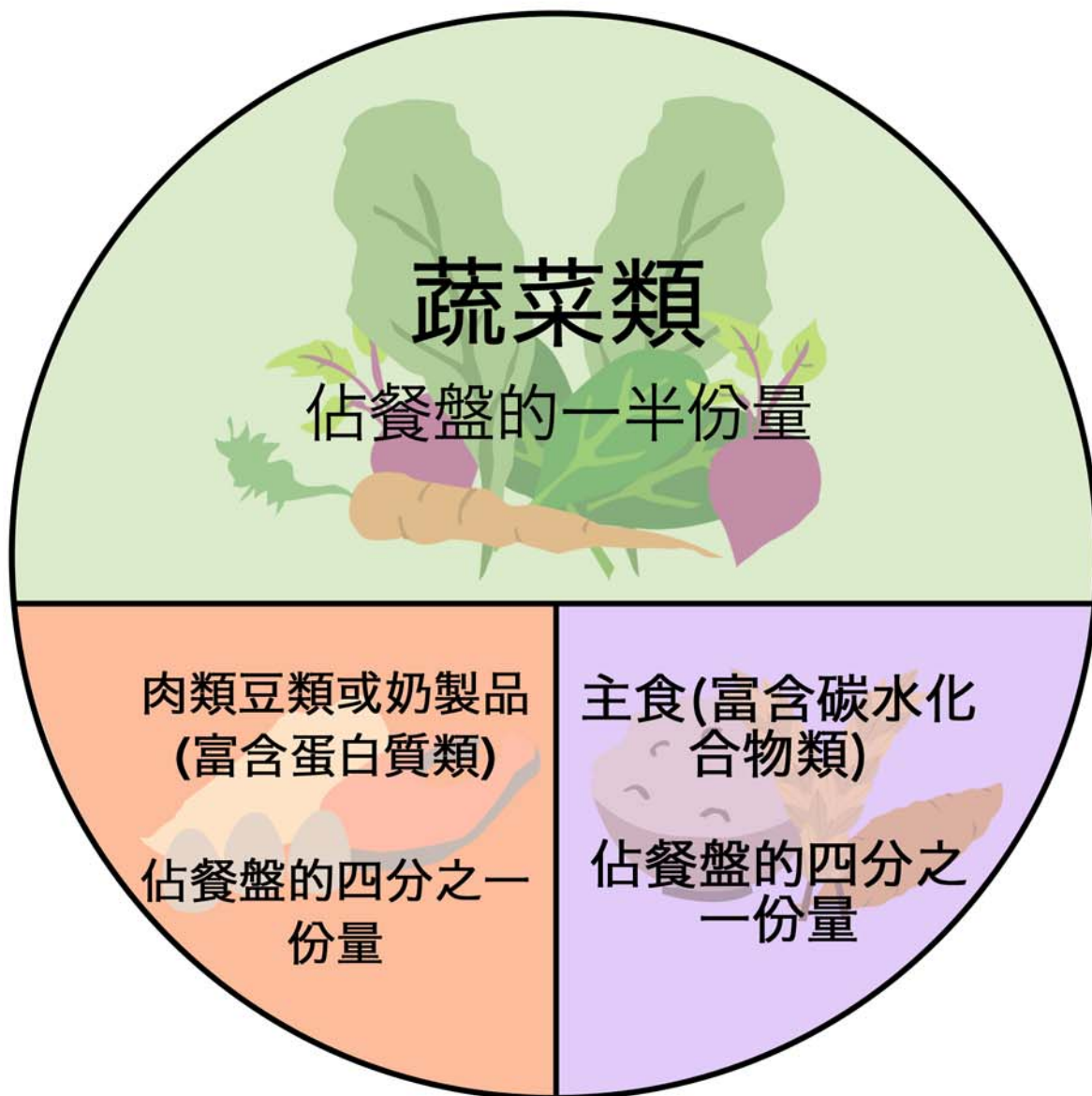
Balancing Your Meal Using the BOWL Method



EAT LESS

White Rice or White/Egg/Vermicelli Noodles
 Hot, Spicy, Greasy, Fatty, Deep-Fried, Thick-Flavored Foods
 Junk Food, Chocolate, Chips, Candy, Ice Cream, Pastries
 Alcohol, Fruit Juices, Icy/Cold Drinks, Coffee and Excess Caffeine
 Limit Salt, Soy Sauce, Sauces
 Sugar or Other Sweeteners

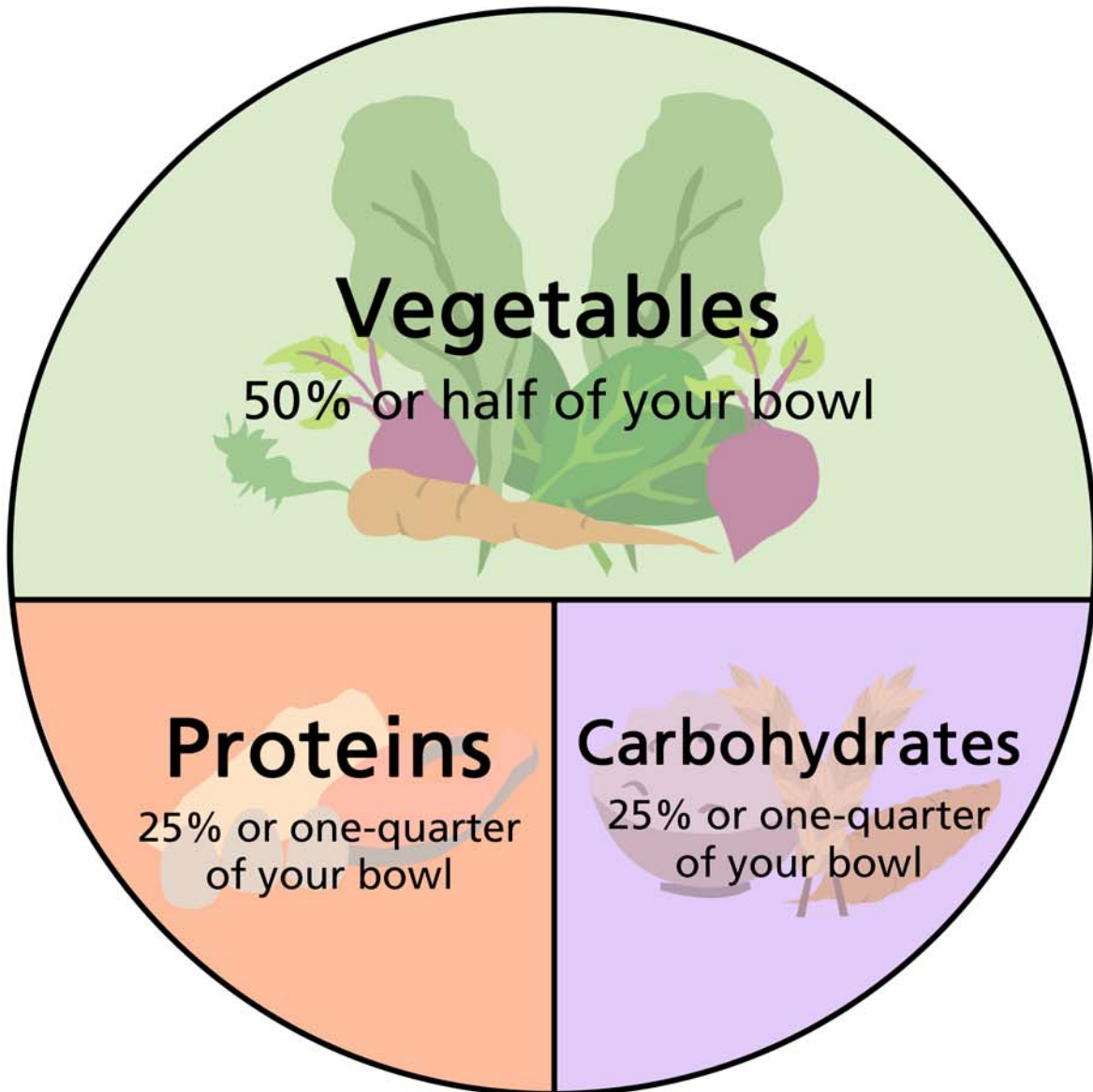
使用餐盤比例來均衡你的飲食



少吃

白飯 或 白/雞蛋/挂面類麵條
熱辣, 辛辣, 油膩, 全脂, 油炸或重口味的食物
垃圾食品, 巧克力, 薯片, 糖果, 冰淇淋或麵包
酒精類, 水果汁, 冰飲或凍飲, 咖啡或過多咖啡因
少吃鹽, 豉油, 醬汁, 糖或人造甜劑

Balancing Your Meal Using the PLATE Method



EAT LESS

White Rice or White/Egg/Vermicelli Noodles
Hot, Spicy, Greasy, Fatty, Deep-Fried, Thick-Flavored Foods
Junk Food, Chocolate, Chips, Candy, Ice Cream, Pastries
Alcohol, Fruit Juices, Icy/Cold Drinks, Coffee and Excess Caffeine
Limit Salt, Soy Sauce, Sauces
Sugar or Other Sweeteners

均衡餐量

若您用碗就餐, 那麼
您應該:

2碗蔬菜

1碗碳水化合物

1碗蛋白質



此圖與其他指南中的
盤子圖類似, 但在碗
中盛裝多少取決於您
的碗有多大和您平時
的運動量, 請向醫生或
者營養師諮詢您需要
攝入多少熱量。



注意: 餃子是一半碳
水化合物一半蛋白質

Balancing Your Meals

You probably eat from a bowl. You should eat:

TWO bowls of vegetables

For **ONE** bowl of carbohydrates

And **ONE** bowl of protein



This is similar to plate pictures in other diets. How much you should put in your bowl will be different depending on how big you are and how much exercise you get. Ask your doctor or dietitian for your calorie needs.

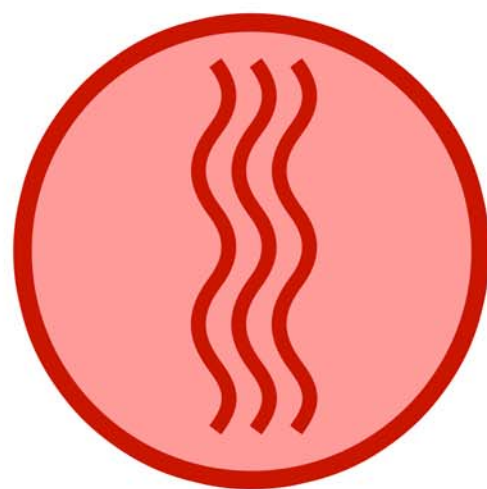
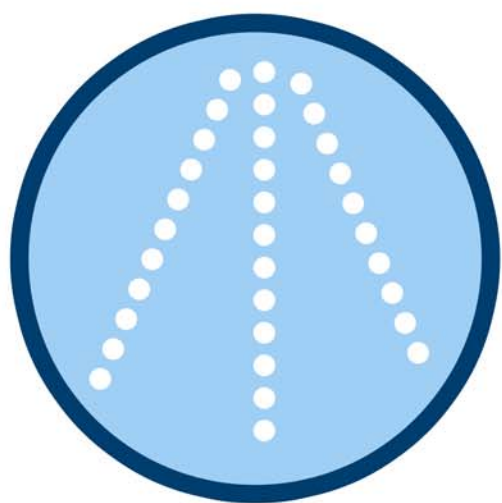
Dumplings are half carbohydrate and half protein



中醫症狀中的二型糖尿病

對二型糖尿病的理解，中西醫稍有差異。為了更好地治療您的二型糖尿病，我們會請一位持有中醫牌照的中醫師對您進行醫療詢問，以便診斷出與您本人相符的中醫症狀。

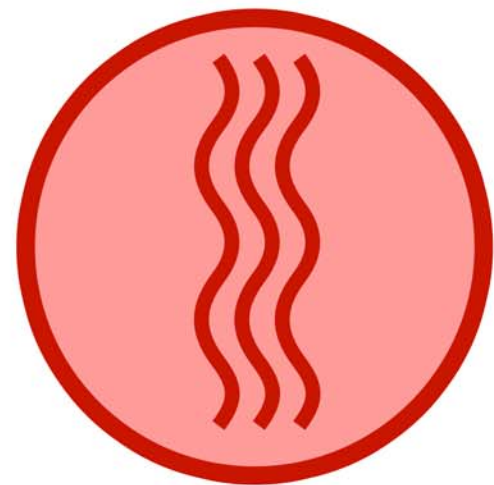
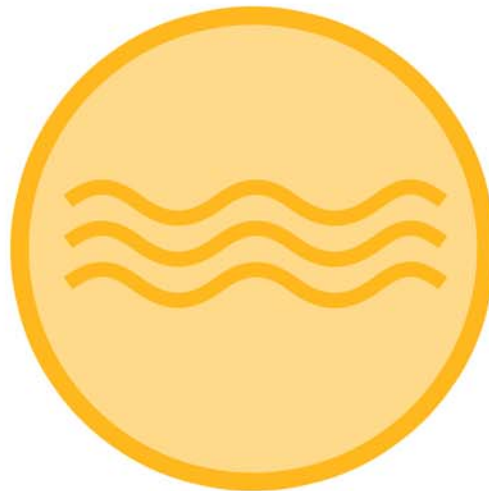
以下描述會有效地幫助您了解一些常見的中醫症狀，因為在中醫角度上，不是所有二型糖尿病患者的治療方法都是一致的。下述症狀中與您情況一致的，我們會有相對應的適合您的飲食建議。注意：這並不是一種中醫診斷，因為只有專業的中醫師才能給出中醫診斷。



Chinese Medicine Patterns for Type 2 Diabetes

Chinese medicine understands Type 2 Diabetes differently than Western Medicine. In order to best treat your Type 2 Diabetes, a licensed Chinese medicine provider will ask you many questions to figure out your most individualized and accurate Chinese medicine diagnosis.

The descriptions below will give you a quick understanding of some common Chinese medicine patterns that you may have. In Chinese medicine, not everyone with Type 2 Diabetes is treated exactly the same. The pattern below that fits you best will determine which diet to choose. This is NOT a diagnosis. Only a Chinese medicine professional can give you a Chinese medicine diagnosis.



藍色營養建議: 清熱營養建議

熱性類型糖尿病患者通常會有下列症狀:

- 過度口渴
- 口乾
- 尿頻

其他症狀可包括發燒, 疼痛或感染帶有綠色或黃色膿水, 紅眼睛或紅皮膚, 發熱, 以及對酒精或辛辣的食物感到噁心。這通常和早期糖尿病有關, 一般也會跟中醫理論上所說的“肺熱”或“胃熱”一起發生。



黃色營養建議: 清熱或去濕營養建議

熱性或濕型的糖尿病患者通常會有下列症狀:

- 過度口渴或過度飲水
- 過度飢餓, 尤其是飯後
- 腹脹, 尤其是飯後
- 舌頭有層次地佈著黃色粘稠物

根據不同的病情, 某些中醫所述症狀可能跟胃熱或脾胃氣虛有關。這在中醫上對應“胃熱, 脾氣虛, 或肝氣郁結”症狀。



紅色營養建議: 溫和營養建議

分布性濕氣性糖尿病患者通常會有下列症狀:

- 尿頻多尿- 或者小便混濁和/或夜尿次數增加
- 口渴
- 腰背和膝蓋酸痛
- 面容發黑
- 瘙癢
- 頭暈或眩暈
- 疲勞或昏睡
- 耳鳴
- 性無能或早洩

其他症狀或包括反胃, 黏稠, 黏稠或沾有油脂的糞便, 黏液和/或臉色蒼白, 情緒低落, 思維遲鈍, 情感冷淡, 容易出汗, 牙齒脫落, 體重降低和免疫力低下。這在中醫上對應“臟氣不足或濕氣”和/或“腎陰虛”症狀。



Heat Only Type Diabetes: CLEAR HEAT DIET -- (BLUE)

People with heat only type diabetes typically have symptoms that include:

- Excessive thirst
- Dry mouth
- Frequent urination

Other symptoms may include fever, sores or infections with green or yellow pus, red eyes or skin, feelings of heat, and aggravation from alcohol or spicy foods. This often relates to early diabetes, and occurs with Chinese Medicine patterns of “lung heat” or “stomach heat.”



Heat/Damp Type Diabetes: CLEAR HEAT/DRY DAMP DIET -- (YELLOW)

People with heat/damp type diabetes typically have symptoms that include:

- Excessive thirst, profuse drinking
- Excessive hunger with continued desire for food
- Feeling of bloating in the abdomen
- Yellow, slimy tongue coating

Other symptoms may include nausea. This is often from long-term dampness turned into heat. This is related to the Chinese Medicine pattern of “stomach heat combined with spleen qi deficiency and/or liver qi stagnation.”



Damp/Weak Type Diabetes: WARMING DIET -- (RED)

People with damp/weak type diabetes typically have:

- Frequent and excessive urination—possibly cloudy and/or more frequent at night
- Dry mouth
- Dizziness
- Low back and knee soreness
- Impotence or premature ejaculation
- Dark facial complexion
- Ringing in the ears
- Itching
- Fatigue or lethargy

Other symptoms may include nausea, sticky or greasy stool, or mucus and/or pale skin, apathy, dull thinking, feelings of coldness, easy sweating, tooth loss, weight loss, and low immunity. This is often related to the Chinese Medicine pattern of “spleen qi deficiency/dampness” and/or “kidney yin deficiency.”



純熱氣性糖尿病型

藍色營養建議: 清熱營養建議



	多吃	少吃
蔬菜 佔碗的一半份量	涼, 中性, 補腎的蔬菜: 牛油果, 青瓜, 海藻, 西葫蘆, 白木, 雲耳, 木耳, 冬菇, 豆芽, 杞子, 紅蘿蔔, 紅菜頭, 番茄, 牛皮菜, 矮瓜, 蘑菇, 意大利青瓜, 西洋菜, 大白菜品種, 豆芽, 竹筍, 白菜品種, 甜椒, 薄荷, 洋薊, 花菜, 豬鬃菜, 茼蒿, 絲瓜, 芥蘭, 馬蹄, 皇帝菜, 牛皮菜, 銀杏, 瓠瓜, 秋葵, 番薯苗, 茭白, 豆苗, 合掌瓜, 毛瓜	暖或濕氣的蔬菜: 羅勒, 小椰菜, 椰菜, 辣椒, 韭菜花品種, 芫茜, 椰子, 白蘿蔔, 茴香, 蒜頭, 薑, 羽衣甘藍, 韭菜, 生菜, 芥蘭品種, 洋蔥品種, 蘿蔔, 牛皮菜, 蔥, 蔥頭, 潺菜, 芋艿
蛋白質 佔碗的四分之一份量	海鮮: 蠔, 沙丁魚, 白魚 一些肉: 雞肉, 瘦鴨肉, 豬肉 其他蛋白質: 雞蛋和豆腐 果仁: 開心果 低脂肪羊芝士	紅肉 牛奶芝士
碳水化合物 佔碗的四分之一份量	全穀類: 大麥, 小米, 糙米, 全麥蕎麥 豆和澱粉類蔬菜: 番薯, 倭瓜, 薯仔, 番薯, 芋頭, 蓮藕, 百合, 粟米, 青豆, 胡豆, 鷹嘴豆, 菜豆, 大豆, 紅小豆, 利馬豆, 綠豆, 南瓜, 豆角, 薏米, 小扁豆 一些水果: 梨的品種, 葡萄, 柚子, 山楂, 檸檬, 青檸, 石榴, 野果 適量的豆漿或低脂肪羊奶的產品	白米 或 白麵 減低白米用量, 煮飯或煲粥時可加入其他粗糧穀物。 儘量少吃挂面類和全蛋麵
其他食物	湯: 以肉湯為主, 澱粉類蔬菜不宜過多 茶: 菊花, 蒲公英 山芋/甘薯/紅薯麵 由於這些麵不會令您的血糖升高, 所以它是最好的麵食替代品。	辛辣, 油膩, 肥膩, 油炸和重口味的食物: 蔥油餅 肉煎餅, 油條, 零食: 巧克力, 薯片, 糖果, 雪糕, 甜點, 含酒精飲料, 果汁, 凍飲, 咖啡 以及咖啡因含量高的飲料, 鹽, 醬油, 調味醬汁, 糖或其他甜味劑

Heat Only Type Diabetes: CLEAR HEAT DIET

FOODS TO EAT



	EAT MORE	EAT LESS
<p><u>Vegetables</u> 50% or half of your bowl</p>	<p>Cooling, Neutral, Tonifying vegetables: artichoke, avocado, bamboo shoots, bean sprouts, beet, bell/sweet peppers, black fungus, bok choy varieties, bottle gourd, cane shoots, carrot, cauliflower, chard, chayote, collard greens, crown daisy, cucumber, eggplant, fuzzy gourd/hairy cucumber, gai lan, ginkgo, goji berry, mint, mushrooms, napa cabbage varieties, okra, pea sprouts, rainbow chard, seaweed, shitake mushrooms, si gwa, snow peas, sugar snap peas, summer squash, tomato, tung ho, water chestnut, watercress, white fungus, wood ear, yam leaves, zucchini</p>	<p>Warming vegetables: basil, brussel sprouts, cabbage, chili peppers, chive varieties, cilantro, coconut, daikon, fennel, garlic, ginger, kale, leeks, lettuces, mustard green varieties, onion varieties, radishes, rainbow chard, scallions, shallot, spinaches, taro stem</p>
<p><u>Proteins</u> 25% or one-quarter of your bowl</p>	<p>Seafood: oysters, sardine, whitefish Some meats: chicken, duck-lean, pork Other proteins: eggs, tofu Nuts: pistachio nuts Low-fat goat cheese (better than cow)</p>	<p>Red meat Cow-milk cheese</p>
<p><u>Carbohydrates</u> 25% or one-quarter of your bowl</p>	<p>Whole grains: barley, brown rice, millet, whole wheat Beans & starchy vegetables: azuki beans, corn, fava beans, garbanzo beans, job's tears/Chinese pearl barley, kidney beans, lentils, lily bulb, lima beans, lotus root, mung beans (including as congee), peas, potato, pumpkin, squashes, soy beans, string beans, sweet potato, taro, yams Some fruits: berries, grapefruit, grapes, hawthorne berry, lemon, lime, pear varieties, pomegranate Soy milk only in moderation OR Low-fat goat milk products</p>	<p>White rice or white noodles Reduce white rice by making rice/congee with a mix of whole grains and white rice. Also avoid vermicelli and egg noodles.</p>
<p><u>Other Foods</u></p>	<p>Soups: broth-based soups without too many starchy vegetables Teas: dandelion, chrysanthemum Yam noodles are a great substitute for other kinds of noodles. They will not increase your blood sugar.</p>	<p>Hot, spicy, greasy, fatty, deep-fried, thick-flavored foods, onion/meat pancakes, you tao, junk food, chocolate, chips, candy, ice cream, pastries, alcohol, fruit juices, icy/cold drinks, coffee and excess caffeine, salt, soy sauce, sauces, sugar or other sweeteners</p>

熱或濕氣性糖尿病型



黃色營養建議: 清熱或去濕營養建議

	多吃	少吃
蔬菜 佔碗的一半份量	中性和涼性的蔬菜: 青瓜, 蘆筍, 生菜品種, 菠菜品種, 西芹品種, 蘿蔔, 白蘿蔔品種, 蘑菇品種, 苦瓜, 蒲公英, 西蘭花, 大頭菜, 通菜, 塌菇菜, 油菜品種, 大白菜品種, 竹筍, 白菜品種, 甜椒, 薄荷, 朝鮮薊, 花椰菜, 豬乸菜, 茼蒿, 絲瓜, 芥蘭, 皇帝菜, 紅蘿蔔, 牛皮菜, 銀杏, 瓠瓜, 秋葵, 番薯苗, 茭白, 豆苗, 合掌瓜, 毛瓜	暖或濕氣的蔬菜: 羅勒, 豆芽, 甜菜, 小椰菜, 椰菜, 辣椒, 韭菜花品種, 芫茜, 椰子, 矮瓜, 茴香, 蒜頭, 薑, 羽衣甘藍, 韭菜, 芥蘭品種, 洋蔥品種, 蘿蔔, 牛皮菜, 蔥, 海藻, 蔥頭, 芋艿, 蕃茄
蛋白質 佔碗的四分之一份量	海鮮: 蛤蜊, 魚 一些肉: 雞, 瘦鴨肉, 豬肉 低脂肪羊芝士	紅肉 豆腐 牛奶芝士
碳水化合物 佔碗的四分之一份量	全穀類: 糙米, 小米, 粥跟黑芝麻, 潺菜, 藜麥 豆和澱粉類蔬菜: 大豆, 黑豆, 紅小豆, 綠豆, 蕪菁甘藍, 冬瓜, 牛蒡, 蕪菁, 南瓜, 南瓜, 薏米, 小扁豆, 豌豆, 豆角 水果: 西瓜 低脂肪羊奶品 另他: 黑芝麻種子	白米 或 白麵 減低白米用量, 煮飯或煲粥時可加入其它粗糧穀物。儘量少吃挂面類和全蛋麵 薯仔, 番薯, 紅苕 牛奶
其他食物	湯: 以肉湯為主, 澱粉類蔬菜不宜過多 茶: 菊花茶, 蒲公英茶, 綠茶, 金銀花茶, 薄荷茶 山芋/甘薯/紅薯麵 由於這些麵不會令您的血糖升高, 所以它是最好的麵食替代品。 醋	辛辣, 油膩, 肥膩, 油炸和重口味的食物: 蔥油餅 肉煎餅, 油條 零食: 巧克力, 薯片, 糖果, 雪糕, 甜點 含酒精飲料, 果汁, 凍飲, 咖啡 和 咖啡因含量高的飲料 鹽, 醬油, 調味醬汁 糖或其他甜味劑

Heat/Damp Type Diabetes: CLEAR HEAT/DRY DAMP DIET

FOODS TO EAT



	EAT MORE	EAT LESS
<p><u>Vegetables</u> 50% or half of your bowl</p>	<p>Neutral & Cooling vegetables: artichoke, asparagus, bamboo shoots, bell/sweet peppers, bitter melon, bok choy varieties, bottle gourd, broccoli, cane shoots, carrots, cauliflower, celery varieties, chayote, collard greens, crown daisy, cucumber, daikon varieties, dandelion, fuzzy gourd/hairy cucumber, gai lan, ginkgo, kohlrabi, lettuce varieties, mint, mushroom varieties, napa cabbage varieties, okra, pea sprouts, radishes, rainbow chard, si gwa, snow peas, spinach varieties, sugar snap peas, taku choy, tung ho, water chestnut, watercress, yam leaves, yau choy varieties</p>	<p>Warming or Damp vegetables: basil, bean sprouts, beets, brussel sprouts, cabbage, chili peppers, chive varieties, cilantro, coconut, eggplant, fennel, garlic, ginger, kale, leeks, mustard green varieties, onion varieties, rainbow chard, scallions, seaweed, shallot, taro stem, tomatoes</p>
<p><u>Proteins</u> 25% or one-quarter of your bowl</p>	<p>Seafood: clams, fish Some meats: chicken, duck-lean, pork Low-fat goat cheese (better than cow)</p>	<p>Red meat Tofu Cow-milk cheese</p>
<p><u>Carbohydrates</u> 25% or one-quarter of your bowl</p>	<p>Whole grains: amaranth, brown rice, millet, congee w/ black sesame seeds, quinoa Beans & starchy vegetables: azuki beans, black beans, burdock, Job's tears/Chinese pearl barley, kambocha, lentils, mung beans (including as congee), rutabagas, peas, pumpkin, soy beans, string beans, turnip, winter melon Fruit: watermelon Low-fat goat milk products Other: black sesame seeds</p>	<p>White rice or white noodles reduce white rice by making rice/congee with a mix of whole grains and white rice. Also avoid vermicelli and egg noodles.</p> <p>Potato, sweet potato, yam</p> <p>Cow-milk</p>
<p><u>Other Foods</u></p>	<p>Soups: broth-based soups without too many starchy vegetables Teas: chrysanthemum tea, dandelion tea, green tea, honeysuckle tea, peppermint tea Yam noodles are a great substitute for other kinds of noodles. They will not increase your blood sugar.</p>	<p>Hot, spicy, greasy, fatty, deep-fried, thick-flavored foods, onion/meat pancakes, you tao, junk food, chocolate, chips, candy, ice cream, pastries, alcohol, fruit juices, icy/cold drinks, coffee and excess caffeine, salt, soy sauce, sauces, sugar or other sweeteners</p>

濕或弱氣性糖尿病型

紅色營養建議: 溫和營養建議



	多吃	少吃
蔬菜 佔碗的一半份量	暖氣蔬菜: 羅勒, 小椰菜, 卷菜心, 辣椒, 韭菜品種, 芫茜, 茴香, 蒜頭, 薑, 羽衣甘藍, 韭菜, 芥蘭品種, 洋蔥品種, 蔥, 蔥頭, 荷蘭豆, 甜豆, 芋艿, 椰子, 紅蘿蔔, 牛皮菜, 銀杏, 瓠瓜, 秋葵, 番薯苗, 茭白, 豆苗, 合掌瓜, 節瓜/毛瓜	涼或濕氣的蔬菜: 莧菜, 洋薊, 蘆筍, 牛油果, 竹筍, 甜菜, 豆芽, 甜椒, 苦瓜(單獨吃), 雲耳, 白菜, 西蘭花, 花菜, 芹菜, 皮菜, 豬鬃菜, 皇帝菜, 節瓜, 蘿蔔品種, 蒲公英蔬菜, 矮瓜, 芥蘭, 杞子, 金銀花, 生菜品種, 蘑菇, 薄荷, 大白菜品種, 蘿蔔, 海苔, 絲瓜, 潺菜, 西葫蘆, 塌菇菜, 蕃茄, 茼蒿, 馬蹄, 西洋菜, 白木耳, 木耳, 油菜品種, 意大利青瓜
蛋白質 佔碗的四分之一份量	海鮮: 鰻魚, 海參, 蚌, 吞拿魚 一些肉: 豬肉, 雞, 瘦鴨肉, 羊肉 胡桃果仁: 核桃, 杏仁, 花生, 松子, 葵花籽	過多紅肉 (牛肉或羊肉) 豆腐 奶製品, 芝士
碳水化合物 佔碗的四分之一份量	全穀類: 糙米, 蕎, 藜麥, 全燕麥 豆和澱粉類蔬菜: 豌豆, 黑豆, 小扁豆, 番薯, 地瓜, 冬瓜, 歐防風, 蕪菁, 豆角, 紅小豆 甜度較低的水果: 檸檬, 石榴	白米或白麵 減低白米用量, 煮飯或煲粥時可加入其它粗糧穀物。儘量少吃挂面類和全蛋麵 大麥, 玉米, 小米, 綠豆, 黃豆, 小麥 涼氣的水果: 柑桔類 (柚子, 檸檬, 橙, 柚子), 梨, 西瓜
其他食物	湯: 以肉湯為主, 澱粉類蔬菜不宜過多 砂仁, 草果, 小豆蔻, 丁香, 肉豆蔻/肉蔻, 薑黃, 黑胡椒, 薑, 咖哩 山芋/甘薯/紅薯麵 由於這些麵不會令您的血糖升高, 所以它是最好的麵食替代品。 醋	辛辣, 油膩, 肥膩, 油炸和重口味的食物: 蔥油餅 肉煎餅, 油條, 零食: 巧克力, 薯片, 糖果, 雪糕, 甜點, 含酒精飲料, 果汁, 凍飲, 咖啡 和咖啡因含量高的飲料, 鹽, 醬油, 調味醬汁 糖或其他甜味劑

Damp/Weak Type Diabetes: WARMING DIET



FOODS TO EAT

	EAT MORE	EAT LESS
<p><u>Vegetables</u> 50% or half of your bowl</p>	<p>Warming and Neutral vegetables: basil, bottle gourd, brussel sprouts, cabbage, cane shoots, carrots, chayote, chili peppers, chive varieties, cilantro, coconut, fennel, fuzzy gourd/hairy cucumber, garlic, ginger, ginkgo, kale, leeks, mustard green varieties, okra, onion varieties, pea sprouts, rainbow chard, scallions, shallot, snow peas, sugar snap peas, taro stem, yam leaves</p>	<p>Cool or Damp vegetables: amaranth, artichoke, asparagus, avocado, bamboo shoots, beets, bean sprouts, bell/sweet peppers, bitter melon (by itself), black fungus, bok choys, broccoli, cauliflower, celery, chard, collard greens, crown daisy, cucumber, daikon varieties, dandelion greens, eggplant, gai lan, goji berry, honeysuckle, kohlrabi, lettuce varieties, mushrooms, mint, napa cabbage varieties, radish, seaweeds, si gwa, spinaches, summer squash, taku choy, tomato, tung ho, water chestnut, watercress, white fungus, wood ear, yau choy varieties, zucchini</p>
<p><u>Proteins</u> 25% or one-quarter of your bowl</p>	<p>Seafood: eel, sea cucumber, mussels, tuna Some meats: chicken, duck-lean, lamb, pork Nuts: almonds, peanuts, pine nuts, sunflower seeds, walnuts</p>	<p>Excessive red meat (beef or lamb) Tofu Dairy/cheese</p>
<p><u>Carbohydrates</u> 25% or one-quarter of your bowl</p>	<p>Whole grains: brown rice, buckwheat, quinoa, whole oats Beans & starchy vegetables: azuki beans, black beans, lentils, parsnip, peas, string bean, sweet potato, turnip, winter melon, yam Some not-too-sweet fruits: Lemon, pomegranate</p>	<p>White rice or white noodles Reduce white rice by making rice/congee with a mix of whole grains and white rice Some grains: barley, corn, millet, mung beans, soy beans, wheat Cooling fruits: citrus fruits, grapefruit, lemon, orange, pomelo, pear, watermelon</p>
<p><u>Other Foods</u></p>	<p>Soups: Broth-based soups without too many starchy vegetables Warming spices: black pepper, cardamom, cloves, curry, ginger, nutmeg, turmeric Yam noodles are a great substitute for other kinds of noodles. They will not increase your blood sugar. Vinegar</p>	<p>Hot, spicy, greasy, fatty, deep-fried, thick-flavored foods, onion/meat pancakes, you tao, junk food, chocolate, chips, candy, ice cream, pastries, alcohol, fruit juices, icy/cold drinks, coffee and excess caffeine, salt, soy sauce, sauces, sugar or other sweeteners</p>

在外面吃飯時的秘訣

您在外面吃的飯菜



您應該吃的飯菜



當您在外面吃飯時，請叫額外的蔬菜或底脂肪蛋白質。把這些額外的食物加在您的飯或麵裏，用以平衡您的飲食。把吃剩的帶回家，再吃一餐。



Tips for Eating Out

What your meal
sometimes looks like



What you WANT
your meal to look like



*When you eat out, order an extra side of vegetables or lean protein.
Add these to rice or noodle dishes to balance your meal.
Take leftovers home for another meal.*



對所有其他二型糖尿病的建議

吃飯時間

- 每天吃飯的時間都要一樣
- 在早上七點至十一點之間吃一餐熱的飯菜
- 全天的碳水化合物攝入量要平衡
- 除非醫生建議之外，避免吃宵夜



吃飯的部份

- 不要暴食
- 注意您吃飯菜的頻率(以及裝飯加飯的頻率), 尤其是碳水化合物
- 在第二次添飯前等幾分鐘, 您可能就會發現其實您的肚子沒那麼餓
- 吃飯時用小碗, 不用大碗



煮飯時

- 用蒸代替炒
- 用芥花籽油或橄欖油代替其他油



請按照季節來吃食物

- 傳統中醫學注重季節, 請你多吃當季的蔬菜和水果



運動

- 差不多每天做輕微的活動, 好像步行, 氣功, 游泳, 太極或柔和的瑜伽
- 柔和運動會讓您的心臟保持律動正常, 但不宜太劇烈



中藥

- 如果您現在有吃中藥, 請告訴您的醫生



Other Recommendations for All Type 2 Diabetes Conditions

Meal Timing

- Eat at the same time every day
- Eat a WARM meal between 7-11am
- Balance carbohydrate intake throughout the day
- Don't eat late at night unless directed by a doctor



Meal Portions

- Do not overeat
- Pay attention to how often you fill your bowl especially of carbohydrates
- Wait a few minutes before getting a second helping. You may find you're no longer hungry.
- Use smaller bowls rather than larger bowls



Cooking

- Steam instead of frying
- Use canola oil or olive oil instead of other oils



Eating In Season

- Chinese Medicine pays attention to the seasons. Try to eat vegetables and fruits that are grown locally in season



Exercise

- Do light exercise such as walking, qi gong, swimming, tai chi, or gentle yoga almost every day
- Your light exercise should get your heart rate moving without being too strenuous



Chinese Herbal Medicine

- If you are taking any Chinese herbal medicines, tell your doctor



其他秘訣



早餐時一定要吃一些蛋白質。比較容易和快捷的方法是：加一隻蛋，或從剩菜中攝入有蛋白質的食物。另外，因為不需要烹煮，所以吃剩的蔬菜也是很方便快捷的早餐。

小吃：一小份含蛋白質的水果，例如核桃。
注意：這算是碳水化合物的一部分



替代醬油和其他調味料



對於紅色營養建議，醋是替代醬油的好選擇

對於黃色和藍色營養建議，則用檸檬汁替代醬油



Other Tips



For breakfast, make sure to eat some kind of protein. An egg or leftover protein from another meal are quick and easy. Leftover vegetables can be a fast way to eat breakfast without cooking.

Snacks: A small piece of fruit with some protein, like nuts, makes a great snack. Remember that fruit is a carbohydrate.



Substitutes for Soy and Other Sauces



Vinegar is a great substitute for soy sauce for the Red Warming Diet.

For Yellow and Blue Diet, use lemon juice instead



如何閱讀營養標籤

Nutrition Facts			
份量/ 湯匙 / (18g)			
份量約/ 4			
Amount Per Serving			
Calories 25 Fat Cal/ 15			
% Daily Value			
Total Fat / 1.5g			2%
Sat Fat / 0g			0%
Trans Fat / 0g			
Cholest / 0 mg			0%
Sodium / 133 mg			6%
碳水化合物 / 2g			1%
食物纖維 / 1g			
糖 / 1g			
Proteins / 1g			
Vitamin A 4%	Vitamin C		0%
Calcium 2%	Iron		4%
*Percent Daily Values are based on a 2000 calorie diet.			

一次吃多少？一份。

一包中有多少份量？
四份

碳水化合物包括糖和食物纖維。

食物纖維是很好的碳水化合物，我們建議您多吃一些。

糖是在碳水化合物中不是一個好的選擇。我們建議您少吃一些。當比較兩個營養標籤時，選擇含糖量較少的標籤。

How to Read a Nutrition Label

Nutrition Facts			
Serv. Size / 1 tbsp / (18g)			
Servings About/ 4			
Amount Per Serving			
Calories 25		Fat Cal/ 15	
% Daily Value			
Total Fat / 1.5g		2%	
Sat Fat / 0g		0%	
<i>Trans Fat / 0g</i>			
Cholest / 0 mg		0%	
Sodium / 133 mg		6%	
Total Carb / 2g		1%	
Fiber / 1g			
Sugars / 1g			
Proteins / 1g			
Vitamin A 4%	Vitamin C	0%	
Calcium 2%	Iron	4%	
*Percent Daily Values are based on a 2000 calorie diet.			

How much to eat at one time? One portion.

How many portions are in the package?

Carbohydrates include sugar and fiber.

Dietary fiber is the good kind of carbohydrate. You want more of this.

Sugars are the bad kind of carbohydrate. You want less of this. When comparing two labels, choose the one with less sugars.

碳水化合物的秘訣



不喜歡糙米？首先，浸泡糙米三十分鐘。然後將半糙米，半白米混合在您的電飯煲里。浸泡會令糙米更加柔軟。

湯是一種平衡飲食的健康餐。注意：湯麵中的麵不可超過湯麵的四分之一。



一種很好麵食替代品是日本白瀧或甘薯麵。它是甘薯做成的麵條。您可以放在湯里試試！豆腐麵條也是個好選擇。但對於紅色營養建議，則要小心，因為豆腐是非常寒涼！

Carbohydrate Tips



Not used to brown rice?
First, soak the brown rice for 30 minutes. Then mix half brown rice and half white rice to your rice cooker. Soaking will make the brown rice softer.

Soup can be a healthy balanced meal. Be sure the noodles do not make up more than 25% or one-quarter of the soup.



A great noodle substitute is Shirataki or Yam Noodles. They have almost no carbohydrates and have the consistency of noodles. Try them in soup! Tofu noodles are another good substitute. Red diet, be careful because tofu is very cooling.

“我聽說這些對治療糖尿病效果很好!”

茶和飲料

喝清茶。甜的或奶茶會提高您的血糖
避免有珍珠的奶茶, 他們會提高您的血糖
茶一般是涼性的, 但即使您患有寒或濕氣
性糖尿病, 它也不會對您身體有害
紅茶比綠茶或茉莉花茶更具暖性
避免喝果汁 避免加糖飲料。如果您想喝低
糖飲料, 請選擇加了甜菊糖的飲料



苦瓜

在中醫和西醫里, 由於苦瓜可以降低您的血糖, 所以它對糖尿病是有利的。但是也不宜吃太多。如果您正在使用紅色營養建議, 我們會建議在餐前熱一下苦瓜, 加大蒜和生薑一起焯煮一下。

南瓜

很多中國人認為南瓜對糖尿病有利。南瓜澱粉值很高, 所以請適量食用。這可能對藍色和黃色營養建議的人最有幫助。



玉米須

玉米須(茶) 也許會, 或也許不會對糖尿病有利, 請適度飲用。



粉絲和米粉

粉絲和米粉跟普通麵條有同樣的碳水化合物

糖尿病是無法被徹底治療好的

但良好的飲食習慣, 適量的運動和些許的藥物醫療對治療糖尿病是有好處的。

身材瘦削的人也會患糖尿病

雖然減輕體重通常會對糖尿病有利, 但由於身材瘦削的人也會患有糖尿病, 所以依然需要平衡他們的飲食。

"I have heard this is good for diabetes!"

Tea & Drinks

Drink plain tea. Adding sugar or milk will raise your blood sugar. Avoid milk teas with tapioca. They WILL raise your blood sugar. Tea is generally cooling but it will not hurt you if you have cold/dampness. Black tea is more warming than green or jasmine teas. Avoid fruit juices. Avoid sugar-sweetened beverages or choose Stevia for artificial sweetener.



Bitter Melon

In both Chinese and Western medicine, bitter melon is good for diabetes. It can actually lower your blood sugar. But, do not go overboard and eat in moderation. If you are using the Red Diet, you may want to warm up the bitter melon by cooking it with garlic and ginger.

Pumpkin/Kambocha

Many Chinese people say pumpkin is good for diabetes. It is very starchy so eat in moderation. It may be most helpful for those in the Blue and Yellow Diets.



Corn silk

Corn silk (tea) may or may not be good for diabetes. Drink in moderation.



Clear noodles

Clear noodles have the same carbohydrates as regular noodles.































Diabetes cannot be cured.

But, you can manage diabetes with a good diet, exercise, and sometimes medication.

Skinny people get diabetes too.

Losing weight is usually good for diabetes. But skinny people also get diabetes and need to balance their diet.

對於清熱營養建議 (藍色), 這些蔬菜, 吃多點
 Eat More of these Vegetables for Clear Heat (Blue) Diet

 <p>洋薊, 朝鮮薊 Artichoke</p>	 <p>牛油果, 酪梨, 鱷梨, 肥仔膏 Avocado</p>	 <p>竹筍 Bamboo Shoots</p>	 <p>豆芽, 大豆芽 Bean sprouts</p>	 <p>紅菜頭, 甜菜 Beet Root</p>
 <p>甜椒 Bell/Sweet Pepper</p>	 <p>雲耳 Black Fungus</p>	 <p>白菜仔心 Baby Bok Choy</p>	 <p>菜心, 白菜芯 Choy Sum</p>	 <p>花菜, 花椰菜 Cauliflower</p>
 <p>豬鬃菜 Collard Greens</p>	 <p>茼蒿, 皇帝菜 Tung Ho, Crown Daisy</p>	 <p>青瓜, 黃瓜 Cucumber</p>	 <p>中國茄子, 茄瓜, 矮瓜 Eggplant</p>	 <p>芥蘭 Mustard Greens, Gai Lan</p>
 <p>杞子, 枸杞子 Goji Berry, Gokei</p>	 <p>薄荷 Mint</p>	 <p>蘑菇 Mushroom</p>	 <p>大白菜, 黃牙白, 紹菜 Napa Cabbage</p>	 <p>海草, 海苔, 海藻 Seaweed</p>
 <p>青江菜 Shanghai Bok Choy</p>	 <p>冬菇, 香菇 Shitake Mushroom</p>	 <p>絲瓜 Si/Sing Gwa, Sponge Gourd, Chinese Okra</p>	 <p>西葫蘆 Summer Squash</p>	 <p>蕃茄 Tomato</p>
 <p>馬蹄 Water Chestnut</p>	 <p>西洋菜 Watercress</p>	 <p>銀耳, 白木耳 White Fungus/ Jelly, Silver Ear</p>	 <p>木耳 Wood Ear Mushrooms</p>	 <p>意大利瓜, 意大利青瓜 Zucchini</p>































對於清熱營養建議 (藍色)而言算碳水化合物的蔬菜
Vegetables that Count as Carbohydrates for Clear Heat (Blue) Diet



注意: 這只是針對您熟悉的不同糖尿病消渴癥狀所提供的膳食建議。中國傳統醫學具有其複雜多變性, 因而沒有絕對的教條來衡量哪種蔬菜應只能多吃或少吃。

對於清熱或去濕營養建議(黃色), 這些蔬菜, 吃多點

Eat More of these Vegetables for Clear Heat/Dry Damp (Yellow) Diet

 <p>洋薊, 朝鮮薊 Artichoke</p>	 <p>竹筍 Bamboo Shoots</p>	 <p>甜椒 Bell/Sweet Pepper</p>	 <p>苦瓜, 涼瓜, 菩蕯 Bitter Melon</p>	 <p>白菜品種 Bok Choy Varieties</p>
 <p>西蘭花 Broccoli</p>	 <p>花菜, 花椰菜 Cauliflower</p>	 <p>西芹, 芹菜 Celery</p>	 <p>唐芹, 中國芹菜 Wild/Chinese celery</p>	 <p>豬乸菜 Collard Greens</p>
 <p>茼蒿, 皇帝菜 Tung Ho, Crown Daisy</p>	 <p>青瓜, 黃瓜 Cucumber</p>	 <p>白蘿蔔, 蘿蔔 Daikon</p>	 <p>韓國蘿蔔 Korean Daikon</p>	 <p>青蘿蔔 Green Daikon</p>
 <p>大頭菜, 味嘍頭, 茼藍 Kohlrabi</p>	 <p>生菜 Lettuce</p>	 <p>菜, 高苣 Chinese Lettuce</p>	 <p>薄荷 Mint</p>	 <p>蘑菇 Mushroom</p>
 <p>芥蘭 Mustard Greens, Gai Lan</p>	 <p>大白菜, 黃牙白, 紹菜 Napa Cabbage</p>	 <p>娃娃菜 Baby (Napa) Cabbage</p>	 <p>絲瓜 Si/Sing Gwa, Sponge Gourd, Chinese Okra</p>	 <p>菠菜 Spinach</p>
 <p>塌菇菜, 塌棵菜 Taku Choy, Tatsoi</p>	 <p>馬蹄 Water Chestnut</p>	 <p>西洋菜 Watercress</p>	 <p>油菜 Yau Choy</p>	 <p>蘆筍 Asparagus</p>

對於清熱或乾濕營養建議(黃色), 這些蔬菜, 吃多點
 Eat More of these Vegetables for Clear Heat/Dry Damp (Yellow) Diet



對於清熱或乾濕營養建議 (黃色)而言算碳水化合物的蔬菜
 Vegetables that Count as Carbohydrates for Clear Heat/Dry Damp (Yellow) Diet



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對於溫和營養建議(紅色), 這些蔬菜, 吃多點
 Eat More of these Vegetables for Warming (Red) Diet

 <p>羅勒 Sweet/ Italian Basil</p>	 <p>九層塔, 紫蘇, 紫蘇屬 Thai Basil</p>	 <p>韭菜花, 韭菜蕾 Chive Flowers</p>	 <p>韭黃 Yellow Chives</p>	 <p>韭菜 Gai Choy, Garlic Chives, Chinese Leek</p>
 <p>球芽甘藍, 小椰菜 Brussel Sprouts</p>	 <p>椰菜, 包心菜 Cabbage</p>	 <p>紫菜苔, 紅椰菜 Purple Cabbage</p>	 <p>芫茜, 香菜 Cilantro, Coriander, Chinese Parsley</p>	 <p>椰子 Coconut</p>
 <p>辣椒 Chili Pepper</p>	 <p>指天椒 Thai Chili</p>	 <p>蒜頭 Garlic</p>	 <p>薑 Ginger</p>	 <p>羽衣甘藍 Kale</p>
 <p>洋蔥(棕, 紅, 白) Onion</p>	 <p>蔥 Green Onion, Scallion</p>	 <p>芥蘭 Mustard Greens, Gai Lan</p>	 <p>芥蘭仔 Baby Mustard Greens</p>	 <p>大芥菜 Large Mustard Greens</p>
 <p>蔥頭, 香蔥頭 Shallot</p>	 <p>芋艿 Taro Stem</p>			

對於溫和營養建議 (紅色) 而言算碳水化合物的蔬菜 Vegetables that Count as Carbohydrates for Warming (Red) Diet



對於溫和營養 (紅色) 香料的建議 Spices for Warming (Red) Diet



注意: 這是只針對您熟悉的不同糖尿病消渴癥狀所提供的膳食建議。中國傳統醫學具有其複雜多變性, 因而沒有絕對的教條去衡量哪種蔬菜只能多吃或只能少吃。

對所有消渴癥狀有利的中性食物 Neutral Foods Good for All Xiaoke Conditions



對所有消渴症狀而言算碳水化合物的中性蔬菜 Neutral Vegetables for All Xiaoke Conditions that Count as Carbohydrates



注意: 這只是針對您熟悉的不同糖尿病消渴癥狀所提供的膳食建議。中國傳統醫學具有其複雜多變性, 因而沒有絕對的教條來衡量哪種蔬菜應只能多吃或少吃。

This diet guide is brought to you by:

這個飲食指南是由以下機構帶給您的:

