

糖尿病病人飲食原則(英文)

Dietary Guidelines for Patients with Diabetes

- 一、均衡飲食：請依照您的醫師或營養師處方建議的食物份量，均衡地從低脂奶類、蔬菜類、全穀根莖類、豆魚肉蛋類、水果及油脂及堅果種子類等六大類食物中攝取適合個人的份量。

Balanced diet: Please ingest appropriate personal servings of balanced intake from six food groups including low-fat dairy, vegetable, whole grain and roots, beans, fish, meat, and eggs, fruit as well as grease, nuts and seeds group according to the food servings recommended by prescriptions from your physician or nutritionist.

- 二、維持理想體重，並養成定時定量的進食習慣，且遵循三少二多（少油、少鹽少糖、多纖維、多喝水），適度運動及遵循醫囑用藥，有問題諮詢醫師或營養師。

Maintain an ideal weight, developing diet habits of having meals at regular hours and in a fixed quantity, complying with the principle of Three plus Two (less oil, less salt, less sugar, more fiber, more water), doing appropriate exercise and taking medications conforming to physician's order, consulting physicians or nutritionists in case of any problems.

- 三、多攝取含高纖維的食物，可減緩醣類吸收。蔬菜、全穀根莖類都是良好的纖維來源，可以適量食用燕麥、薏仁、綠豆，紅豆等替代主食。

Ingest more high fiber food, which may lower the absorption of carbohydrates. All vegetables, whole grain and roots are excellent sources of fibers, furthermore, oats, coix seeds, mung beans and red beans may be used as substitutes for the staple.

- 四、應儘量避免吃精緻糖類或加糖的食物，如各式蛋糕、小西點、冰淇淋、煉乳、調味乳、汽水、可樂、水果罐頭、果汁、糖果、蜜餞等。

Avoid as much as possible any food with refined carbohydrates or sugar such as various cake, dessert, ice cream, condensed milk, flavored milk, soda, cola, canned fruit, fruit juice, candy and candied fruit, etc.

- 五、嗜甜者可酌量食用經衛生福利部認可的代糖，如阿斯巴甜、醋磺內酯甲（ACE-K）等類的代糖添加於食物中食用，如加代糖的咖啡、清茶、仙草、愛玉等，或飲用人工甘味之汽水和可樂（健怡）等。

Those who with a sweet tooth may use sweeteners approved by Ministry of Health and Welfare such as Aspartame, and Acesulfame Potassium

(ACE-K) in foods such as sweeteners in coffee, pure tea, grass jelly and fig jelly, etc., or drink soda and cola with artificial sweeteners (e.g. Diet Coke).

- 六、慎選食物烹調方式：宜選用清蒸、水煮、清燉、燒、烤、滷、涼拌等烹調方式，避免油煎、油炸及放過多的鹽份與佐料，減少含糖或勾芡的烹調方式，如茄汁、糖醋等。

Carefully choose cooking methods: preferably choose cooking methods such as steaming, boiling, water-stewing, roasting, toasting, sauce-stewing and salad with dressing, avoiding frying in oil, deep frying or adding too much salt or seasoning, reducing cooking methods with sugar or adding thickeners such as tomato-sauced or sweet and sour dishes.

- 七、外食：只要熟記可食份量，懂得食物代換及自我節制，一樣可以出外應酬、享受美食，並控制好血糖。

Dining-out: Social activity and gourmet food would not be restricted with blood glucose levels under control whenever you bear in mind the allowable servings, learned about food alternation and self-restriction.

- 八、應儘量避免喝酒：需飲酒時，宜限量飲用，通常以男性不超過 2 個酒精當量、女性不超過 1 個酒精當量為主（1 酒精當量約等於 375 mL 啤酒 4% 酒精濃度或 150 mL 葡萄酒或 45 mL 蒸餾酒），此外應避免空腹喝酒，以免造成低血糖。

Avoid drinking as much as possible: if necessary, preferably drink with restricted volume, basically, male must not drink more than 2 alcohol equivalents and female must not drink more than 1 alcohol equivalent (1 alcohol equivalent roughly equals 375 ml of beer with 4% alcohol, or 150 ml of wine or 45 ml of liquor). Moreover, avoid drinking on an empty stomach to prevent hypoglycemia.

參考資料 Reference

蔡杏君 (2015) . 糖尿病「營養品」傻傻分不清 . 中華民國糖尿病衛教學會會訊 , 11 (1) , 21-22 .

Hendrychova, T., Vytrisalova, M., Alwarafi, A. D., Tebbens, J., Vankatova, H. L., Kubena, A. A.,...& Vlcek, J. (2015). Fat- and fiber-related diet behavior among type 2 diabetes patients from distinct regions. *Patient Preference and Adherence*, 9, 319-325. doi:10.2147/PPA.S71373.

Sharma, A., Amarnath, S., Thulasimani, M., Ramaswamy, S. (2016). Artificial sweeteners as a sugar substitute: Are they really safe? *Indian Journal of Pharmacology*, 48(3), 237-340. Doi: 10.4103/0253-7613.182888.

護理指導評值 **Nursing guidance evaluation:**

◎是非題 **True or false**

1. () 攝取含高纖維的食物，可減緩醣類吸收？
Ingestion of high-fiber food may reduce the absorption of carbohydrates?
2. () 糖尿病病人不可外食？
Dining-out is prohibited for diabetic patients?
3. () 嗜甜者可使用衛生福利部認可的代糖，如阿斯巴甜、糖精等？
Those who with a sweet tooth may use sweeteners approved by Ministry of Health and Welfare such as Aspartame, and saccharine, etc?

◎選擇題 **Multiple choice questions**

4. () 糖尿病病人應多採取何種烹調方式？
(A)油炸(B)糖醋(C)清蒸(D)勾芡
Which methods of cooking are preferably used by diabetic patients?
(A) Deep-frying (B) Sugared and vinegared (C) Steaming (D) Thicken
5. () 糖尿病病人可多攝取何種食物？
(A)燕麥(B)蔬菜(C)薏仁(D)以上皆是
Which foods are preferably ingested by diabetic patients?
(A) Oats (B) Vegetable (C) Coix seeds (D) All of the above
6. () 三少二多飲食不包括下列何者？
(A)少油(B)少纖維 (C)少糖(D)少鹽
Which of the follows are not included in the Three plus Two diet?
(A) Less oil (B) Less fiber (C) Less sugar (D) Less salt

(答對 5-6 題⇒完全了解；答對 3-4 題⇒部分了解；答對 1-2 題⇒完全不瞭解)

(Correct in 5 or 6 questions ⇒ completely understood; correct in 3 or 4 questions ⇒ partially understood; correct in 1 or 2 questions ⇒ not understood at all)

1. (O) 2. (X) 3. (O) 4. (C) 5. (D) 6. (B)

諮詢電話：(04)239311531#525279