糖尿病及腎病飲食指南

1. 每日三餐。不要缺餐。
2. 您可能需要在正餐之間和睡前吃小點。請向您的營養師查詢。
3. 每日定時進食。
4. 飲食均衡。正餐時選擇至少三種食物分類。

食物分類

澱粉質
面包、米飯、無糖早餐穀片、麪條、意大利粉、無鹽餅乾、粟米、餐包、中東薄餅、印度薄片、麵包圈、粥。
限制薯仔/馬鈴薯---含高鉀。

蛋白質
雞肉、火雞肉、蛋、蛋代替食品，魚，海鮮，瘦肉，牛肉，豬排，豆腐，鴨牛肉。
限制花生醬，乾豆，小扁豆，芝士。
它們含高量鉀和磷。

水果及蔬菜
蘋果、梨、葡萄、草莓，藍莓，樹莓，菠蘿，桃，柑，荔枝
無糖罐頭水果（桃，梨，什果，蘋果醬，菠蘿）
紅蘿蔔/甘筍，豆，青瓜，豆角，美州南瓜(zucchini)、洋蔥，甜椒，西芹，包心菜，生菜，白菜，絹菜，豆芽菜。
避免所有水果汁（除了治療低血糖）。
限制：蕃茄，橙，香蕉，所有馬鈴薯/薯仔，奇異果，胡蘿蔔，杏，乾果，西葫蘆(squash)，南瓜。

奶類品
每日選擇一杯牛奶，或原味/減重酸乳酪或是原味低碳豆類飲品。
或一安士芝士。

Healthy Eating for Diabetes and Your Kidneys

1. Eat three meals a day. Do not skip meals.
2. You may need to have snacks in between meals and/or at bedtime. Ask your dietician.
3. Eat at approximately the same time each day.
4. Plan nutritionally balanced meals by choosing a variety of foods from each of the following food groups. Try to have 3 out of 4 food groups at each meal.

<table>
<thead>
<tr>
<th>Food Group</th>
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<tbody>
<tr>
<td>Starch</td>
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<tr>
<td>Bread, rice, unsweetened cereals, noodles, pasta, unsalted crackers, corn, rolls, pita bread, chapati, bagels, congee. Limit potatoes – high in potassium.</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Chicken, turkey, eggs or egg substitutes, fish, seafood, lean ground beef, pork chops, tofu, roast beef. Limit peanut butter, dried beans, lentils, cheese. They are high in potassium and phosphorus.</td>
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<tr>
<td>Fruits and Vegetables</td>
</tr>
<tr>
<td>Apple, pear, grapes, strawberries, blueberries, raspberries, pineapple, peach, mandarin orange, lychee Unsweetened canned fruits (peaches, pears, fruit cocktail, apple sauce, pineapple). Carrots, peas, cucumbers, green beans, zucchini, onion, peppers, celery, cabbage, lettuce, bok choy, sui choy, bean sprouts. Avoid all fruit juices (except to treat low blood sugar). Limit: tomatoes, oranges, bananas, all potatoes, kiwi, melons, apricots, dried fruits, squash, pumpkin.</td>
</tr>
<tr>
<td>Milk Products</td>
</tr>
<tr>
<td>Each day choose 1 cup of milk OR plain/diet yogurt OR plain low-sugar soy beverage OR 1 ounce of cheese.</td>
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</tbody>
</table>
**Other Helpful Tips**

1. **Protein portion sizes:**
   - Fish, shellfish (¼ cup = 1 oz)
   - Poultry, beef, pork (deck of cards = 3 oz)
   - Egg (1 medium = 1 oz or 2 egg whites = 1 oz)
   - Tofu (¼ cup firm or ½ cup soft = 1 oz)
   - Peanut butter (2 tbsp = 1 oz)*
   - Beans, lentils (½ cup = 1 oz)*

   *These are high in phosphorus so use only 2-3 times per week.

2. **The following extras may be used.**
   - Pepper, lemon, lime, garlic, ginger, Tabasco® Sauce, Mrs. Dash®, mustard, vinegar, thyme, basil, rosemary, oregano, dill, chives, cinnamon, nutmeg, garlic powder, onion powder and other spices can be used as desired.
   - Small portions of ketchup, BBQ sauce, relish and diet jams.

3. **Make low-fat choices.**
   - Choose lean meats, remove visible fats from meats and remove skin from poultry.
   - Use low-fat cooking methods such as baking, broiling, barbecuing, roasting, stewing, boiling, poaching and microwaving.
   - Use less of such high fat foods as butter, margarine, mayonnaise, gravies, salad dressings and creamy sauces.

4. **Discuss the use of alcohol with your doctor or dietitian.**

5. **Keep active every day.**
   - Regular daily exercise may help to improve your blood sugar control.
   - The best time to exercise is after a meal.
6. The following food selections may be used in moderation:

- Digestive cookies, arrowroot cookies, graham crackers and social teas.
- Air-popped popcorn, unsalted crackers or unsalted pretzels.
- Sugar substitutes instead of sugar, honey, molasses or syrup.
- Sugarless chewing gum and sugar-free candy.
- Rice Dream (non-fortified).
- Diet 7-Up®, Diet Sprite®, Diet Ginger Ale.