



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

麵包、米飯、無糖早餐穀片、麵條、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、瘦碎牛肉、豬排、豆腐、焗牛肉。

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

無糖罐裝水果(桃、梨、什果、蘋果醬、菠蘿)

紅蘿蔔/甘筍、豆、青瓜、豆角、美州南瓜(zucchini)、洋葱、甜椒、西芹、包心菜、生菜、白菜、紹菜、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、甜瓜、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糖豆類飲品。

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 dietitian.**
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.

Food Group

Starch

Bread, rice, unsweetened cereals, noodles, pasta, unsalted crackers, corn, rolls, pita bread, chapati, bagels, congee. Limit potatoes – high in potassium.

Protein

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.

Fruits and Vegetables

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.

Milk Products

Each day choose 1 cup of milk OR plain/diet yogurt OR plain low-sugar soy beverage OR 1 ounce of cheese.

其它提示

1. 蛋白質分量：

- 魚，海產類 (1/4 杯 = 1 安士)
- 家禽肉，牛肉，豬肉(1 副紙牌 = 3 安士)
- 蛋 (1 隻中等 = 1 安士 或 兩隻蛋白 = 1 安士)
- 豆腐 (1/4 杯硬或 1/2 杯軟 = 1 安士)
- 花生醬 (2 湯匙 = 1 安士)*
- 豆，小扁豆 (1/2 杯 = 1 安士)*

*它們含高磷，所以限制每星期食用2-3 次。

2. 可以隨意使用：

- 胡椒、檸檬、青檸、蒜、薑、Tabasco®辣椒醬、Mrs. Dash®、芥末、醋、百里香(Thyme)、羅勒(Basil)、迷迭香(Rosemary)、奧勒(Oregano)、蒔蘿(Dill)、韭菜(Chives)、肉桂(Cinnamon)、肉豆蔻/草果(Nutmeg)、蒜粉、洋蔥粉、和其它無鹽調味品都可以隨意使用。
- 可用少量的蕃茄醬、燒烤醬、醃菜和低糖果醬。

3. 低量脂肪選擇：

- 選擇瘦肉。除去脂肪和皮。
- 使用少量脂肪的烹飪方法、例如：焗、燒炙、烤、烘、燉、烹煮、水煮和用微波爐烹調。
- 使用較少脂肪例如牛油、人造牛油、蛋黃醬、肉醬、沙拉醬和含脂肪的醬。

4. 向醫生查詢您可否飲酒

5. 保持活力

- 每日按時運動可幫助控制您的血糖。
- 飯後是最好的運動時間。

Other Helpful Tips

1. Protein portion sizes:

- Fish, shellfish (1/4 cup = 1 oz)
- Poultry, beef, pork (deck of cards = 3 oz)
- Egg (1 medium = 1 oz or 2 egg whites = 1 oz)
- Tofu (1/4 cup firm or 1/2 cup soft = 1 oz)
- Peanut butter (2 tbsp = 1 oz)*
- Beans, lentils (1/2 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. 可適量使用：

- 消化餅、竹芋餅(arrowroot cookies)、全麥胚芽脆餅(graham crackers)和茶餅。
- 無鹽爆玉米花, 不含鹽的餅乾或不含鹽的餅乾條。
- 使用代糖來代替糖、蜂蜜、糖蜜(molasses)或糖漿。
- 無糖口香糖和糖果。
- Rice Dream米漿 (無添加鈣、磷、或維他命D的)。
- 低糖七喜®、低糖雪碧®、低糖薑汁汽水。

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.

使用這份資料時，請諮詢您的營養師。

您的營養師：_____ 電話：_____

如何尋找更多資料？

www.kidney.ca • www.bcrenalagency.ca

Use this information with the help of your dietitian.

Dietitian: _____ Telephone: _____

Where can I find more information?

www.kidney.ca • www.bcrenalagency.ca