

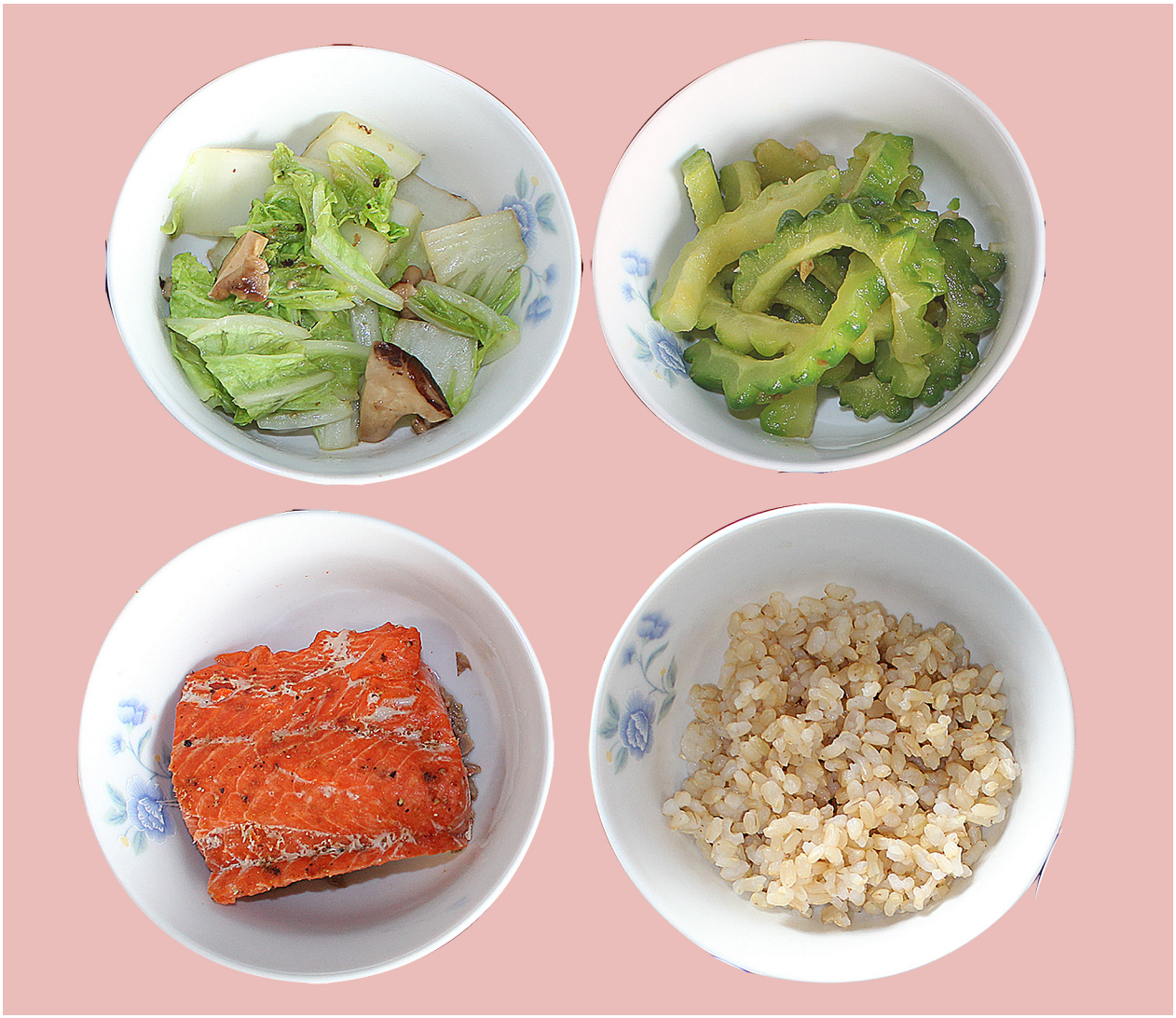
# 二型糖尿病中西营养指南

## Type 2 Diabetes
## Intergrative Nutritional Counseling

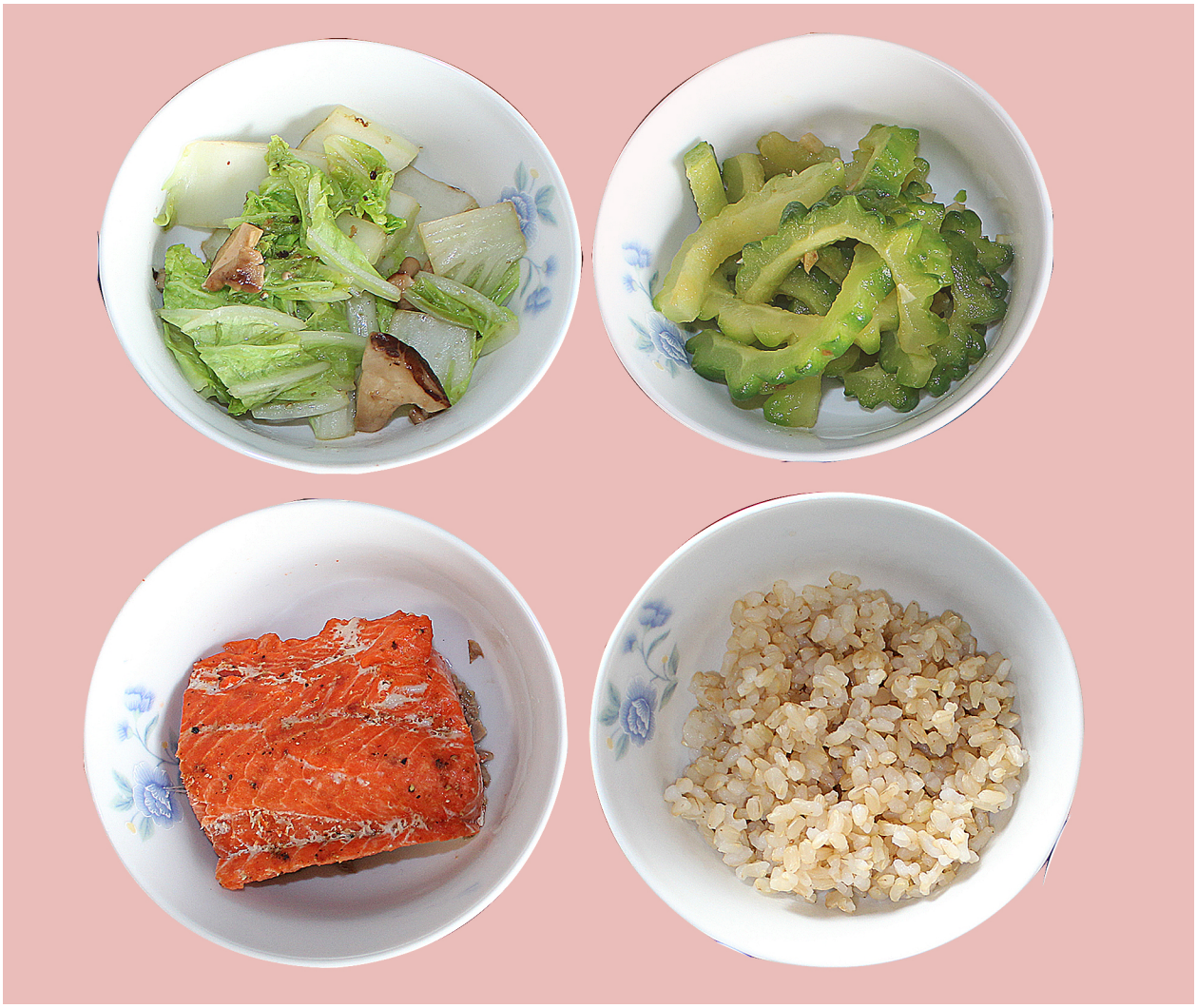
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If you are like most people with diabetes, you want to eat a better diet. A better diet can help keep your blood sugars in control. It may be challenging to know what to eat when your family, your culture, your Western doctor and your Chinese doctor 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.



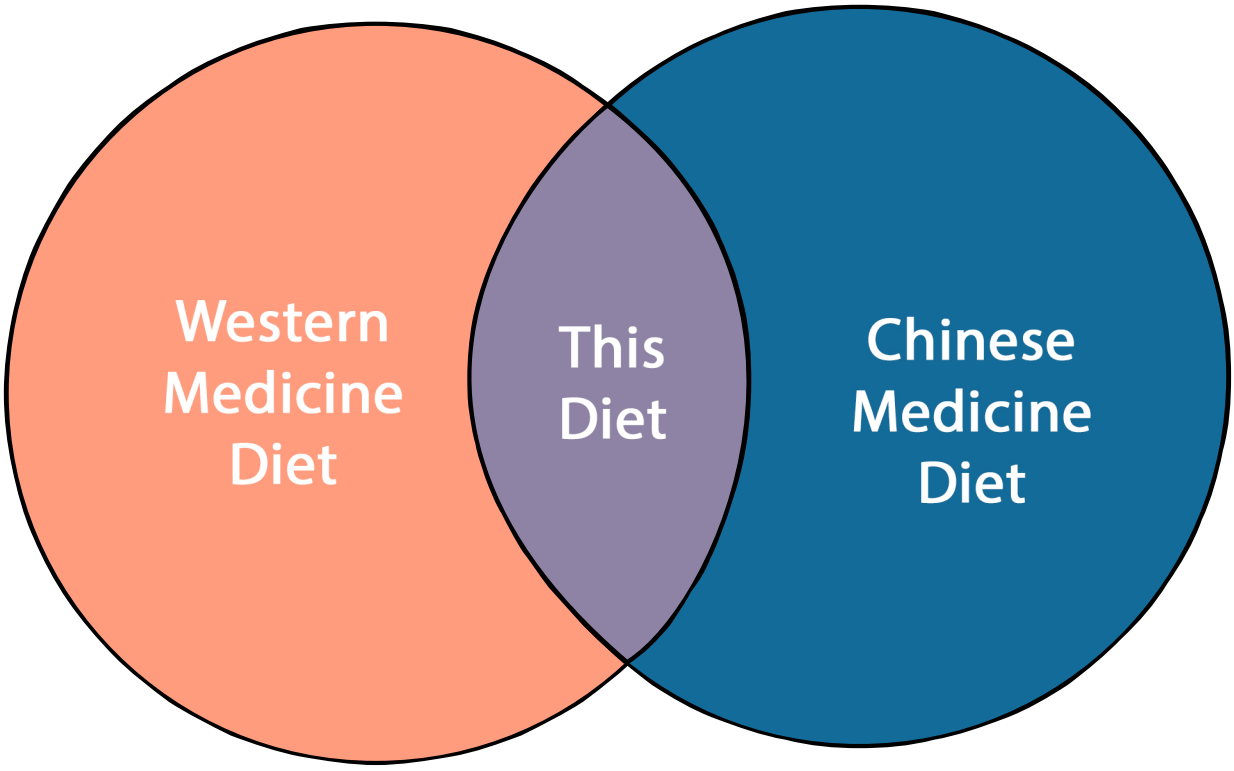
如果您像大部份的糖尿病患者一样，那么您也需要更好的饮食营养建议。一种更好的饮食习惯可以帮助您控制您的血糖。当您的家人，西医师，以及中医师给您不同的饮食营养建议时，您在食物的选择上可能变得更困难。 好消息是，很多您所熟悉的食物，我们的西医师和中医师都认为对防治糖尿病是有利的！因此，本饮食指南将帮助您去寻找这些食物。

## Chinese Medicine Diet for Type 2 Diabetes

Congratulations, you've decided to make positive changes to your diets! 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.

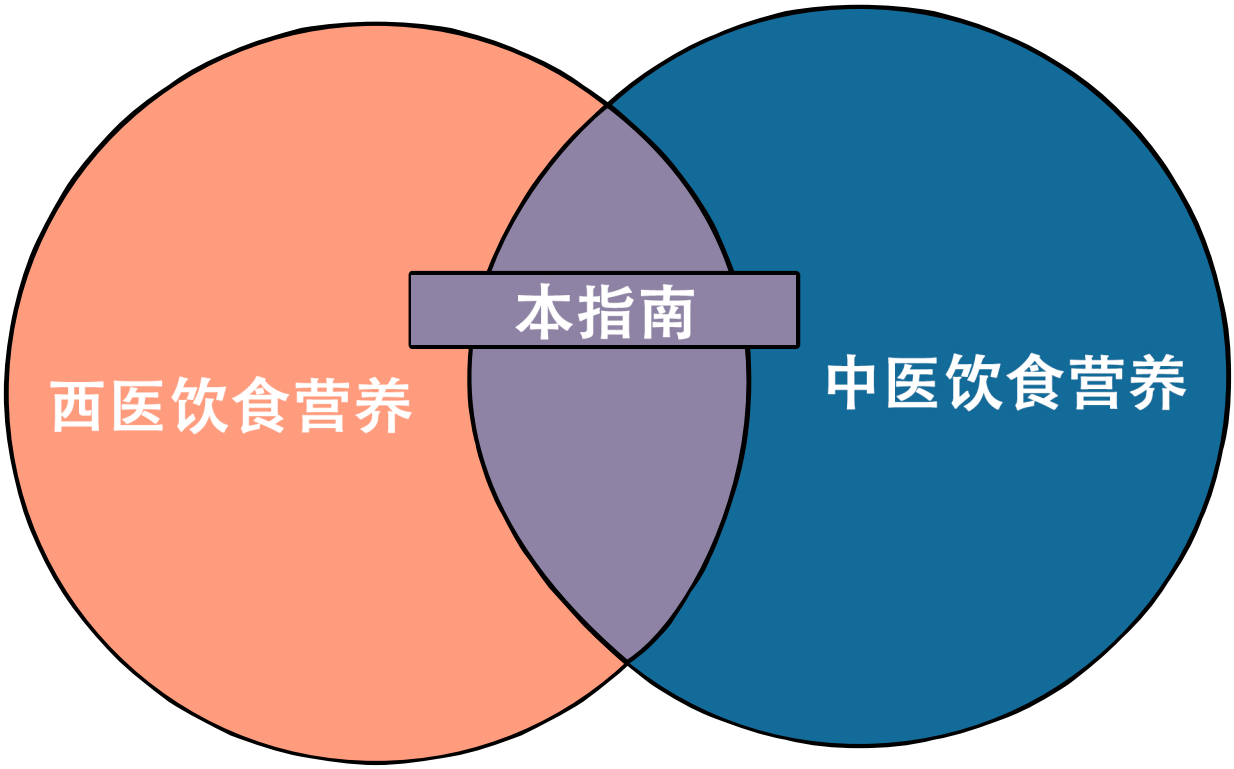


# 中医二型糖尿病饮食习惯

恭喜你，你已经决定去改善你的饮食！现在市面上有很多信息提供您关于二型糖尿病患者该如何饮食，比如您的医生和营养师可能会有一种观点，而您的饮食文化或家人又可能会有另一种观点。

例如，西医说所有的蔬菜都适合糖尿病，而中医则说某些蔬菜对于糖尿病患者是否有利取决于患者的体质和糖尿病的类型。在这本书里，我们会教您哪一些蔬菜是从西医和中医的角度而言都对您的情况有利。
西医担心水果会提高您的血糖，而中医则觉得有些水果对您的糖尿病有帮助。在这本书里，我们建议不要吃太多水果。当您吃水果的时候，最好食用那些中医所推荐的，对您糖尿病类型有益的水果。

这本指南是中医专家、西医专家和像您一样的华人合力编纂的。由于它结合了中医和西医的观点，所以，这些建议可能会同您的药剂师，中医师或您的家人的建议有点不同。

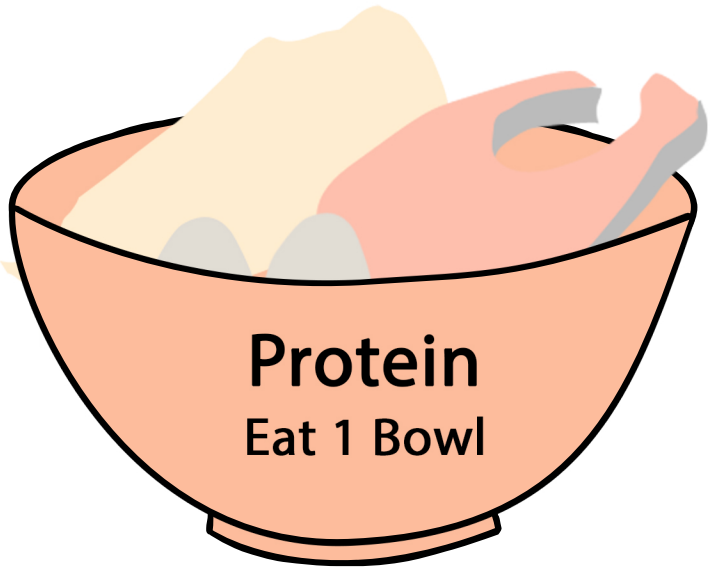


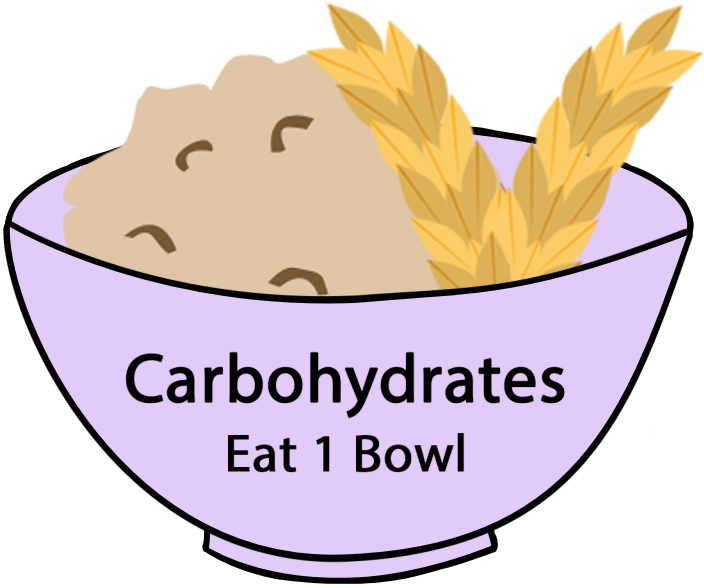
# Balancing Your Meal Using the BOWL Method










## EAT LESS

White Rice, White Noodles, Egg Noodles, Vermicelli Noodles
Hot, Spicy, Greasy, Fatty, Deep-Fried, Heavily-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

# 用碗的比例去平衡您的饮食习惯









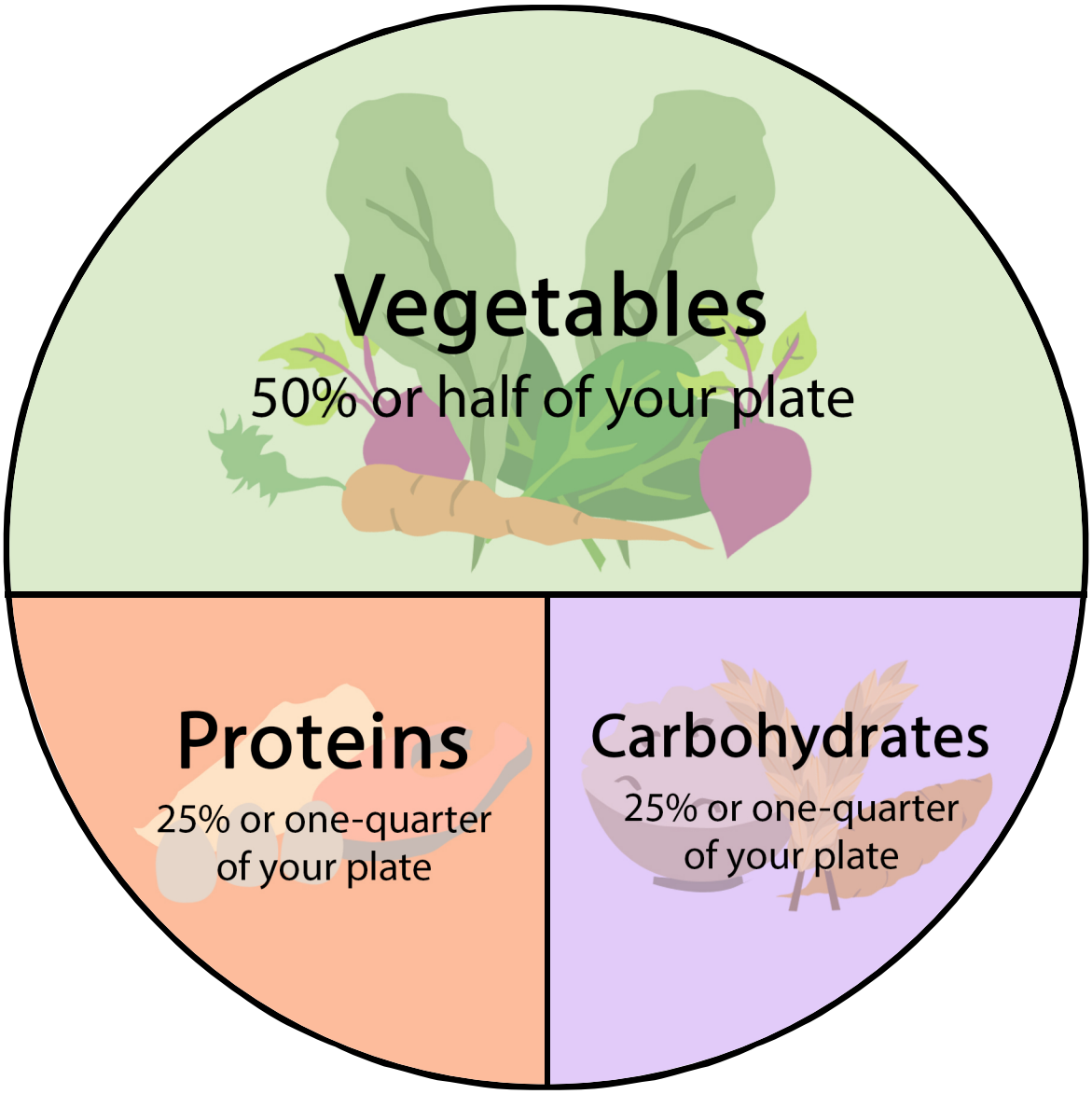




## 少吃

白饭，白面面条，鸡蛋面条，粉面类
辛辣，油腻，全脂，油炸或重口味的食物
垃圾食品，巧克力，薯片，糖果，冰淇淋或面包
酒精类，水果汁，冰饮或冻饮，咖啡或过多咖啡因的食物
少吃盐，酱油，酱汁，糖或人造糖

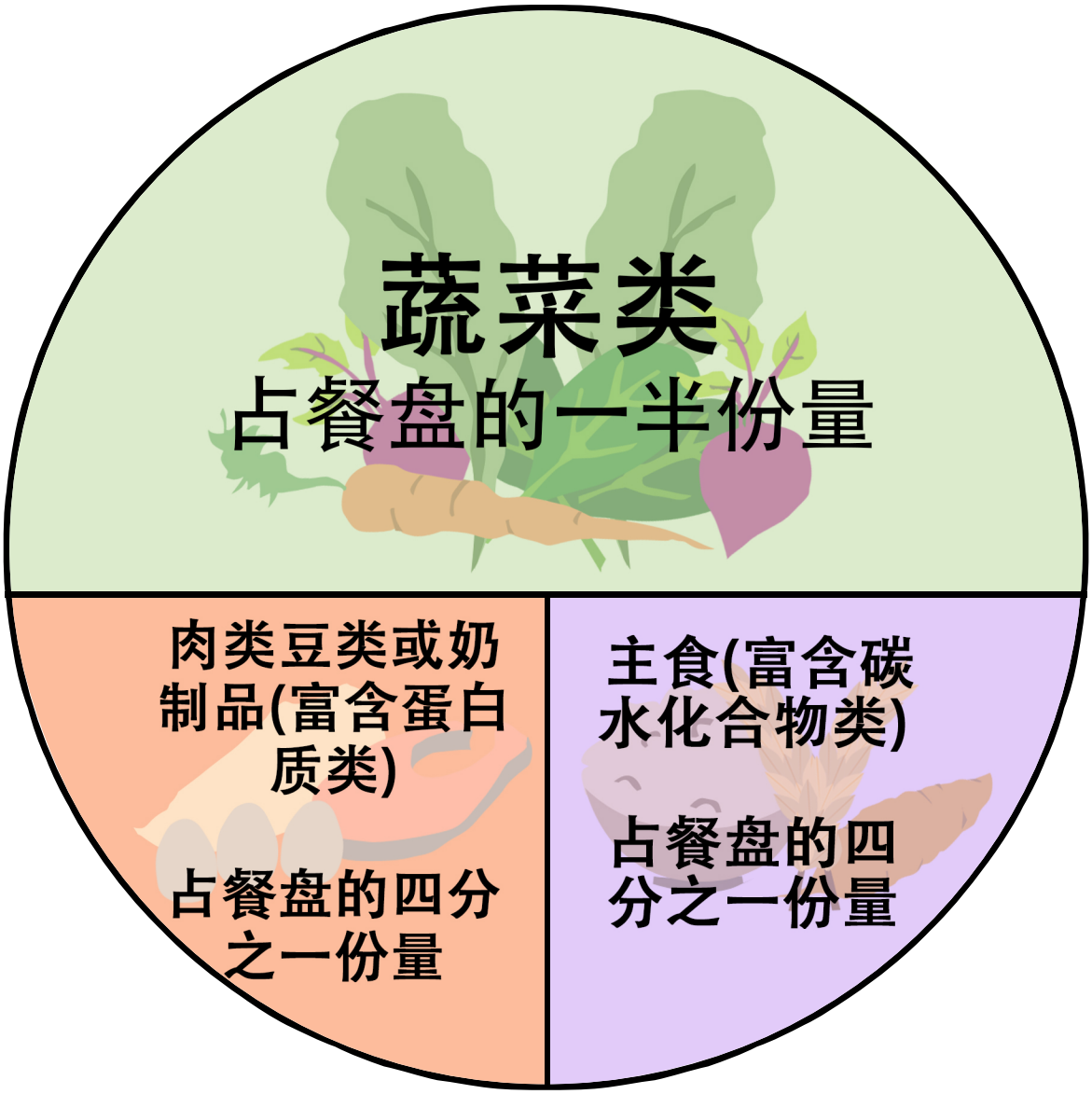
# Balancing Your Meal Using the PLATE Method




## EAT LESS

White Rice, White Noodles, Egg Noodles, Vermicelli Noodles
Hot, Spicy, Greasy, Fatty, Deep-Fried, Heavily-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

# 使用餐盘比例来均衡你的饮食




## 少吃

白饭，白面面条，鸡蛋面条，粉面类
辛辣, 油腻, 全脂, 油炸或重口味的食物
垃圾食品, 巧克力,薯片, 糖果, 冰淇淋或面包
酒精类, 水果汁, 冰饮或冻饮, 咖啡或过多咖啡因的食物
少吃盐，酱油，酱汁，糖或人造糖

# Balancing Your Meals

If you 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

# 均衡餐量

若您用碗就餐，
那么您应该：

2碗蔬菜

1碗碳水化合物

1碗蛋白质



此图与其他指南中的盘子图类似，但在碗中盛装多少取决于您的身材和您平时的运动量,请向医生或者营养师咨询您需要摄入多少热量。



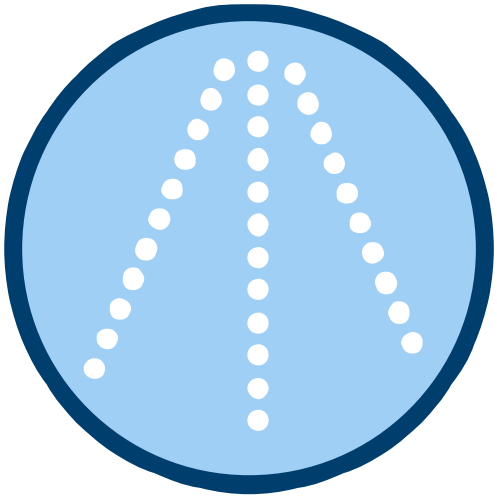
一半碳水化合物一半蛋白质

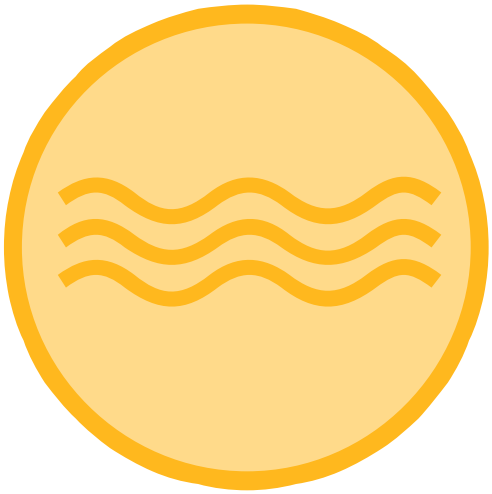
# Chinese Medicine Patterns for Type 2 Diabetes

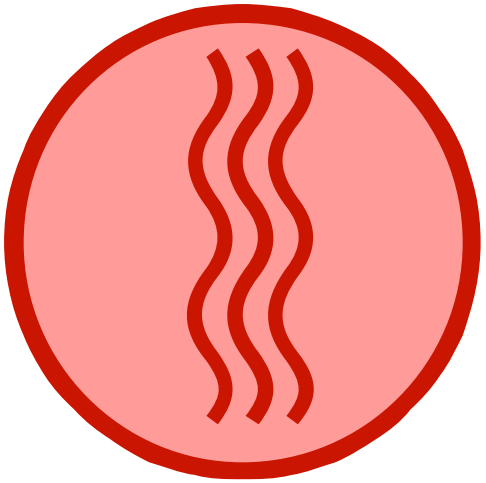
Chinese medicine understands Type 2 Diabetes differently than Western Medicine. In order to best treat your Type 2 Diabetes, a licensed Chinese medicine provider will ask you many questions to figure out your most individualized and accurate Chinese medicine diagnosis.

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.





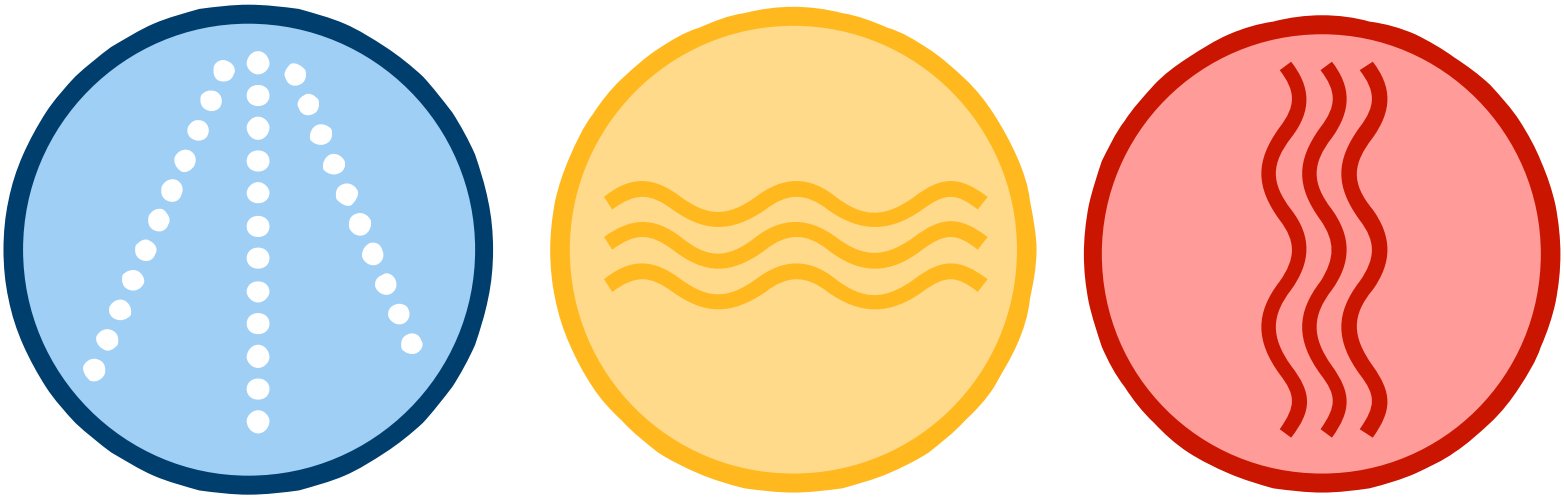


# 中医症状中的二型糖尿病

中西医对二型糖尿病的理解稍有差异。为了更好地治疗您的二型糖尿病，我们会请一位持有中医牌照的中医师对您进行医疗询问，以便诊断出与您本人相符的中医症状。

以下描述会有效地帮助您了解一些常见的中医症状，因为在中医角度上，不是所有二型糖尿病患者的治疗方法都是一致的。下述症状中与您情况一致的，我们会有相对应的适合您的饮食建议。

注意：此诊断仅供参考，因为只有专业的中医师才能给出中医诊断。



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

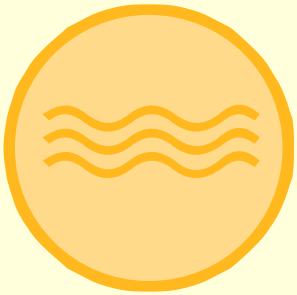


People with heat only type diabetes typically have symptoms that include:

- 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/RID 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."

## 蓝色营养建议: 清热营养建议

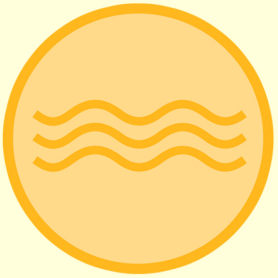


热性类型糖尿病患者通常会有下列症状:

- 过度口渴
- 口干
- 尿频

其他症状可能包括发烧，疼痛或感染带有绿色或黄色脓水，红眼睛或红皮肤，发热，以及对酒精或辛辣的食物感到恶心。这通常和早期糖尿病有关，一般也会跟中医理论上所说的 “肺热” 或 “胃热” 一起发生。

## 黄色营养建议: 清热去湿营养建议



热性或湿型的糖尿病患者通常会有下列症状:

- 过度口渴或过度饮水
- 过度饥饿，尤其是饭后
- 腹胀，尤其是饭后
- 舌苔呈现黄色粘稠

根据不同的病情，某些中医所述症状可能跟胃热或脾胃气虚有关。这在中医上对应 “胃热, 脾气虚，或肝气郁结” 症状。

## 红色营养建议: 温和营养建议



分布性湿气性糖尿病患者通常会有下列症状:

- 尿频多尿- 或者小便混浊和/或夜尿次数增加
- 口渴
- 面容发黑
- 头晕或眩晕
- 耳鸣
- 腰背和膝盖酸痛
- 瘙痒
- 疲劳或昏睡
- 性无能或早泄

其他症状或包括反胃，粪便黏稠或沾有油脂的黏液和/或脸色苍白，情绪低落，思维迟钝，情感冷淡，容易出汗， 牙齿脱落，体重降低和免疫力低下。这在中医上对应 “脾气虚或有湿气” 和/或 “肾阴虚” 症状。

# Heat Only Type Diabetes: CLEAR HEAT DIET



# FOODS TO EAT

| | EAT MORE | EAT LESS |
|---|---|---|
| **Vegetables**<br>50% or half of your bowl | **Cooling, Neutral, Tonifying vegetables:** avocado, bamboo shoots, bean spouts, beet, bell/sweet peppers, bitter melon, bok choy varieties, cane shoots, carrot, cauliflower, celery, chard, chayote, collard greens, crown daisy, cucumber, eggplant, fuzzy gourd/hairy cucumber, gingko, lettuces, mint, mushrooms, napa cabbage varieties, okra, pea sprouts, seaweed, shitake mushrooms, si gwa, snow peas, sugar snap peas, summer squash, tomato, tung ho, water chestnut, watercress, white/black wood ear, yam leaves, zucchini | **Warming vegetables:** basil, brussel sprouts, cabbage, chili peppers, chive varieties, cilantro, coconut, daikon, fennel, garlic, ginger, kale, leeks, mustard green varieties, onion varieties, radishes, shallot, spinaches, taro stem |
| **Proteins**<br>25% or one-quarter of your bowl | **Seafood:** oysters, sardine, whitefish<br>**Some meats:** chicken, lean duck, pork<br>**Other proteins:** eggs, tofu<br>**Nuts:** pistachio nuts<br>**Low-fat goat cheese** (better than cow) | Red meat<br>Cow milk cheese |
| **Carbohydrates**<br>25% or one-quarter of your bowl | **Whole grains:** barley, brown rice, millet, whole wheat<br>**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 and winter squashes, soy beans, string beans, sweet potato, taro, yams<br>**Some fruits:** mulberry, raspberry, strawberry, grapefruit, grapes, hawthorne berry, lemon, lime, pear varieties, pomegranate<br>**Soy milk** only in moderation OR<br>**Low-fat goat milk products** | **White rice or white noodles**<br>Reduce white rice by making rice/congee with a mix of whole grains and white rice. Also avoid vermicelli and egg noodles. |
| **Other Foods** | **Soups:** broth-based soups without too many starchy vegetables<br>**Teas:** dandelion, chrysanthemum<br>**Yam noodles:** a great substitute for other kinds of noodles. They will not increase your blood sugar. | Hot, spicy, greasy, fatty, deep-fried, heavily-flavored foods, onion/meat pan-cakes, you tiao, 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 |

# 纯热气性糖尿病
# 蓝色营养建议: 清热营养建议

| | 多吃 | 少吃 |
|---|---|---|
| **蔬菜**<br>占碗的一半份量 | 凉, 中性, 补肾的蔬菜:<br>牛油果, 竹笋, 豆芽, 红菜头,灯笼/甜椒, 苦瓜, 小白菜, 茭白, 胡萝卜, 花菜, 芹菜, 牛皮菜, 佛手瓜, 叶用甜菜, 宽叶羽衣甘蓝, 雏菊, 黄瓜, 茄子, 毛瓜, 银杏, 生菜, 薄荷, 蘑菇, 大白菜, 秋葵, 豆苗, 海藻, 香菇, 丝瓜, 荷兰豆, 豌豆, 西葫芦, 西红柿, 茼蒿, 马蹄, 西洋菜, 白/黑木耳, 番薯苗, 意大利青瓜 | 温和或湿气的蔬菜: 罗勒, 小椰菜, 椰菜, 辣椒, 韭菜花品种, 芫茜, 椰子, 白萝卜, 茴香, 蒜头, 姜, 羽衣甘蓝, 大葱, 芥蓝品种, 洋葱品种, 萝卜, 葱头, 菠菜, 芋艿 |
| **蛋白质**<br>占碗的四分之一份量 | 海鲜: 蚝, 沙丁鱼, 白鱼<br>肉类: 鸡肉, 瘦鸭肉, 猪肉<br>其他蛋白质: 鸡蛋和豆腐<br>果仁: 开心果<br>低脂肪羊芝士 | 红肉<br>牛奶芝士 |
| **碳水化合物**<br>占碗的四分之一份量 | 全谷类: 大麦, 小米, 糙米, 全麦<br>豆和淀粉类蔬菜: 红豆, 玉米, 蚕豆, 鹰嘴豆薏米, 腰豆, 小扁豆, 百合, 利马豆, 莲藕, 绿豆, 青豆, 薯仔, 南瓜品种, 黄/大豆, 菜豆番薯, 芋头, 山药<br>水果: 桑葚, 树莓, 草莓, 西柚, 葡萄, 山楂, 柠檬, 青柠, 梨的品种, 石榴<br>适量的豆浆或低脂肪羊奶的产品 | 白米 或 白面<br>减低白米用量, 煮饭或煲粥时可加入其他粗粮谷物。<br>尽量少吃挂面类和全蛋面 |
| **其他食物** | 汤: 以肉汤为主, 淀粉类蔬菜不宜过多<br>茶: 蒲公英, 菊花<br>魔芋粉/面: 这不会令您的血糖升高, 所以它是最好的面食替代品。 | 辛辣,油腻,肥腻,油炸和重口味的食物: 葱油饼 肉煎饼, 油条, 零食: 巧克力,薯片,糖果,雪糕,甜点, 含酒精饮料, 果汁, 冻饮, 咖啡 以及咖啡因含量高的饮料, 盐, 酱油, 调味酱汁, 糖或其他甜味剂 |

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

# FOODS TO EAT

| | EAT MORE | EAT LESS |
|---|---|---|
| **Vegetables**<br>50% or half of your bowl | **Neutral & Cooling vegetables:** artichoke, asparagus, bamboo shoots, bell/sweet peppers, bitter melon, bok choy varieties, broccoli, cane shoots, carrots, cauliflower, celery varieties, **chard,** chayote, collard greens, crown daisy, cucumber, daikon varieties, dandelion, fuzzy gourd/hairy cucumber, gai lan, gingko, kohlrabi, lettuce varieties, mint, mushroom varieties, napa cabbage varieties, okra, pea sprouts, radishes, si gwa, snow peas, spinach varieties, sugar snap peas, water chestnut, watercress, yam leaves, yau choy varieties | **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, scallions, seaweed, shallot, taro stem, tomatoes |
| **Proteins**<br>25% or one-quarter of your bowl | **Seafood:** clams, fish<br>**Some meats:** chicken, duck-lean, pork<br>**Low-fat goat cheese** (better than cow) | Red meat<br>Tofu<br>Cow milk cheese |
| **Carbohydrates**<br>25% or one-quarter of your bowl | **Whole grains:** amaranth, brown rice, congee w/ black sesame seeds, Job's tears/Chinese pearl barley, millet, quinoa<br>**Beans & starchy vegetables:** azuki beans, black beans, burdock, kabocha, lentils, mung beans (including as congee), rutabagas, peas, pumpkin, soy beans, string beans, turnip, winter melon<br>**Fruit:** watermelon<br>**Low-fat goat milk products**<br>**Other:** black sesame seeds | **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.<br><br>Potato, sweet potato, yam<br><br>Cow-milk |
| **Other Foods** | **Soups:** broth-based soups without too many starchy vegetables<br>**Teas:** chrysanthemum tea, dandelion tea, green tea, honeysuckle tea, peppermint tea<br>**Yam noodles** are a great substitute for other kinds of noodles. They will not increase your blood sugar. | Hot, spicy, greasy, fatty, deep-fried, thick-flavored foods, onion/meat pancakes, you tiao, 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 |

## 热或湿气性糖尿病

# 黄色营养建议: 清热去湿营养建议

| | 多吃 | 少吃 |
|---|---|---|
| **蔬菜**<br>占碗的一半份量 | 中性和凉性的蔬菜:<br>朝鲜蓟, 芦笋, 竹笋, 灯笼/甜椒, 苦瓜, 白菜品种, 西兰花, 荽白, 胡萝卜花椰菜, 西芹品种, 甜菜, 佛手瓜, 猪嘴菜, 茼蒿, 黄瓜, 白萝卜品种, 蒲公英, 合掌瓜/毛瓜, 芥兰, 银杏, 大头菜生菜品种, 薄荷, 蘑菇品种, 大白菜品种, 秋葵, 豆苗, 红萝卜, 丝瓜, 荷兰豆, 菠菜品种, 甜豆, 板栗, 马蹄, 番薯苗, 油菜品种 | 温和或湿气的蔬菜:<br>罗勒, 豆芽, 甜菜, 小椰菜, 椰菜, 辣椒, 韭菜花品种, 芫茜, 椰子, 矮瓜, 茴香, 蒜头, 姜, 羽衣甘蓝, 韭菜, 芥兰品种, 洋葱品种, 萝卜, 牛皮菜, 葱, 海藻, 葱头, 芋艿, 蕃茄 |
| **蛋白质**<br>占碗的四分之一份量 | 海鲜: 蛤蜊, 鱼<br>肉类: 鸡, 瘦鸭肉, 猪肉<br>低脂肪羊芝士 | 红肉<br>豆腐<br>牛奶芝士 |
| **碳水化合物**<br>占碗的四分之一份量 | 全谷类: 苋米, 糙米, 粥跟黑芝麻, 珍珠麦， 小米, 藜麦<br>豆和淀粉类蔬菜: 红小豆, 黑豆, 牛蒡, 日本南瓜, 小扁豆, 绿豆, 芜菁甘蓝, 豌豆, 南瓜, 黄/大豆, 豆角, 芜菁, 冬瓜<br>水果: 西瓜<br>低脂肪羊奶品<br>其他: 黑芝麻种子 | 白米 或 白面<br>减低白米用量， 煮饭或煲粥时可加入其它粗粮谷物。尽量少吃挂面类和全蛋面<br><br>薯仔, 番薯<br><br>牛奶 |
| **其他食物** | 汤: 以肉汤为主, 淀粉类蔬菜不宜过多<br>茶: 菊花茶, 蒲公英茶, 绿茶, 金银花茶, 薄荷茶<br>魔芋粉/面： 这不会令您的血糖升高， 所以它是最好的面食替代品。 | 辛辣,油腻,肥腻,油炸和重口味的食物: 葱油饼 肉煎饼, 油条, 零食: 巧克力,薯片,糖果,雪糕,甜点, 含酒精饮料, 果汁, 冻饮, 咖啡 以及咖啡因含量高的饮料, 盐, 酱油, 调味酱汁, 糖或其他甜味剂 |

## Damp/Weak Type Diabetes: WARMING DIET

# FOODS TO EAT



| | EAT MORE | EAT LESS |
|---|---|---|
| **Vegetables**<br>50% or half of your bowl | **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, gingko, kale, leeks, mustard green varieties, okra, onion varieties, pea sprouts, scallions, shallot, snow peas, sugar snap peas, taro stem, yam leaves | **Cool or Damp vegetables:** artichoke, asparagus, avocado, bamboo shoots, beets, bean sprouts, bell/sweet peppers, bitter melon (by itself), black/white fungus, bok choys, broccoli, cauliflower, celery, chard, collard greens, crown daisy, cucumber, daikon varieties, dandelion greens, eggplant, gai lan, kohlrabi, lettuce varieties, mint, mushrooms, napa cabbage varieties, seaweeds, si gwa, spinaches, tomato, water chestnut, watercress, yau choy varieties, zucchini |
| **Proteins**<br>25% or one-quarter of your bowl | **Seafood:** eel, sea cucumber, mussels, tuna<br>**Some meats:** chicken, duck-lean, lamb, pork<br>**Nuts:** almonds, peanuts, pine nuts, sunflower seeds, walnuts | Excessive red meat (beef or lamb)<br>Tofu<br>Dairy/cheese |
| **Carbohydrates**<br>25% or one-quarter of your bowl | **Whole grains:** brown rice, buckwheat, quinoa, whole oats<br>**Beans & starchy vegetables:** azuki beans, black beans, lentils, parsnip, peas, string bean, sweet potato, turnip, winter melon, yam<br>**Some not-too-sweet fruits:** Lemon, pomegranate | **White rice or white noodles:** Reduce white rice by making rice/congee with a mix of whole grains and white rice<br>**Some grains:** amaranth, barley, corn, millet, mung beans, soy beans, wheat<br>**Cooling fruits:** citrus fruits, grapefruit, lemon, orange, pomelo, pear, watermelon |
| **Other Foods** | **Soups:** Broth-based soups without too many starchy vegetables<br>**Warming spices:** black pepper, cardamom, cloves, curry, ginger, nutmeg, turmeric<br>Yam noodles are a great substitute for other kinds of noodles. They will not increase your blood sugar.<br>**Vinegar** | Hot, spicy, greasy, fatty, deep-fried, thick-flavored foods, onion/meat pancakes, you tiao, 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 |

# 湿或弱气性糖尿病
# 红色营养建议: 温和营养建议



| | 多吃 | 少吃 |
|---|---|---|
| **蔬菜**<br>占碗的一半份量 | 温和及中性蔬菜:<br>罗勒, 葫芦, 小椰菜, 卷菜心, 茭白, 胡萝卜, 佛手瓜, 辣椒, 韭菜品种, 芫茜, 椰子, 茴香, 节瓜/毛瓜, 蒜头, 姜, 银杏, 羽衣甘蓝, 大葱, 芥兰品种, 秋葵, 洋葱品种, 豆苗, 葱, 葱头, 荷兰豆, 甜豆, 芋艿, 番薯苗 | 凉或湿气的蔬菜:<br>洋蓟, 芦笋, 牛油果, 竹笋, 红菜头, 豆芽, 灯笼甜椒, 苦瓜(单独吃), 黑/白耳, 白菜, 西兰花, 花菜, 芹菜, 叶用甜菜, 宽叶羽衣甘蓝, 雏菊, 黄瓜, 白萝卜, 蒲公英蔬菜, 茄子, 芥兰, 大头菜, 生菜品种, 薄荷, 蘑菇, 大白菜品种, 海苔, 丝瓜, 菠菜, 西红柿, 马蹄, 西洋菜, 油菜品种, 意大利青瓜 |
| **蛋白质**<br>占碗的四分之一份量 | 海鲜: 鳗鱼, 海参, 蚌, 吞拿鱼<br>肉类: 猪肉, 鸡, 瘦鸭肉, 羊肉<br>胡桃果仁: 杏仁, 花生, 松子, 葵花籽, 核桃 | 过多红肉 (牛肉或羊肉)<br>豆腐<br>奶制品, 芝士 |
| **碳水化合物**<br>占碗的四分之一份量 | 全谷类: 糙米, 荞麦, 藜麦, 全燕麦<br>豆和淀粉类蔬菜:<br>红小豆, 黑豆, 小扁豆, 防风根, 豌豆, 豆角, 番薯, 芜菁, 冬瓜, 山药<br>甜度较低的水果: 柠檬, 石榴 | 白米或白面<br>减低白米用量，煮饭或煲粥时可加入其它粗粮谷物。尽量少吃挂面类和全蛋面<br>一些谷物：芫米, 大麦, 玉米, 小米, 绿豆, 黄/大豆, 小麦<br>凉气的水果: 柑桔类 (西柚, 柠檬, 橙, 柚子), 梨, 西瓜 |
| **其他食物** | 汤: 以肉汤为主, 淀粉类蔬菜不宜过多<br>温性香料：黑胡椒, 小豆蔻, 丁香，咖喱姜，肉豆蔻，姜黄<br>魔芋粉/面：这不会令您的血糖升高，所以它是最好的面食替代品。<br>醋 | 辛辣,油腻,肥腻,油炸和重口味的食物: 葱油饼 肉煎饼, 油条, 零食: 巧克力,薯片,糖果,雪糕,甜点, 含酒精饮料, 果汁, 冻饮, 咖啡 以及咖啡因含量高的饮料, 盐, 酱油, 调味酱汁, 糖或其他甜味剂 |

# 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.





# 在外面吃饭时的秘诀

## 您在外面吃的饭菜



## 您应该吃的饭菜



当您在外面吃饭时，请叫额外的蔬菜或低脂肪蛋白质食物。把这些额外的食物加在您的饭或面中，用以平衡您的饮食。把吃剩的带回家，再吃一餐。





# Other Recommendations for All Type 2 Diabetes Conditions

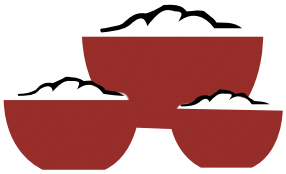
## Meal Timing

- 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



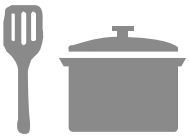
## Meal Portions

- 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



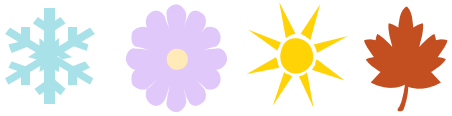
## Cooking

- 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



# 对所有其他二型糖尿病的建议

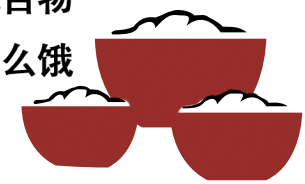
## 吃饭时间

- 每天吃饭的时间都要一样
- 在早上七点至十一点之间吃一餐热的饭菜
  全天的碳水化合物摄入量要平衡
- 除非医生建议之外， 避免吃宵夜



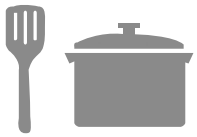
## 吃饭的部份

- 不要暴食
- 注意您吃饭菜的频率（以及装饭加饭的频率），尤其是碳水化合物
- 在第二次添饭前等几分钟，您可能就会发现其实您的肚子没那么饿
- 吃饭时用小碗，不用大碗



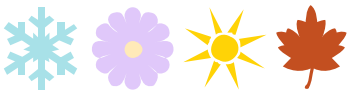
## 煮饭时

- 用蒸代替炒
- 用芥花籽油或橄榄油代替其他油



## 请按照季节来吃食物

- 传统中医学注重季节，请你多吃当季的蔬菜和水果



## 运动

- 差不多每天做轻微的活动，好像步行，气功，游泳，太极或柔和的瑜伽
- 柔和运动会让您的心脏保持律动正常，但不宜太剧烈



## 中药

- 如果您现在有吃中药，请告诉您的医生



# 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

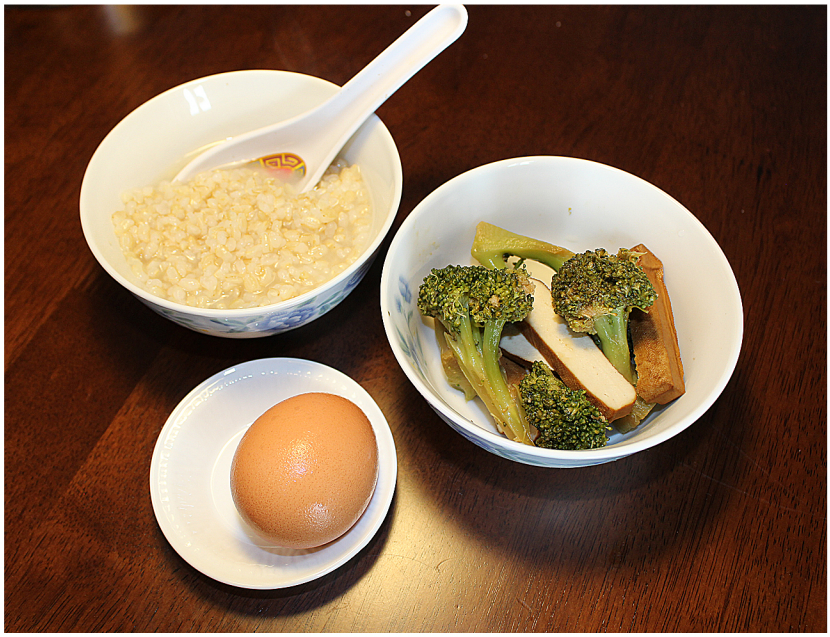



Vinegar is a great substitute for soy sauce for the Red Warming Diet.

For Yellow and Blue Diet, use lemon juice instead.



# 其他秘诀



早餐时一定要吃一些蛋白质。比较容易和快捷的方法是：加一只蛋，或从剩菜中摄入有蛋白质的食物。另外，因为不需要烹煮，所以吃剩的蔬菜也是很方便快捷的早餐。

零食：一小份含蛋白质的水果，例如核桃。

注意：这算是碳水化合物的一部分

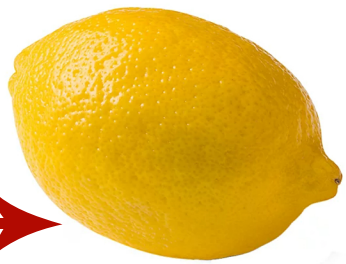


## 替代酱油和其他调味料

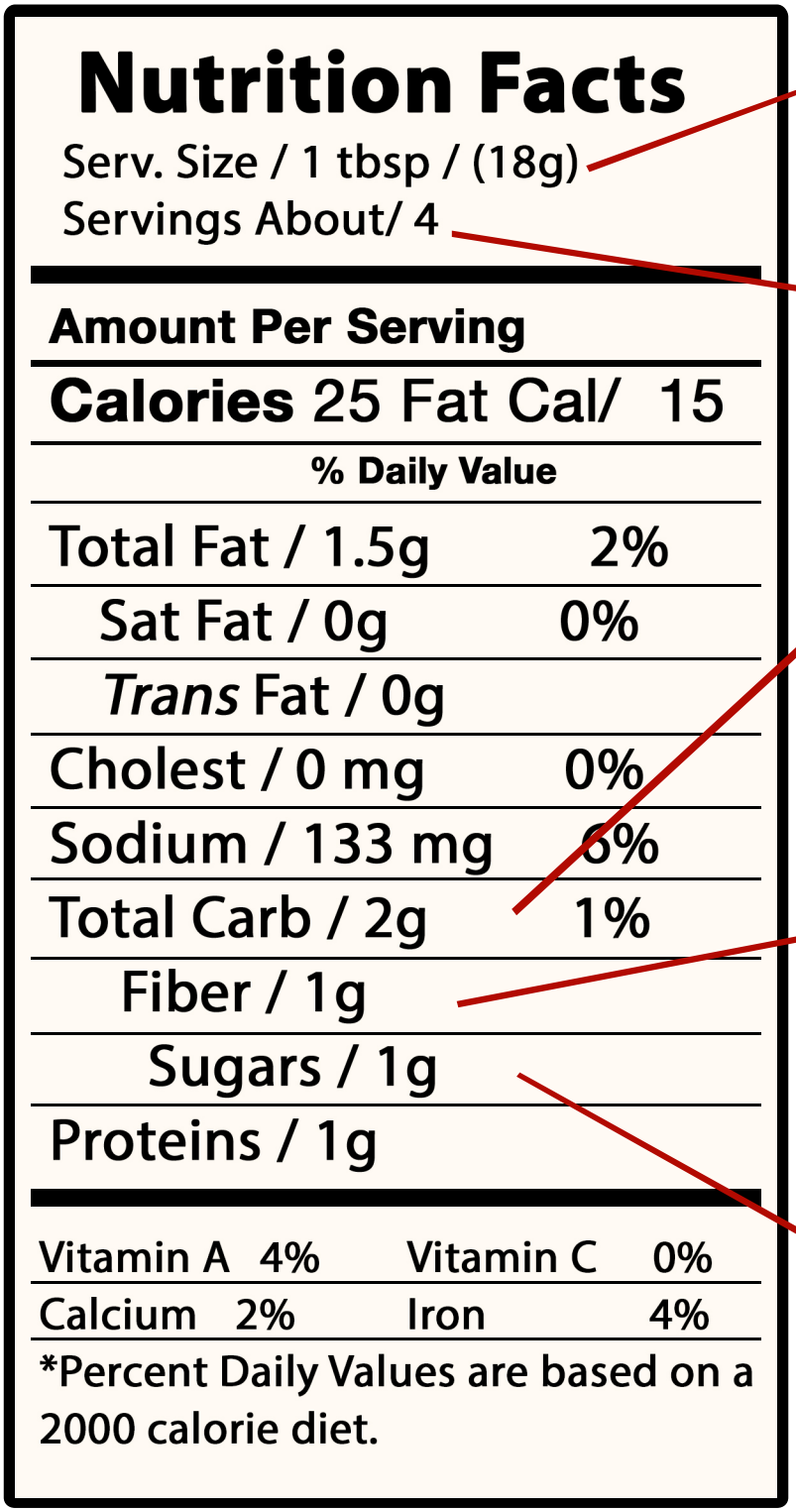



对于红色营养建议，
醋是替代酱油的好选择

对于黄色和蓝色营养建议，
则用柠檬汁替代酱油



# 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% |
| *Trans* Fat / 0g | |
| 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.

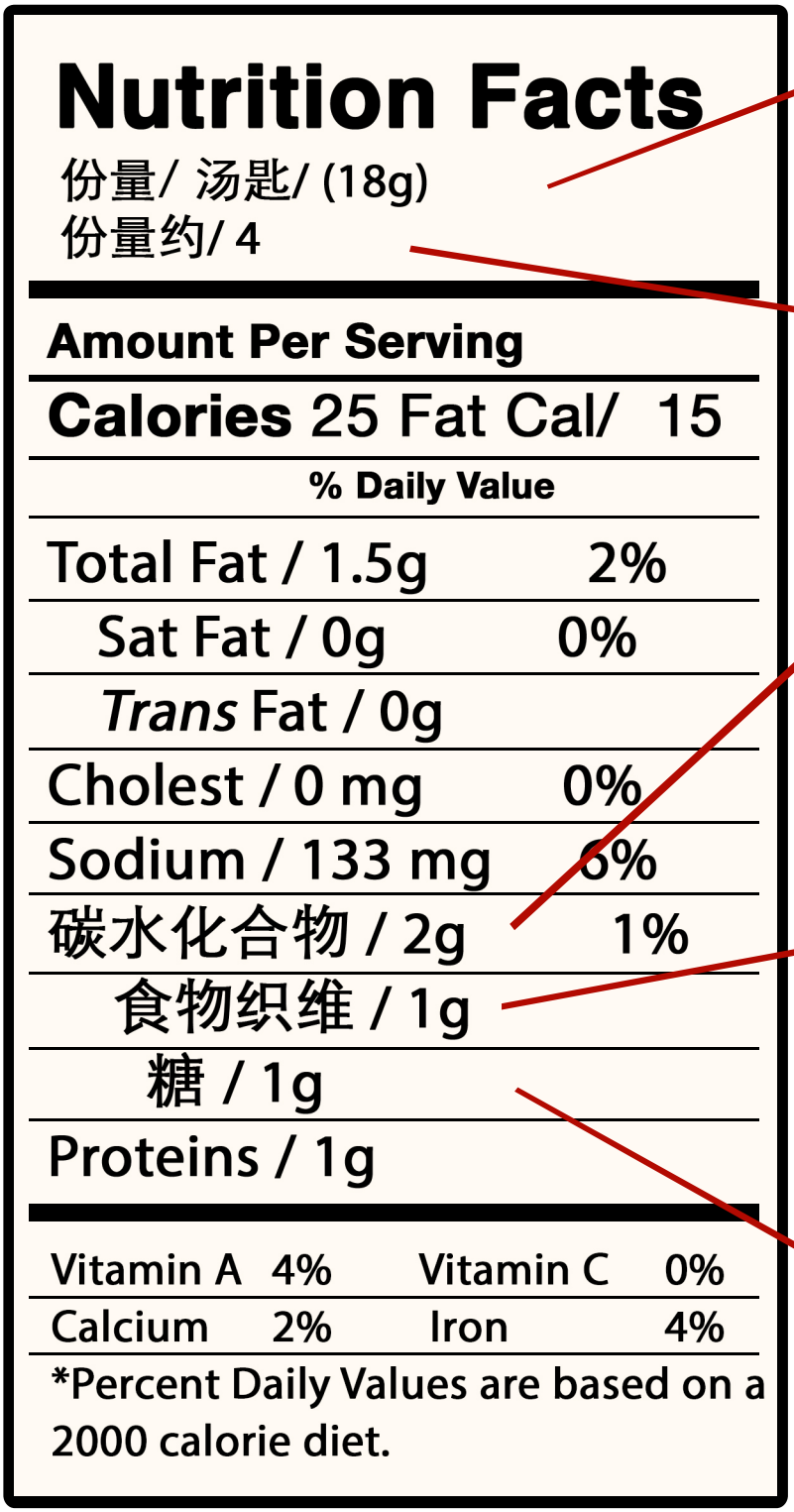
How many portions are in the package?

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.

# 如何阅读营养标签



**Nutrition Facts**

份量/ 汤匙/ (18g)
份量约/ 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% |
| 食物织维 / 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纤维。

食物纤维是很好的碳水化合物，我们建议您多吃一些。

糖在碳水化合物中不是一个好的选择。我们建议您少吃一些。当比较两个营养标签时，选择含糖量较少的标签。

# 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 substitute for noodles 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.

# 碳水化合物的秘诀





不喜欢糙米？首先，浸泡糙米三十分钟。然后将半糙米，半白米混合在您的电饭煲里。 浸泡会令糙米更加柔软。

汤是一种平衡饮食的健康餐。
注意：
汤面中的面不可超过汤面的四分之一。







一种很好面食替代品是日本白泷或甘薯面。它是甘薯做成的面条。您可以放在汤里试试! 豆腐面条也是个好选择。但对于红色营养建议，则要小心，因为豆腐是非常寒凉!

# "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/Kabocha

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.

# “我听说这些对治疗糖尿病效果很好!”

## 茶和饮料



喝清茶。甜茶或奶茶会提高您的血糖。避免有珍珠的奶茶，他们会提高您的血糖。茶一般是凉性的，但即使您患有寒或湿气性糖尿病，它也不会对您身体有害。红茶比绿茶或茉莉花茶更具暖性。避免喝果汁，避免加糖饮料。如果您想喝低糖饮料，请选择加了甜菊糖的饮料

## 苦瓜



在中医和西医里，由于苦瓜可以降低您的血糖，所以它对糖尿病是有利的。但是也不宜吃太多。如果您正在使用红色营养建议，我们会建议在餐前热一下苦瓜，加大蒜和生姜一起煮一下。

## 南瓜

很多中国人认为南瓜对糖尿病有利。南瓜淀粉值很高，所以请适量食用。这可能对蓝色和黄色营养建议的人最有帮助。



## 玉米须

玉米须(茶) 也许会，或也许不会对糖尿病有利，请适度饮用。





## 粉丝和米粉

粉丝和米粉跟普通面条有同样的碳水化合物。

## 糖尿病是无法被彻底治疗好的

但良好的饮食习惯，适量的运动和些许的药物医疗对治疗糖尿病是有好处的。

## 瘦的人也会患糖尿病

虽然减轻体重通常会对糖尿病有利，但由于瘦的人也会患有糖尿病，所以依然需要平衡他们的饮食。

# 对于清热营养建议 (蓝色)，这些蔬菜，吃多点
## Eat More of these Vegetables for Clear Heat (Blue) Diet







































































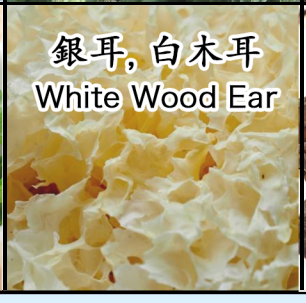
















# 对于清热营养建议 (蓝色)而言算碳水化合物的蔬菜
## Vegetables that Count as Carbohydrates for Clear Heat (Blue) Diet




在计算您的碳水化合物摄入量时也要考虑这些蔬菜。
Count these vegetables with your carbohydrate portion.

注意：所有不含淀粉的蔬菜都对糖尿病人很有利。中医认为多吃这些不含淀粉的蔬菜会对您的蓝色营养建议很有帮助。
Warning: Any non-starchy vegetable is great for people with diabetes. Chinese medicine believes that eating more of these particular vegetables may help if you are in the Blue Diet.

# 对于清热去湿营养建议(黄色)，这些蔬菜，吃多点
## Eat More of these Vegetables for Clear Heat/Rid Damp (Yellow) Diet



## 对于清热湿营养建议(黄色)，这些蔬菜，吃多点
## Eat More of these Vegetables for Clear Heat/Rid Damp (Yellow) Diet




























## 对于清热湿营养建议 (黄色)而言算碳水化合物的蔬菜
## Vegetables that Count as Carbohydrates for Clear Heat/Rid Damp (Yellow) Diet













在计算您的碳水化合物摄入量时也要考虑这些蔬菜。
Count these vegetables with your carbohydrate portion.

注意：所有不含淀粉的蔬菜都对糖尿病人很有利。中医认为多吃这些不含淀粉的蔬菜会对您的黄色营养建议很有帮助。
Warning: Any non-starchy vegetable is great for people with diabetes. Chinese medicine believes that eating more of these particular vegetables may help if you are in the Yellow Diet.

# 对于温和营养建议(红色)，这些蔬菜，吃多点
## Eat More of these Vegetables for Warming (Red) Diet



























































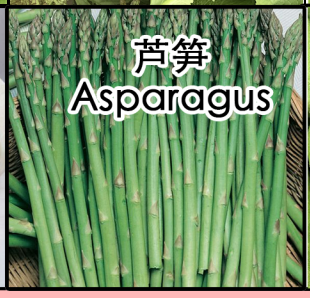


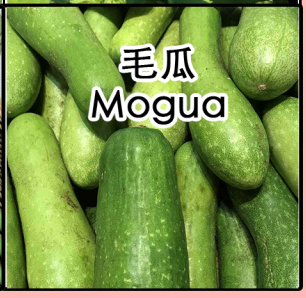









Balance cool foods by adding hot foods like garlic, ginger, or onions to dishes
可以在凉性食品中添加热性食品来平衡，比如蒜头，姜，或者洋葱。

## 对于温和营养建议 (红色) 而言算碳水化合物的蔬菜
## Vegetables that Count as Carbohydrates for Warming (Red) Diet




在计算您的碳水化合物摄入量时也要考虑这些蔬菜。
Count these vegetables with your carbohydrate portion.

## 对于温和营养 (红色) 香料的建议
## Spices for Warming (Red) Diet




注意：所有不含淀粉的蔬菜都对糖尿病人很有利。中医认为多吃这些不含淀粉的蔬菜会对您的红色营养建议很有帮助。
Warning: Any non-starchy vegetable is great for people with diabetes. Chinese medicine believes that eating more of these particular vegetables may help if you are in the Red Diet.

# 对所有症状有利的中性食物
## Neutral Foods Good for All Conditions




# 对所有症状而言算碳水化合物的中性蔬菜
## Neutral Vegetables for All Conditions that Count as Carbohydrates




在计算您的碳水化合物摄入量时也要考虑这些蔬菜。
Count these vegetables with your carbohydrate portion.

注意：所有不含淀粉的蔬菜都对糖尿病人很有利。中医认为多吃这些不含淀粉的蔬菜会对所有的糖尿病症状很有帮助。
Warning: Any non-starchy vegetable is great for people with diabetes. Chinese medicine believes that eating more of these particular vegetables may help for all diabetes conditions.

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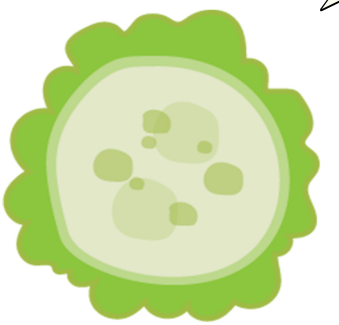
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我们选了苦瓜做为徽标因为从西医的营养建议与中医的饮食建议两方面看来，苦瓜都属于很健康的食物。中国人好久以前认识到了苦瓜的营养。但是到近几年，苦瓜才作为一种健康食品在美国流行起来。我们觉得这是最完美的食物来代表我们的INC项目。



# 中西饮食指南

This diet guide is brought to you by:

这个饮食指南是由以下机构提供给您的：

UCSF Medical Center
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